

MENU



WELLNESS PATH

Intimate and welcoming spaces designed to be the setting for an exclusive wellness program. An experience that begins with the three pools designed to follow the Roman thermal path, Frigidarium, Tepidarium and Calidarium and continues with the salt cave, the Kneipp path, the ice room, the hammam and the sauna, ending in the Relax room where you can relax in absolute silence and taste a regenerating herbal tea.

Duration: 150 minutes

Price: €75,00 per person

PRIVATE SPA

The private spa is a real private spa dedicated to a wellness and relaxation program for couples, equipped with a sauna, Turkish bath, Jacuzzi, beds for couples' treatment and a relaxation area. Inside there is a bar corner with possibility of using a room service.

Duration: 150 minutes

Price: € 300,00 per couple



HOLOS
SPA

MASSAGES

HOLOS LUXURY MASSAGE

A relaxing and deep massage that acts both on a muscular and circulatory level. During the treatment there is the combination of the precious extra virgin olive oil, with a decontracting and emollient action, and of the aroma of mulberry blackberries.

60 min.€ 90,00

DRAINING MASSAGE

It is a massage technique that acts on the lymphatic system. The technique reduces edema, activates blood circulation and strengthens a network of vessels that move body fluids, reducing the dreaded cellulite. The result is a less swollen and more defined body, with a more accelerated metabolism and, consequently, a feeling of well-being.

50 min.€ 80,00

75 min.€ 110,00

MASSAGGIO ANTISTRESS

The massage acts on a neuromuscular level by communicating psychophysical relaxation to the whole body. It is a valid tool for preventing stress and optimizing the state of general well-being.

50 min. € 85,00

75 min.€ 120,00

MASSAGGIO IN GRAVIDANZA

A massage dedicated to those who are pregnant. Thanks to the nourishing action of olive oil, the skin does not lose elasticity, which is essential during pregnancy. The leg massage, with marble stones, facilitates drainage, relieving swelling and a sense of fatigue.

50 min.€ 80,00

RELAX MASSAGE AROMATICO

It has a calming effect on a physical and mental level. The scent of the carefully selected aromatherapy oils and the delicate massage, ensure a complete perception. A multisensory application that brings balance to the muscles and caresses your soul.

50 min.€ 80,00

75 min.€ 110,00

CANDLE MASSAGE

The Candle Massage is an extremely relaxing, decontracting and engaging massage that is performed by melting a massage candle on the body, giving the recipient an extremely profound multisensory experience.

The warmth of the wax fluidifies the movements of the massage, dissolving tension and pain and at the same time giving relief and relaxation while the delicate fragrance of olive oil, released from the candle, envelops the soul and body in a state of deep well-being, stimulating all the senses.

50 min. € 85,00

75 min.€ 120,00

MASSAGGIO MODELLANTE

The modeling massage is customized according to the blemish to be treated. Stimulating the circulation, it allows to act on localized adiposity and cellulite.

50 min.€ 80,00

75 min.€ 110,00

BACK MASSAGE

This type of massage increases blood flow to the skin and muscles, as well as helping to relieve pain and stiffness. It performs a targeted decontracting action in the area of the back, neck and head, areas that, especially due to stress or even a bad posture, tend to stiffen.

25 min. € 45,00

FOOT MASSAGE

Able to eliminate stress, fight anxiety, eliminate the sense of heaviness and tiredness of the feet.

The slow but effective massage recalls the benefits of foot reflexology.

25 min. € 45,00



HOLOS
SPA

BODY TREATMENTS

BUFFALO MILK RITUAL

Buffalo milk is a real beauty elixir. Rich in lactobionic acid, it protects the skin from oxidative damage caused by free radicals, making it younger and deeply hydrating. The treatment includes a beauty ritual, both for the body and for the face. The nourishing action of milk leaves the skin soft and smooth.

75 min. € 110,00

DIVINE TREATMENT

The nectar of Bacchus is a divine well-being for the skin. The enveloping aroma of the must, combined with the antioxidant action of the grapes, makes the treatment pleasant and relaxing. It also stimulates circulation and keeps the signs of aging away.

75 min. € 110,00

DRAINING TREATMENT WITH COLD BANDAGE

It is a treatment that acts on the stagnation of liquids due to poor circulation. With the cold bandage, a reducing and firming action is obtained which improves the metabolism of fat cells, the circulatory system and the lymphatic system. Used cold, bandages are vasoconstrictors and help reduce the feeling of heaviness and swelling of the legs.

75 min. € 110,00

TREATMENT WITH OLIVE OIL

Olive oil has always been used as an emollient, softener and anti-inflammatory in all states of dryness and skin flaking. Hippocrates advised to use fresh olives to treat mental illnesses and to apply packs of macerated olives for the treatment of skin ulcers. The spa treatment consists in preparing the skin with a peeling that also reactivates the circulation, then it is passed to the pouring of hot extra virgin olive oil on the body. Feelings of well-being envelop all our senses, the skin regenerates and the mind relaxes.

75 min. € 110,00

RASUL BATH

An ancient purification ritual from the oriental arts, the rasul bath combines the four elements of nature (water, earth, fire and air) to offer its purifying effect to the body. Through the heat of the steam, the use of clay, special muds, draining salts and very particular fragrances, the rasul bath promotes many benefits, including general physical relaxation and mental soothing with its calming and relaxing action.

30 min. €70,00

TRADITIONAL BERBER RITUAL

It is a very old Moroccan tradition that is inspired by the concept of Roman baths. Starting with a black soap savonage and an exfoliating massage with the Kessa glove to eliminate dead skin, the experience ends with a clay-based ghassoul to soften the epidermis and a mix of relaxing and regenerating Argan oil treatments.

75 min. € 110,00

75 min. per couple € 180,00



HOLOS
SPA

TRATTAMENTI VISO

PRECIOUS TREATMENT

It is a treatment that performs a soothing and anti-fatigue action, thanks to the properties of the stones used in the massage.

With the application of a buffalo milk serum and hyaluronic acid, there is also a nourishing and relaxing action on facial wrinkles.

Both the jade stone and the rose quartz stone, used cold in the massage, improve circulation in some areas of the face such as the eyelids and the dark circles.

In particular, the jade stone has calming, reassuring and soothing properties, in ancient times it was considered capable of curing any disease.

The rose quartz stone, on the other hand, has healing and anti-oxidant properties. It is also called the "stone of love".

45 min. € 70,00

SCULPTING TREATMENT WITH BAMBOO

It is an anti-aging treatment, thanks to the antioxidant action of the wine and the nourishing contribution of buffalo milk.

The bamboo massage is a sculpture and lifting work, dedicated to the face.

The bamboo cane used in the massage, thanks to particular rolling and sliding maneuvers, helps the tissues to be more elastic.

45 min. € 70,00

BEAUTY LIST

Face cleaning	€ 55,00
Eyebrow epilation	€ 15,00
Epilation with wax:	
-upper lip	€ 15,00
-arm	€ 35,00
-legs	€ 50,00
-groin/armpits	€ 25,00
Spa pedicure 40 min.	€ 55,00
Spa manicure 30 min.	€ 35,00



HOLOS
SPA

