

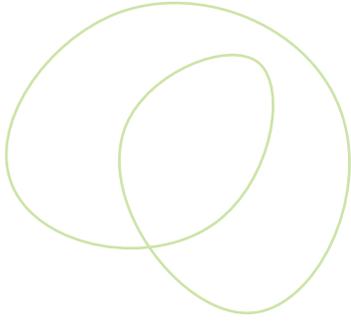
Tarifs imbattables
Services sur mesure
Expertise unique



LITTLE GUEST

présente

**Les plus belles destinations
familiales sont sur
www.littleguestcollection.com**



ALMABLU

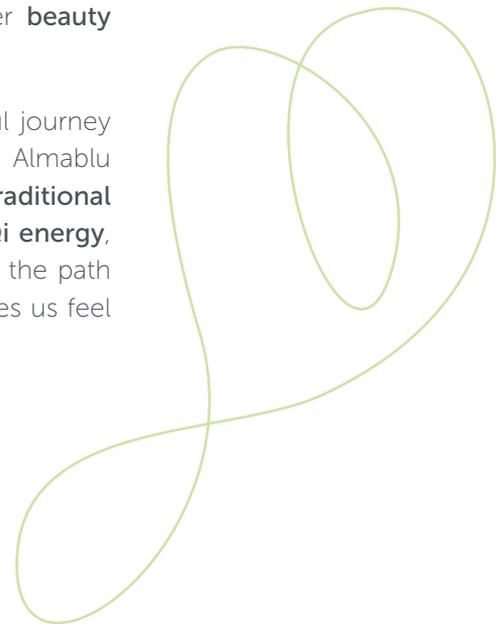
WELLNESS & SPA

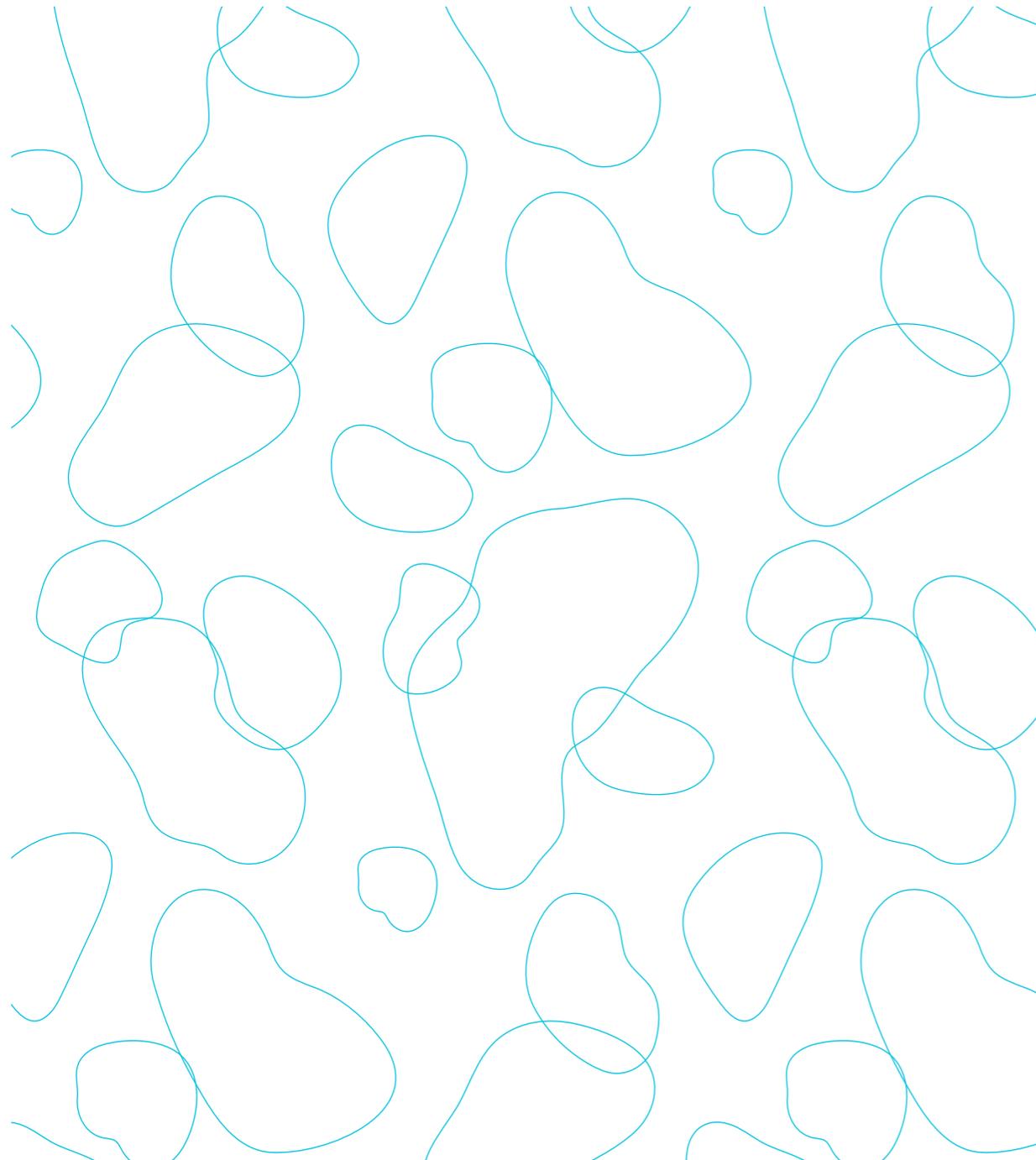
There is a place in the soul where it is possible to savor life's greatest luxury: **balance**. Here, all the different forces of the universe come together in **harmony**, the body enters a state of deep well-being and the soul radiates its most authentic brilliance.

