



# Harmos

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**RELAXED / FOUND / RENEWED**

**Harmos SPA first asks a question: What experience do you want to have today? Enter a world of exclusive wellness, choose the type of massage you prefer to rejuvenate your body.**

# HARMOS WELLNESS

## WELCOME TO HARMOS SPA

Immerse yourself, abandon yourself, be reborn. Pure joy of living, like water knows no boundaries. Everything flows and suddenly everything is pervaded by an authentic sense of harmony.

An exclusive temple of well-being, where mind and body are regenerated through the rediscovery of more authentic emotions than harmony with oneself.

## Wellness Path

The Harmos Spa Wellness Path is for the exclusive use of the couple. It includes a Finnish sauna, Turkish bath, emotional showers, Scottish shower and access to the exclusive "cisternone" (an ancient rainwater cistern, now a relaxing internal hydromassage tub carved into the rock), a relaxation area with herbal teas.

Kit supplied consisting of bathrobe, towel and slipper.

**60 minutes**

**90 minutes**

**150 euros per couple from Monday to Friday**

**180 euros per couple from Monday to Friday**

**60 minutes**

**90 minutes**

**180 euros per couple Saturday and Sunday**

**215 euros per couple Saturday and Sunday**

**90 minutes**

**270 euros Spa night - from 8:00 p.m. to 00:00**

## **COUPLE'S MESSAGES AND RITUALS**

### **Syntony**

**50 minutes - € 160,00**

The perfect well-being as a couple to share in an intimate atmosphere, lying side by side to rediscover the sweetness and vitality of harmony between two. A unique experience that will soothe all your senses.

### **Apulia**

**50 minutes - € 175,00**

Anti-stress couple's ritual inspired by the essences of Salento: Lemon, Rosemary, Basil, Myrtle and Thyme to give radiance to body and face thanks to the action of organic olive oil.

### **Harmony**

**50 minutes - € 230,00**

After a short psycho-aromatherapy test, the essential oils to use during the massage are chosen to obtain a relaxing, stimulating, euphoric or calming effect. The beneficial effect of the chosen essence creates a personalized experience and also one of union with the person close to us

### **Balance**

**50 minutes - € 240,00**

Relaxing and deeply soothing couple's massage inspired by the Hawaiian shamanic tradition that brings harmony to the whole body.



## INDIVIDUAL MASSAGES

### **De Noha**

**30 minutes - € 55,00**

Localised partial massage to provide relief to a specific area of the body.

### **Belle Epoqué**

**30 minutes - € 60,00**

Relaxing head-face-foot massage that relieves stress, stimulates circulation and releases tension.

### **Riflex - Riflessologia plantare**

**50 minutes - € 80,00**

Massage with healing technique involving acupressure stimulation of specific areas of the sole of the foot.

### **Harmos**

**50 minutes - € 85,00**

Hidden inside every perfume there is an entire journey where mind, body and soul converge. A profound experience that leads to the roots of one's happiness.

### **Evo - Linfodrenante**

**50 minutes - € 90,00**

Lymphatic Drainage massage on all areas of the body that tend to lose elasticity and tone prematurely.

### **Oasi - Californiano**

**50 minutes - € 100,00**

Massage characterized by fluid, light or deeper movements that bring the body into complete relaxation

### **Candle Massage**

**50 minutes - € 100,00**

Relaxing massage carried out with the warm oils of scented candles. It releases tension and gives the body new pleasant sensations.

### **Hot Stone Massage**

**50 minutes - € 110,00**

It is a massage with warm black basal stones accompanied by a unique essence, it treats the mind and body, inspired by the culture of the native Indians of North America. It promotes general relaxation, eases joint tension and benefits muscle stiffness.

### **Lomi Lomi**

**50 minutes - € 120,00**

An enveloping, rhythmic, relaxing massage as sweet as the ocean waves. It re-establishes a flow of energy, during which a profound state of peace is regenerated. This technique is based on rhythmic movements and the use of the forearms.

