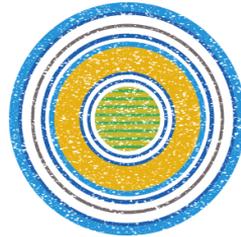


**Monaci delle  
Terre Nere**

**ETNA WINE RESORT**

WELLNESS





## MONACI SIGNATURE'S

Enter the world of Monaci wellness: we have chosen the products of our land to create face and body treatments that will inebriate your senses and regenerate body and mind.

# Treatments

## **Body Treatment Monaci** 120 Min. € 280

The ritual involves the application of a honey and brown sugar scrub with gentle and enveloping movements to exfoliate but at the same time moisturize the skin. Followed by a massage with sweet almond oil with aromas of lavender and rosemary from Monaci.

## **Monaci Face Treatments** 60 Min. € 150

The Monaci's ritual includes an aromatic cleansing with a delicate exfoliation with a sweet almond scrub. This is followed by a plumping and lifting massage with honey. A specific mask and to finish a short massage with a face butter (composed of sweet almond oil, fresh organic pollen, altar bee and lavender essential oil), which soothes, hydrates and refreshes the skin.

## **Body & Face Monaci**

€ 410

Body treatment and face treatment together.

At the end of each Monaci' Signature Treatment, an organic herbal tea will be offered with local organic Solmielato honey.

# Face Treatments

## **New Generation peeling** 45 Min. € 90

Antioxidant and regenerating treatment that through lactobionic acid illuminates and lightens the skin, being a delicate exfoliant, tolerated even by the most sensitive skin. Ferulic acid, on the other hand, has antioxidant properties, counteracts irritation and dryness and soothes red skin.

## **Short treatment** 30 Min. € 60

Short toning treatment with specific mask.

## **Bio balancing treatment** 50 Min. € 85

With the use of natural ingredients, it brings out a pure and even skin of the face, reduces open pores and irregularities in the skin.

## **Nourishing treatment** 50 Min. € 90

Treatment that promotes the immediate recovery of optimal levels of hydration, giving the skin all the well-being it needs.



# Massages

## **Relax massage**

50 Min. € 140

80 Min. € 180

Gentle, calming massage to promote deep relaxation, to improve blood circulation and to reduce stress, thanks to 432 Hertz music and natural essential oils, through soft movements.

## **Candle massage**

50 Min. € 150

A concentrate of well-being for the body and mind through a sweet casting of candle wax, it is a sensory ritual with movements that combine the beneficial properties of heat and the relaxing power of the scents and colors that envelop the environment.

## **Monaci lava stones experience**

50 Min. € 180

The power of heat has always been used as a therapy to dissolve body tensions and to promote a deep state of relaxation and well-being. Experience in harmony with the beauty of the landscape that surrounds Monaci delle Terre Nere, drawing directly from the extraordinary power of the volcanic stones of Mount Etna and from the hands of the operator who through special techniques will lead you on a deep journey, which will leave you full of new energy vital.

**Deep tissue massage** 50 Min. € 160

Deep Tissue is a treatment that acts in depth, with the aim of eliminating the adhesions that form at the level of the connective tissue and that stress the muscle fascia and aponeurosis, favoring the physiological sliding of the connective tissue on the muscle bellies.

**Kids massage** 30 Min. € 70

Soft and relaxing massage to promote a total body well-being of our little guests.

**Short massage** 25 Min. € 80

Localized massage on the shoulders, neck, head or on the lower limbs.

**Couple massage** 50 Min. € 300

A relaxing escape into the world of well-being, sharing with your partner a ritual that, through the heat and special scents of the candle, will renew the energy and well-being of the couple.

# BodyTreatments

## **Scrub**

40 Min. € 90

The scrub-mask deeply exfoliates and purifies, eliminating dead cells, toxins and impurities, leaving skin visibly firmer, softer and more regenerated.

## **Scrub & massage**

80 Min. € 220

Regenerate skin, body and mind through a special treatment to achieve well oxygenated skin, followed by a detoxifying massage.

## **Relaxing or draining bath with face massage**

40 Min. € 90

Balneo-cosmetics transforms the bath ritual into a real treatment through the aroma-therapeutic and cosmetic properties of essential oils. It helps the body to eliminate excess fluids and promotes relaxation through a short head-face massage.

## **Anticellulite and draining treatment**

60 Min. € 200

After the application of the scrub, we proceed to a massage with the use of specific products to detoxify, drain, tone the tissues and fight the imperfections of cellulite.