Almablu Wellness & Spa is the place where you can find balance immersed in the magic of nature and the sea. The perfect location to experience the harmonious exchange between the forces of the external environment - made of water, plants, wind and sand – and the inner energies of the individual. Here, **Man and Nature** come together in a mutual embrace, discovering their common center. Massages to rebalance **inner energies** and beauty treatments to make your inner **beauty** shine through on the outside.

In order to accompany our guests on this wonderful journey within themselves and through the outside world, Almablu Wellness & Spa employs the ancient principles of **Traditional Chinese Medicine**, which identifies the balance of **Qi energy**, the source of vitality that flows through the body, as the path to **psychophysical well-being** that heals us and makes us feel good, as part of the whole.

Welcome to Almablu Spa!



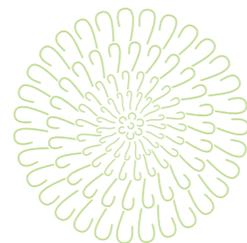


EXCLUSIVE ALMABLU MASSAGES



A wide range of Almablu massages rooted in Traditional Chinese Medicine to restore balance and well-being to the individual and maintain a harmonious relationship with everything that surrounds us.

The ancient "*Tuina*" technique stimulates the flow of Qi energy, the primal source of vitality according to Eastern philosophy, along the body's energy meridians. The gentle rhythmic movements, in an atmosphere of absolute relaxation, reach the depth of the spirit through the massage and offer an effective prevention of one of today's most common problems: stress.