### **Water Hammam**

**45 minutes - € 120,00**

Exclusive water therapy treatment performed on a hammam bed where you experience a unique aromatic massage experience, relaxing at medium pressure, characterized by the use of a mix of essential oils to lighten the body and mind.

### **Divino**

**45 minutes - € 120,00**

Body massage in our oak barrels, which for years have contained Galluccio brandy. A unique and personalized poolside experience that restores balance to body and mind.

## FACE RITUALS

### **Rose Mei**

**25 minutes - € 70,00**

A treatment that gives the facial skin a sweet sensation of widespread relaxation thanks to the unmistakable aroma of the entire Rose Mei line made from Persian Rose petals.

### **Normal Skin Detoxinant**

**25 minutes - € 85,00**

Facial treatment based on Italian Green Clay that removes dead cells and toxicity from the skin thanks to the action of the scrub, which is followed by the nourishment of the Vitamin Serum, based on vegetable oils, and complemented by the balancing action of the Vitamin E Cream concentrated from sweet almond oil.

### **Persian Rose Mei**

**50 minutes - € 130,00**

The recognised property of the Persian Rose is to give the skin the velvety texture as its petals, thanks to the action of the precious essential oil. An ideal facial ritual for fair, delicate, reddened, fragile or couperose skin, but also for young skin to be kept radiant and soft.

### **Purificante alla Propoli**

**50 minutes - € 140,00**

A face treatment that purifies in depth to counteract the formation of acne, furunculosis, oily skin and blackheads thanks to Propolis, a resin produced by bees with natural antibacterial action.

### **Mei Anti Age**

**50 minutes - € 140,00**

The ritual is specially designed to restore tone, radiance and plumpness to the skin of the face and hands, thanks to the power of precious Polynesian Tamanu essential oil. The ritual begins with aromatherapy.

## BODY RITUALS

### **Detossinante ed Elasticizzante**

**50 minutes - € 140,00**

Body ritual with exfoliating and detoxifying massage with Green Clay, Lemon essential oil and Green Apple for a more supple and radiant skin.



## FACE AND BODY RITUALS

### **Sotto sale - Total Body**

**50 minutes - € 130,00**

A revitalising total body treatment given by the detoxifying power of Sicilian Sea salt and enhanced by the freshness of Piedmont Peppermint and Wild Spearmint essential oils, which, with the plant extracts of Green Tea and Ginseng, combines an anti-stress action with a toning and firming effect.

### **Dolce Vita - Total Body**

**50 minutes - € 140,00**

The total body ritual opens with the Dolce Vita scrub with micro sugar crystals, followed by the elasticizing massage with citrus-based Balance oil and the application of the illuminating Sweet Orange cream

### **Persian Rose Body & Face**

**50 minutes - € 140,00**

Facial and body treatment with essential oil from the precious Persian Rose, which envelops the skin in a soft caress thanks to its silky and illuminating effect.



## **HARMOS WELLNESS CENTRE RULES**

**It is obligatory in the relaxation and common areas  
the use of the costume.**

**In hot-humid areas it will be sufficient to cover yourself with a towel.**

**We ask you to kindly respect the order of the rooms  
and use your cell phone with the ringtone in silent mode.**

**For health and safety reasons, the spa is accessible for ages 18 and up.**

**We ask our kind guests to come to the appointment  
10/15 minutes earlier.**

**In case of delay, in order to respect subsequent appointments,  
the treatments may undergo variations or have a shorter duration.**

**In case of cancellation of the reservation, if communicated 24 hours in  
advance, no amount will be charged. Within 6 hours 50% of the amount, in  
case of No Show 100% of the treatment will be charged.**

**HARMOS SPA thanks you for contributing to the tranquility of the wellness  
area.**

### **OPENING HOURS TO BOOK**

**9:00 a.m. - 8:00 p.m.  
Spa night 8:00 p.m. - 00:00**