



**Monaci delle
Terre Nere**

COUNTRY BOUTIQUE HOTEL



**RELAIS &
CHATEAUX**

Creating Delicious Journeys

WELLNESS IN HARMONY WITH NATURE

"Regenerate body and soul at Monaci delle Terre Nere.

Slow down, breathe in the breezes of the Mediterranean sea, absorb the energy of the volcano, and nourish your body with healthy, natural food, grown on our very own estate "

Guido Coffa, Owner

Wellness at Monaci combines yoga, meditation and wild walking and caring treatment at the hands of our talented team of therapists, guided by our wonderful wellness manager, Dr Emanuela Ladu.

Emanuela was trained in London at the Richdales Institute, and then continued her studies in India at the respected AYM yoga association in Rishikesh. With over ten years' experience at some of the world's most prestigious spas and retreats, we are delighted that she is now resident at Monaci to look after the wellbeing of all our guests.

You can request a consultation to discuss the best treatments for you, or to tailor a personalised programme to turn your stay into a true moment of renewal.

Our expert team is looking forward to speaking to you!

Info & Reservations

Reception 095 7083638 +39 3311365016

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YOGA AND MOVEMENT

Vinyasa Yoga

Monday H 9:00 & Saturday H 9:00, complimentary morning session. Reservation required.

Rebalance body and mind with this flowing yoga style that focusses on combining breathwork and postures.

Private yoga sessions can also be booked in your room or garden, on request.

1h - €90

Meditation & Walking Meditation

Thursday H 7:00, complimentary morning session, reservation required

Experience the benefits of a calm and peaceful mind through guided meditation.

Rebalance, learn to focus on the present moment and bring a sense of mental lightness to your life.

Gentle Morning Workout Routine (private sessions only)

Activate the metabolism and enhance physical wellbeing with an outdoor training in the countryside around Monaci delle Terre Nere.

Personal training 1h €90

TREATMENTS & MASSAGES

Experience complete relaxation and rejuvenation with a healing massage, inspired by the energy of Etna.

Monaci Lava Stones Experience

From ancient times, the power of heat has been used therapeutically to help ease tension in the body and promote deep relaxation. Smooth, warm stones are placed on specific parts of the body and used in long, sweeping massage movements to create a calming rhythm. The stones come from our magnificent Mount Etna.

50 minutes - €150

Relaxing Massage

Gentle, calming massage that promotes deep relaxation, improves blood circulation and reduces stress. Using slow, regular movements inspired by serenity and peace this massage is perfect for banishing anxiety and leaving you full of positive energy.

50 minutes - €140, 80 minutes - €180

Deep Tissue Massage

A vigorous and energetic massage created for sportspeople and for anyone that suffers from muscular tension, knots, trapped nerves or misaligned posture.

Starting with light pressure and stretching to warm up muscles then followed with firmer pressure to reduce deeper tension and increase flexibility, this massage can be tailored to you.

50 minutes - €160, 80 minutes - €200

Indian Head Massage

A treatment inspired by the Ayurvedic tradition, this massage focuses on the scalp, face, neck and shoulders and is designed to relieve tension and stress.

Massaging the head and upper body with therapeutic oils has a profoundly calming effect and leaves a sense of peace and tranquility.

30 minutes - €90

Body & Mind Ritual

A full-body ritual that is dedicated to balancing and renewing body and mind, using a mixture of different techniques, natural essential oils, lava stones and aromatherapy to promote a deep sense of wellbeing. Fluid massage movements, in alternating rhythm and intensity are carefully applied to the whole body, resulting in an enjoyable, relaxing and rejuvenating experience.

80 minutes - €250

Thai Foot Massage

Inspired by the ancient art of Thai reflexology, pressure is applied to specific points in the soles of the foot to stimulate corresponding organs, detox and purify the whole body. This targets fatigue, re-energises and restores balance.

30 minutes - €90

Couples Massage

Share a relaxing massage experience with your partner to rediscover balance and harmony.

50 minutes - €250

Children's Massage

Simple massage strokes, gentle movements and soft pressure in this treatment designed to relax children from x years old. Think of it as a caring cuddle for the bodies of our littlest guests.

30 minutes - €50, 50 minutes - €90

A range of beauty treatments are also available on request