



Wellness

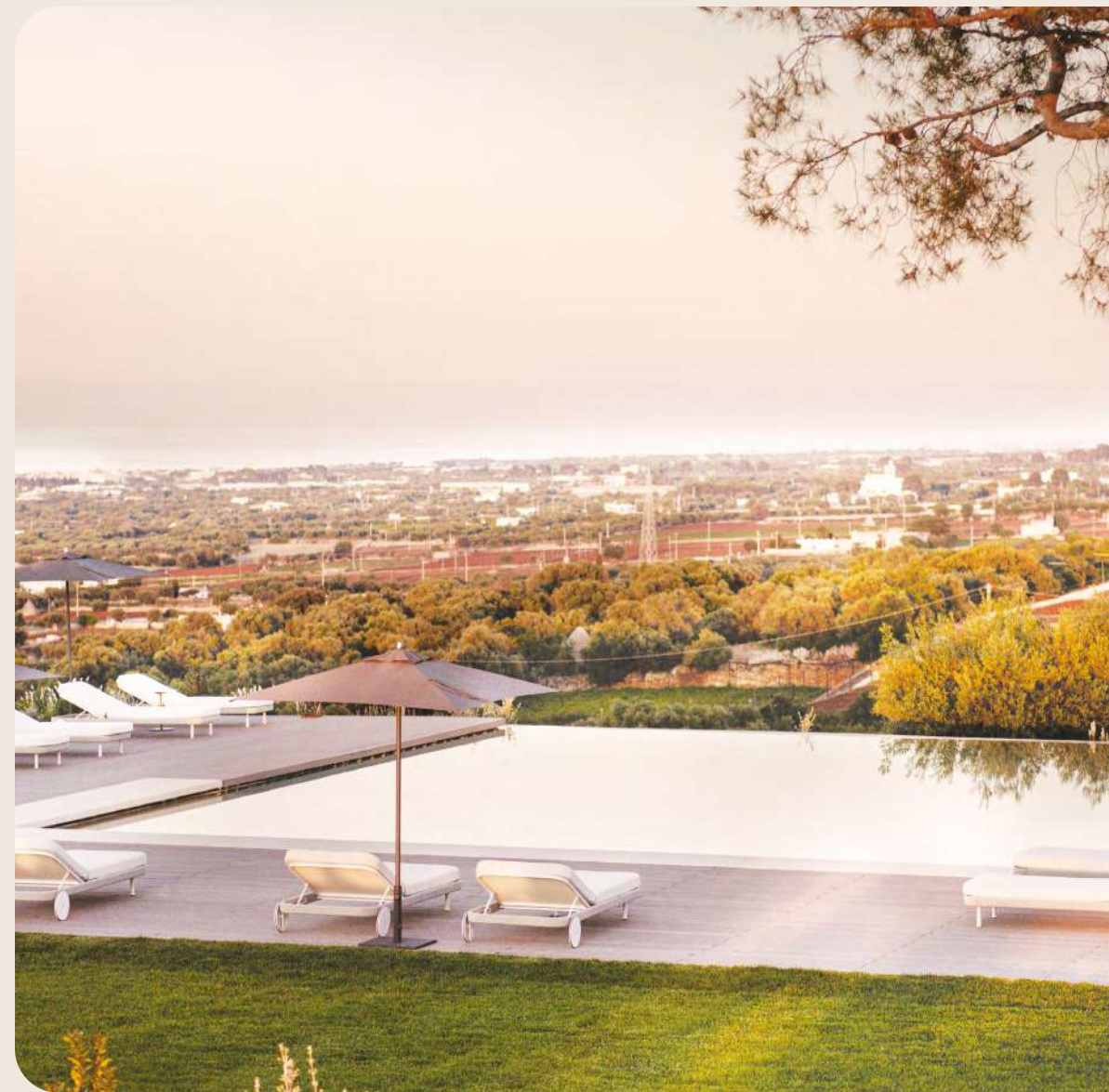


Dive into the rejuvenating water, relax, and let your gaze drift towards the sea. Take care of your body with targeted massages and ancestral rituals inspired by the Apulian nature. Indulge in precious moments of profound well-being.



Panoramic pools, surrounded by nature

For you, two large outdoor infinity pools, with breathtaking panoramic views. The largest, measuring 150 square meters, overlooks Polignano a Mare. The 70-square-meter whirlpool tub overlooks the picturesque Abbey of San Vito. In both, you can unwind on comfortable sun loungers, with food & beverage service at your disposal.



Wellness Treatments

Relaxing Massage

Performed with slow and deep movements, this massage helps soothe fatigue, improves sleep quality, and lymphatic circulation. Additionally, it rebalances the soul and body.

60 minutes

90 minutes

120 minutes

Decontracting massage

A massage designed to strengthen the body. Among its benefits, it loosens contractures and relaxes muscles, improves circulation, eliminates excess fluids, oxygenates tissues, and has a detoxifying effect. It also offers relief from headaches caused by muscle tension.

60 minutes

90 minutes

Free Cancellation: up to 24 hours before the activity.

Cancellation Policy for Massages, Fitness, and Holistic Packages:

Cancellations made less than 24 hours in advance will be charged 50% of the cancelled service price. For cancellations made less than 4 hours before the appointment, full cost will be charged.



Massage for Expecting Mothers

With gentle and enveloping movements aimed at a comprehensive well-being, this massage relieves tensions typical of pregnancy, tones the body and invigorates body and mind, improves circulation and reduces hormonal and physical stress related to the transformation of the body during pregnancy. Finally, it prevents the appearance of stretch marks.