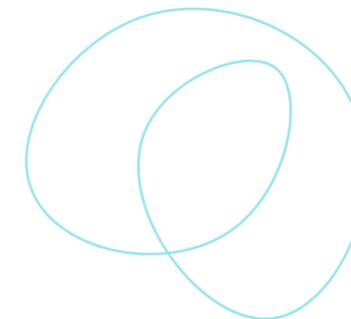
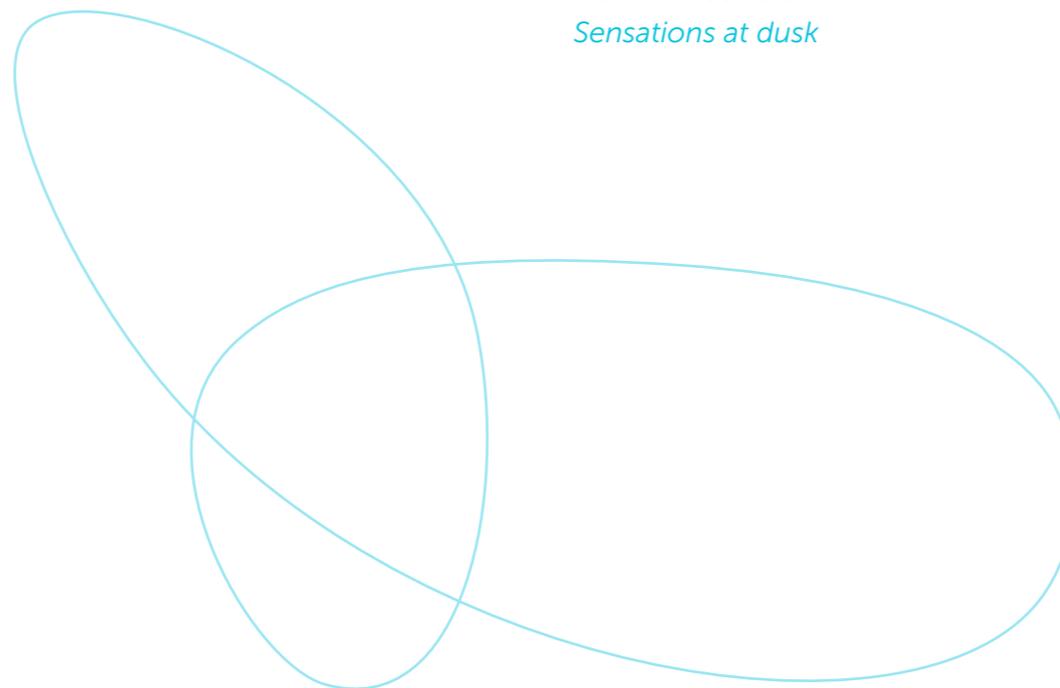


Rebalancing massages



According to **Traditional Chinese Medicine**, and in particular to **Taoist philosophy**, the state of well-being in the individual is the result of the **balance between two opposite forces** of equal and opposite intensity, which complement each other in a harmonious way.

To restore **one's well-being** and prevent imbalances or alterations that can negatively interfere with one's psychophysical state, it is therefore necessary to release the proper flow of the two forces, **Yin and Yang**, and bring them back into balance.



FACE MASSAGE

The waves

A massage designed to **relax** facial features, **moisturize** and **nourish** the skin to give new radiance to the face. A **sweet indulgence** that, combined with one of the exclusive **Almablu** rituals, gives the face a boost of **energy**.

25 min | € 55

BACK MASSAGE

A moment

Stress and **tension** often build up on the back and the neck. This short but effective massage helps restore a **feeling of lightness**. Finally, the rhythmic strokes help muscles regain **new energy**.

25 min | € 55

HEAD MASSAGE

Sensations at dusk

The head and scalp areas are covered in **sensory nerve endings** that are capable to indirectly regulate the whole organism and to relax the mind as well as tight muscles. This treatment therefore has a remarkable **relaxing** and **decontracting** function for the muscles of the **neck** and the **shoulders**. In addition, the stimulation of the reflex points on the head corresponding to the gall bladder meridian gives a feeling of **overall relaxation**.

25 min | € 55

BACK MASSAGE

Strength game

A massage dedicated to all those who suffer from persistent **muscle tension** in the back and in the lumbar spine. Warm oil is massaged into the skin using long, flowing strokes, to give new elasticity to the body; **heated lava stones** are used during the last 10 minutes of the treatment to further relax the connective tissue and stretch tight muscle fibers.

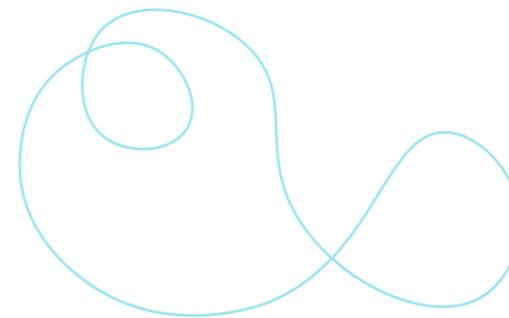
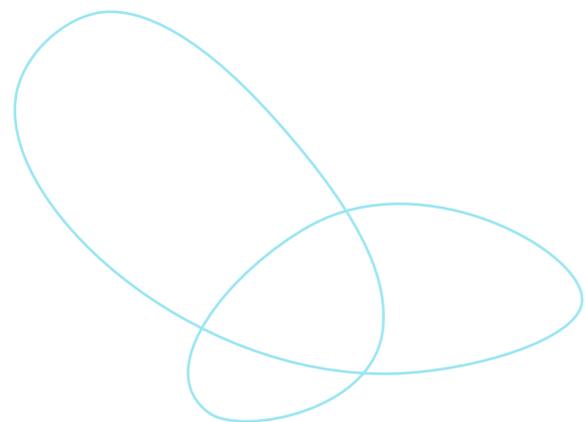
40 min | € 90

