



**RELAIS &
CHATEAUX**

Creating Delicious Journeys



**Monaci delle
Terre Nere**

COUNTRY BOUTIQUE HOTEL

WELLNESS IN HARMONY WITH NATURE

"Experience Monaci delle Terre Nere and treat yourself to a regeneration of body and soul, returning to tune with Nature. Slow down, breathe the breeze of the Mediterranean Sea, feel the energy of the Volcano, feed yourself with healthy foods, grown in respect of nature directly in our garden." Guido Coffa, Owner

Wellness in Monaci passes through Yoga, meditation, walks in the middle of the green and the precious hands of our therapists, professionally guided by Dr. Emanuela Ladu, our extraordinary wellness Manager.

Emanuela was trained in London at the Richdales Institute and continued her studies in India, at the AYM yoga association in Rishikesh; She has been active for more than 10 years in prestigious Spas and Relais and from this year she is Resident at Monaci.

Request a consultation to understand which treatments are best suited to your needs, organize a package to make your holiday not only a splendid stay, but also a moment of true regeneration through a personalized program just for you.

Our specialised staff will be at your complete disposal.

Info & Reservations

Reception 095 7083638 +39 3311365016

Emanuela +39 3470110368

YOGA AND MOVEMENT

Vinyasa yoga

Monday H 9:00 & Saturday H 9:00 complimentary, reservation needed or private class on request

Rebalance your body and mind. Each movement is accompanied by a phase of breathing which creates a continuous flow. Special emphasis on controlled breathing and posture.

Private Class in your room 1h € 90

Meditation & Walking Meditation

Thursday H 7:00 complimentary, reservation needed

This class allow to experience the benefits of a calm and peaceful mind, in order to regain balance with yourself, learn to be focused in the present moment, and bring a sense of mental lightness in your life.

Gentle Morning Work Out Routine (only private)

Outdoor gentle training session in the countryside of Monaci delle Terre Nere to activate the metabolism and a general physical well-being.

Personal Training 1h € 90

TREATMENTS & MESSAGES

Our healing massages are an experience for a complete relaxation and rejuvenation deeply connected to the Etna land, our endless source of inspiratio.

Lava Stones Monaci Experience

The power of the heat has been used from ancients as a therapy to help and ease tensions in the body, it promotes a deep and profound relaxation. Smooth and warm stones are placed on specific part of the body and slide along it with calm and regular rhythm. Lava Stones come from our magnificent Mount Etna.

50' 150€

Relaxing Massage

Gentle and embracing touches which promote deep relaxation, calm and help to increase the blood flow. Slow, gentle and calm, the movements are inspired by serenity and peace, reducing stress and anxiety.

50' 140€ - 80' 180€

Deep Tissue Massage

Ideal and created for who suffered from muscles tension, pain and tense knotted muscles. It releases and shoots accumulated physical tension. Lighter pressure is generally applied to warm up and prepare the muscles and then specific techniques are applied. Vigorous and energizing movements, stretching which help to increase flexibility. Medium and firm pressure, help to reduce muscular and nervous tensions.

Personalized according to your request.

50' 160€ - 80' 200€

Indian Head Massage

Treatment inspired by the ayurvedic tradition, focused on scalp, face, neck and shoulder to relieve tension and stress. Massaging the scalp and face has a profoundly calming effect, reliving areas of held tensions. It leaves a deep sense of inner peace and tranquillity.

- 30' 90€

Body and Mind - ritual experience

Full body ritual dedicated to the general wellness of body and mind, with a mix of different techniques, natural essential oils, lava stones and aromatherapy set together to promote a deep feeling of wellbeing. Embracing and fluid movements with different rhythm and intensity, as in a dance. It embraces the whole body from head to toes and provides an enjoyable, relaxing and rejuvenating experience.

- 80' 250€

Thai Foot Massage

This is a technique inspired by the ancient art of Thai reflexology. Pressure is applied to specific areas of the soles of the feet which stimulates different part of the body. It detoxifies and purifies the body. Ideal at the end of the day to decrease fatigue and restore balance.

30' 90€

Couple Massage

A true ritual that allows you to share a relaxing experience with your partner to rediscover well-being and complicity, and find yourself more united.

- 50' 250€

Kids Massage

Simple massage strokes, gentle movements and soft pressure to improve the relaxation of your kids. A real cuddle for the body of our little guests.

- 30' 50€ - 50' 90€

Beauty treatments are also available on request.