60 minutes

90 minutes

Draining Massage

Perfect for toning and stimulating the body, this massage improves circulation and skin tone, eliminates leg heaviness, toxins and lactic acid from the muscles. In addition, it reduces cellulite, reoxygenates tissues and slows down the physiological skin aging process.

60 minutes

90 minutes

120 minutes

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Lymphatic drainage massage with Vodder method

This particular type of massage is carried out with gentle movements to stimulate lymphatic circulation. It promotes the lymph flow in the body, reactivates microcirculation by draining tissues of excess fluids, and produces a relaxing effect.

60 minutes

90 minutes

Classic Swedish Massage

Aimed at the well-being of the whole body, it promotes relaxation, reducing stress, nervousness and anxiety; tones muscles and loosens any tensions; exerts a decontracting and toning action on muscles; reduces muscle and joint pain; promotes and stimulates blood and lymphatic circulation; and it promotes the elimination of toxins.

60 minutes

90 minutes

120 minutes

Sports massage

A massage designed to relieve muscle tension that reduces heart rate and blood pressure, prepares muscles for physical activity, prevents injuries, relaxes tissues and increases vascularity.

60 minutes

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Holistic Rituals

The purest raw materials, a precious gift of the lush Apulian nature, give birth to our beauty & wellness rituals. For a deep well-being that pampers the body and nourishes the mind.

Our body and face rituals can only be enjoyed in the internal massage booth. It is not possible to carry them out outside.

Toto Corpore

Regenerating Face & Body Ritual

A ritual for the body and face that opens with a deep total body cleansing, followed by a refreshing body scrub based on rosemary, thyme, juniper, and calendula, which purifies the skin. It is completed by a total body – face and body – massage with Mediterranean nutrient oils. Treat yourself to an exclusive experience, designed to restore inner peace and invigorate the body.

120 minutes

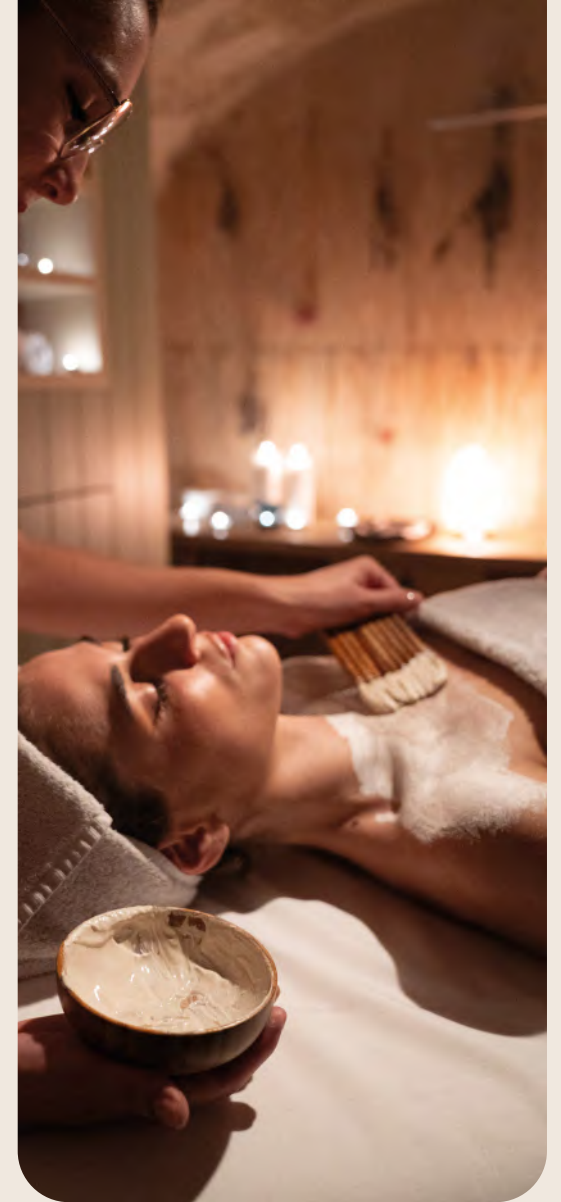


Purum

Toning & Energizing Body Ritual

A ritual beginning with a body scrub, to which follows a localized, highly purifying and energizing mud bath, to rebalance and harmonize body and mind. The ritual ends with a total body massage enriched by the scents and properties of exquisite aromatherapeutic oils.

120 minutes



Vires

Toning Body Ritual

This ritual is a unique experience granting deep relaxation and new energy to the body. It consists of two phases, the first being an enzymatic peel with a strong relaxing and refreshing power, leaving the skin radiant, silky, and toned thanks to the use of olive oil and orange essential oils; the second consisting of a total body massage with toning and refreshing premium products.

120 minutes

Vitalis

Facial Ritual

A healing experience for your face, neck, and décolleté, tailored to your skin's needs. It consists of various phases: it begins with cleansing and continues with an illuminating scrub formulated to deeply cleanse the skin thanks to the granules of hazelnut and apricot, to which follows a massage with regenerating oils. The ritual is concluded by the application of a nourishing face cream.

90 minutes

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Sauna

Outdoor Barrel Sauna

Indulge in a moment of pure relaxation and regeneration in our outdoor barrel sauna with a view of the sea and the countryside. Maximum care was put in every detail to offer a complete experience combining the wellbeing of the sauna with nature's therapeutic power. The experience features: private sauna session, aromatherapy, regenerating drink, snack.

30 minutes in the sauna and 30 minutes in the relax area

Cancellation: free up to 1 hour before the experience.





MASSERIA ★★★★★

At the roots of wellbeing

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