## **Mother to be massage**

50 Min. € 150

The perfect relaxing minute massage for a mum to be. Our specially trained therapists know exactly how to work those sore, tired and aching muscles, whilst you feel completely relaxed.

## **New Mother**

50 Min. € 150

A post natal massage is distinguished by its massage technique or procedure which is specially-designed for mothers who have just given birth. This massage aims to ultimately relax the body and mind of the new mother while helping her combat her concerns regarding body changes.





## Relax package

### **Yoga & relax**

€ 390

Hatha yoga 1 hour lesson  
Nourishment facial treatment  
Relaxing body massage with candle  
Relaxing bath

### **Detox Package**

€ 360

1 hour lesson of Vinyasa yoga,  
Facial antioxidant treatment  
Natural scrub and detoxifying massage for the  
body

## Pressure therapy

### **Pressure therapy**

30 Min. € 70

A treatment that aims to improve the circulatory and lymphatic system also helping the elimination of toxins, through the use of specific equipment that mechanically stimulates the arms, legs and abdominal area.

### **Pressure therapy treatment with bandage**

50 Min. € 100

The use of a draining bandage completes the pressure therapy treatment, which visibly improves the quality of the skin as well as further eliminating the stagnation of liquids present in the tissue.



## Bride package

### **Bride**

Tot. € 400

Antioxidant treatment

Rebalancing or nourishing facial treatment  
according to the needs of the skin

Bridal makeup

Only Bridal make up

€ 250

**Manicure, pedicure and waxing beauty  
treatments are available only on request.**

# Only on request

## **Hawaiian Massage**

80 Min. € 250

### **Ili Ili**

60 Min. € 166

Ili Ili means moving pebbles. The stones are used as a body work tool following the ancient Hawaiian protocol. The healing power of heat combined with the vibration of the stones are the transformative force that bring healing, balance and relief to the body and soul. It is a warm, sweet and flowing treatment: works on the muscle groups, improves circulation and releases stress.

## **Bamboo Massage**

90 Min. € 240

60 Min. € 187

Bamboo massage with hot rods: It prevents and reduces anxiety and stress, common problems especially in this period. It nourishes and lubricates cartilages and joints, eliminates any energy blocks facilitating the free flow of prana, thus bringing general well-being, gives muscle tone, strengthens the immune system, gives brightness to the skin, helps the elimination of toxins, from lightness to the lower limbs. It is a treatment indicated for those who play sports and for those who lead a sedentary lifestyle. It helps in cases of insomnia and in frequent nocturnal awakenings. Improve concentration, memory and work performance.

## **Californian Massage**

90 Min. € 270

The Californian massage is characterized by long fluid and integrated movements that serve as the basis for a wide range of deep contact techniques. These are mainly performed by the hands, forearms and elbows and oils that facilitate fluidity. In this way the hands can express their quality of contact through their softness and sensitivity, the touch takes place in the stillness of the meditative mind, focusing on the natural breathing that can reach the depths of the belly, and using the fluidity of movement that integrates the body in its totality. This is where this technique becomes an art and incorporates elements from other techniques such as soft stretching, passive joint movements, deep muscle work and delicate cranial balancing and rhythmic movements that make each massage completely unique.

## **Lomi Lomi**

60 Min. € 166

80 Min. € 250

The rhythmic swing that characterizes the massage allows you to focus and act simultaneously on different areas of the body. Therapy with hot gems and the use of oils make Lomi Lomi a true feast for the senses. The Lomi Lomi is highly recommended to all those who want to eliminate Body Tension, Stress, Depression and Improve Lymphatic Circulation. The Lomi Lomi massage allows you to achieve the perfect balance between body, emotional and spiritual state thanks to a total relaxation of the muscles in perfect harmony with your mind

## Kobido

60 Min. € 190

80 Min. € 290

The benefits that the Kobido massage proposes are to improve skin tone and elasticity, prevent and reduce wrinkles, relax the skin and stretch it. A massage that, in addition to regenerating the skin and scalp, improving the condition of the skin and hair, helps to give physical well-being and serenity to the mind. Through energetic and manipulation techniques, physical and mental balance is restored. Its execution is very special, it is carried out with the sole ability of movement of the fingers, of the wrist and the manipulation with the hands that the surprising lifting is obtained. It is suitable for all skin types, suitable for both men and women, and is performed with natural moisturizing products that help to reduce wrinkles and sagging of the skin from the first session.



## **INFO & BOOKING**

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**RELAIS &  
CHATEAUX**

Creating Delicious Journeys