BODY MASSAGE

Reflections of the Self

The **flowing strokes** of this massage envelop the back, head, arms, legs and abdomen, all the way to the face. The massage perfectly embodies **Almablu's vision of well-being** and guarantees the correct flow of **Yin and Yang** energies. The sensation of inner **harmony** between mind and body is thus also reflected on the outside.

50 min | € 110



BODY MASSAGE

The journey between heaven and earth

According to Traditional Chinese Medicine our body does not have clear boundaries, but is actually intertwined with the universe in a continuous exchange of energy between heaven and earth. This journey begins with gentle enveloping strokes on the **feet** and on the **legs** - which represent **earth** -, continues on the 5 regions of the spine and then proceeds to the **head and the face** - which represent **heaven**. The strokes then continue in the opposite direction, from heaven back to earth through the abdomen, the arms and back to the legs. This massage promotes a deep sense of **psychophysical well-being** by significantly relieving stress.

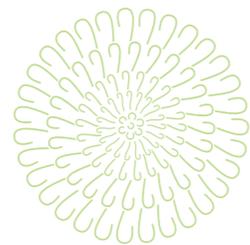
80 min | € 185

FOOT REFLEXOLOGY

The flower and the roots

This treatment, the result of an **ancient technique** called "On Zon Su", a foot massage deeply rooted in Traditional Chinese Medicine, begins with strokes aimed at facilitating **the proper flow of fluids** along our body. It then focuses on the foot reflex points that correspond to the **main organs** of the body in order to restore **balance** and provide **relief** to the whole body.

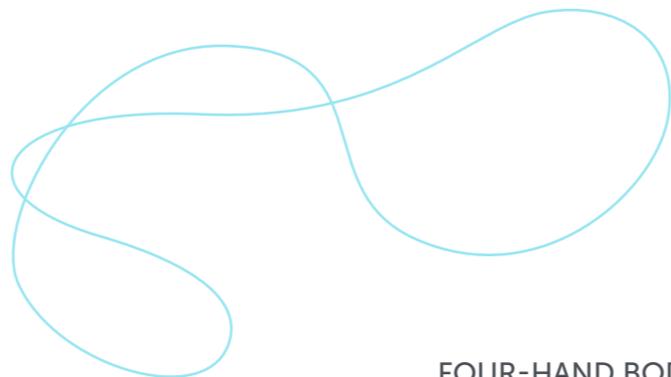
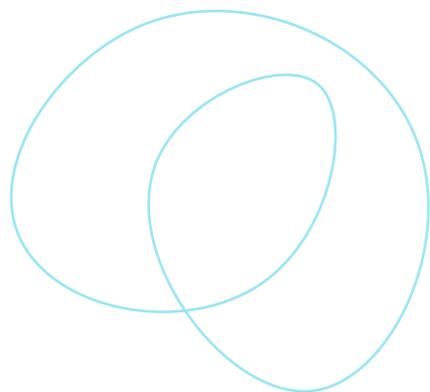
50 min | € 99



Four-hand massages



Double the feeling of well-being with the 4-hand massage performed by two Almablu therapists. By acting in harmony on the meridians, these two massages will restore a deep sensation of **balance** and **harmony**. A one-of-a-kind treatment that offers a synchronized **head** and **foot** massage, the perfect fusion of **heaven** and **earth**, thought and action according to Traditional Chinese Medicine.



FOUR-HAND BODY MASSAGE

A stroll in Paradise

A **journey to follow the rhythm of your own heart**, inspired by the synchronized massage movements performed by two therapists working in unison, ultimately inducing a state of sheer bliss.

