

POSEIDONYA SPA

Relax & Wellness – “in shape in the saddle”

“The water washes away all the pains” this are the words of the famous philosopher Hippocrates in the past and today, the brand new Poseidonya SPA is pointing on water in order to offer moments of regeneration and relax.

More than 700 square meters entirely dedicated to relax and to wellness treatments. The Poseidonya SPA is specialized in thalassotherapy and algae therapy and is furnished with three indoor pools/tubs for the thalassotherapy treatment.

With the most modern structures and equipments we suggest personalized treatments and services, like water massages, mud baths, therapeutic massages, plantar reflexology, lymphatic drainage and relaxation techniques.

The SPA offers a qualified and competent staff able to study ad hoc anti-cellulite and anti-stress programs combined with the innovative Horse Country treatments: “in shape in the saddle”, a magic fusion of horse-riding and wellbeing.

The Centre takes inspiration for the treatments from the “Poseidonia” plant that is still growing spontaneously in the neighbouring areas.



Structures

Thalassotherapy: with three covered pools, distinct for characteristics and temperature, allowing treatment also during the winter season.

Bio Sauna: the “way of water” that include the use of sauna, Turkish bath, emotional shower and ice-fall.

Talatherm: is a modern equipment for the correct application of seaweeds that allows through the emitted steam the complete penetration of the healing properties.

Vichy Shower: special shower under affusion, enjoying a massage under a rain of heated sea water (two or four hands).

Relax area: situated in front to the wide grass ground where important international horse riding competitions take place, it will be the place welcoming guests in he moments preceding and following the chosen treatments.

Holistic area: equipped with seven cabins for single or couple treatments.

Massagges and treatments

Treatments with sea derived products: From the experience of the best specialists of the sea cosmetic, the “Sea Essential” products, sea peeling or seaweeds “gommage”, face or body masks, water-gym in apposite pool.

Hydrotherapy: mud bath, steam bath, reinvigorating showers, hydro massage and bio sauna.

Seaweeds-therapy: Inspired from the local “Poseidonia” plant.

Mass therapy: anti-stress massages, drainage massages, after-sport massages.

Thalassotherapy: route in the pools of the Talatherm, seaweeds-therapy and massages.

Wellness tone up route: passage in rooms with different temperatures finishing with the ice-fall.

In order to give a real complete and qualified service, the SPA offers to the clients also the hairdresser service in a separate expressly studied place where you can find also all the other aesthetic/beauty treatments.