



**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 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

## YOGA AND MOVEMENT

### Vinyasa Yoga

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

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. Price upon request.

1h - €60

### 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 - €100

## 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.

1h - €160

### 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' - €140/ 80' - €180

### 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' - €250

### 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' - €160 / 80' - €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' - €90

### Couples Massage

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

50' - €290

### 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.

1h - €80

### Californian massage

The Californian massage is distinguished by virtue of the different body therapies that involve conscious physical contact, breathing and presence. It is also characterized by the long, fluid and integrated movements that serve as the basis for a wide range of deep contact techniques.

This treatment has become known for the psychic, physical and spiritual benefits, as well as the liveliness that the client receives.

80' - €250

## Kobido

Kobido is an ancient art of massage that has been practiced for over 540 years. This is a Japanese facial massage technique and takes years to master.

Kobido means "ancient way of beauty": for the Japanese, beauty comes from the balance between body, mind and spirit.

This type of Japanese facial massage brings several benefits: it improves skin hydration, as well as elasticity and firmness. A stimulating and draining treatment that, thanks to pressure and vibrations, relaxes the nervous system, producing a natural lifting effect, preventing and reducing wrinkles and easing muscle tension.

Book your kobido treatment on Saturday morning or Sunday afternoon to experience a rejuvenating sensation!

60' - €200

80' - €250

## Ili Ili Hawaii

With this treatment, the stones are used as a work tool on the body following the ancient Hawaiian protocol. The healing power of the heat and the vibration of the stones allow to act on the muscles, improves circulation and releases stress.

60' - €150

80' - €230

### Lomi Lomi Massage

Lomi lomi is one of the deepest forms of ancient massage, which acts deeply with fluid movements that nourish the body and allow the recipient to fully relax. In particular, the hot gem therapy and the use of oils make Lomi lomi a true feast for the senses.

This treatment is also suitable for improving lymphatic circulation and is highly recommended for all those who need to eliminate body tension, stress and depressive states.

60' - €150

80' - €230

### Bamboo massage with hot rods

In addition to preventing and reducing anxiety and stress, it lubricates cartilages and joints, eliminates any energy blockages facilitating the free flow of prana. It is suitable for all subjects, from those who play sports to those who lead a sedentary life. In addition, it limits nocturnal awakenings and improves concentration, memory and work performance.

60' - €165

90' - €250



## OUR BEAUTY TREATMENTS WOMAN/MAN

Manicure with Spa Treatment €85,00

Manicure with Nail Polish Application €100,00

Aesthetic Pedicure with Spa Treatment €125,00

Curative Pedicure with Spa Treatment €180,00

Foot Spa Beauty Treatment €165,00

Eyebrow hair removal (with shape definition) € 45,00

Mustache epilation €35,00

Armpits epilation €70,00

Arms hair removal €85,00

Legs hair removal €130,00

Whole Legs Epilation €180,00

Legs + Groin epilation €250,00

Partial Groin Epilation €80,00

Total Groin Epilation €120,00

Chest + Abdomen Epilation (Man) €170,00

Shoulder + Back Hair Removal (Man) €170,00

Legs Hair Removal (Man) €200,00

Arms Epilation (Man) €130,00



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