The synchronized four-hand stimulation of specific points along the **meridians of the body** creates an **emotional** journey and provides a unique sense of **well-being**. Not an ordinary four-hand massage but, as the name suggests, a **stroll in paradise** through the emotions of the heart.

50 min | € 230

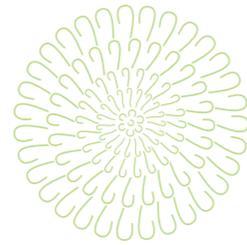
FOUR-HAND HEAD AND FOOT MASSAGE

Jade Flower

An Innovative Almablu four-hand treatment, which involves **synchronized massage strokes on the head and feet**, which, according to oriental traditions, symbolically represent **heaven** and **earth**.

Just as the jade gemstone possesses an invaluable combination of healing properties, so the head and the feet represent the underlying **relationship between thought and action** that characterizes the so-called "**Ren-Man**" in Confucian philosophy, the main character of his time and of his space.

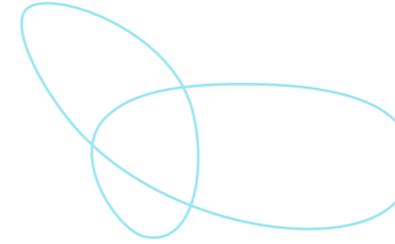
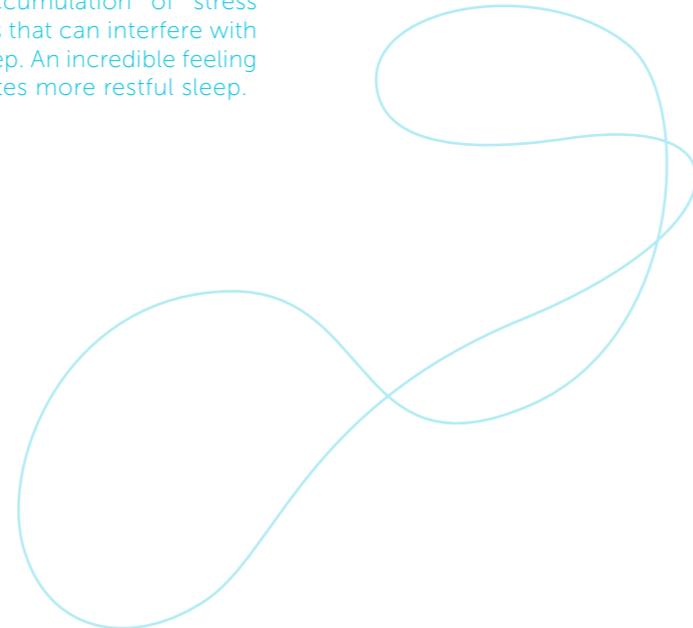
40 min | € 210



Sleep massages



Specifically designed for those who need to improve their sleep quality and want to keep their **sleep-wake rhythm in balance**. These two treatments, a combination of massage and foot reflexology, provide an effective **remedy for insomnia**, often caused by the accumulation of stress and racing thoughts that can interfere with a healthy night's sleep. An incredible feeling of **lightness** promotes more restful sleep.



BODY AND HEAD MASSAGE

Warrior's Rest

This massage aims to promote the **correct sleep-wake rhythm** and regulate the **energy flow** between the body and the head. The slow and non-invasive strokes start from the head - on specific points called "Shi Shen Kong" - and end at the feet, thus restoring the **balance of Yin and Yang energies**.

50 min | € 125

BODY AND HEAD MASSAGE

The Magic of Silence

This massage, which works in depth to **fight the racing thoughts** that disrupt your night's sleep, ends with a magical silence. Relaxing strokes start at the head and move down to the limbs, finishing with the feet, leading you gently **into the arms of Morpheus**.

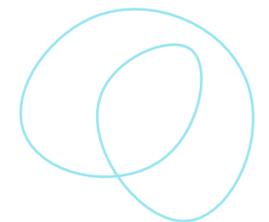
80 min | € 199

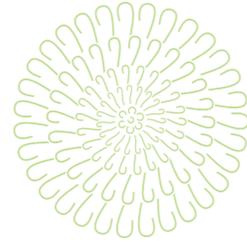
FOOT REFLEXOLOGY FOR SLEEP

At the Foot of Mount Olympus

According to **Traditional Chinese Medicine**, feet are the energetic gateway connecting **heaven and earth**. Sometimes, however, some disorders can alter the proper flow and modify the normal sleep-wake rhythm. The treatment acts on the toes - which correspond to the head - to bring the energies of Yin and Yang, the mind and the body, **back into balance**, providing a **restful night's sleep**.

50 min | € 115



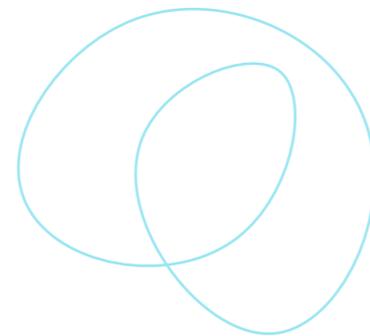


Regenerating & detoxifying massages



Different solutions to help you **take care of yourself** and regain the energy required to face the challenges in everyday life or simply to indulge in a moment of **purification**.

The appropriate amount of massage pressure, applied to specific points of the body by the skilled hands of our therapists, **releases the energy flow** along the meridians and brings **renewed vitality**.



REGENERATING FACE MASSAGE WITH GUA SHA

Dispersing the clouds in the sky

The face represents the identity of every person; its different expressions and the slight changes in complexion can reveal a person's overall well-being, by stimulating the points and meridians of the face in a targeted manner, the **ancient technique of Gua Sha** emphasizes skin's **brightness** and stimulates **skin's tone** immediately after the treatment. **Our truest and deepest nature** comes into view, and with it a radiance that reflects the **joy of living**.

40 min | € 95

REGENERATING

Moxibustion

Stimulation through heat is an ancient practice in Traditional Chinese Medicine called **moxibustion**. An extremely pleasant treatment that activates the **flow of vital energy** known as Qi through the heat emitted by a **mugwort stick**, which stimulates the specific points of the urinary bladder meridian, and thus activates the body's energy, providing a **regenerating** effect.

20 min | € 49

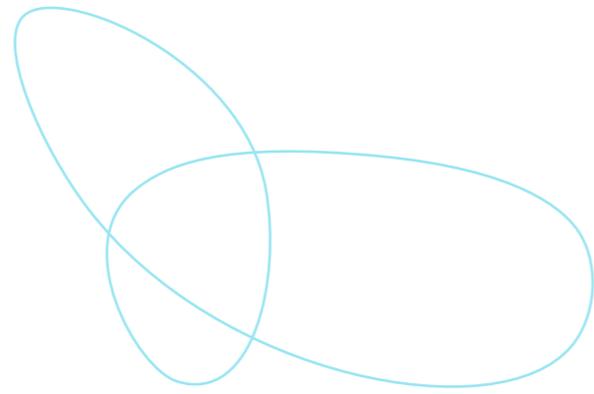
REGENERATING BODY MASSAGE

The lightness of being

The dynamic strokes used on the body stimulate two specific meridians: the gall bladder meridian, which **promotes action**, and the kidney meridian, which **reactivates the healing force** within us, so as to provide a renewed feeling of lightness and enthusiasm. A **new vitality** finally pervades the body and the spirit.

50 min | € 99





DETOXIFYING
Moxibustion

The goal of **detoxifying moxibustion** is to stimulate the specific points of the energy meridians for a **correct flow of vital Qi energy**. The mugwort stick, known as **Moxa**, is used in a circular motion directly over the meridian points corresponding to the liver and kidneys, helping the body **eliminate accumulated toxins**.

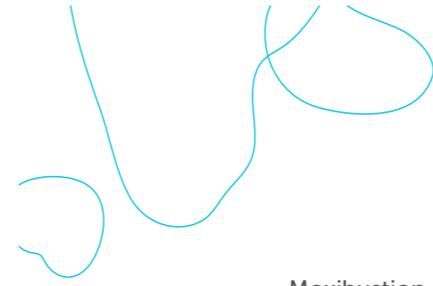
20 min | € 49

DETOXIFYING BODY MASSAGE
Across the border

Relaxing massage strokes are applied to the meridian points of the liver and the kidney, which have the specific functions of **purifying and instilling energy**, thus stimulating **body detoxification**. The boundary between the body and our deepest self shrinks and a **new radiance** flows from the inside out.

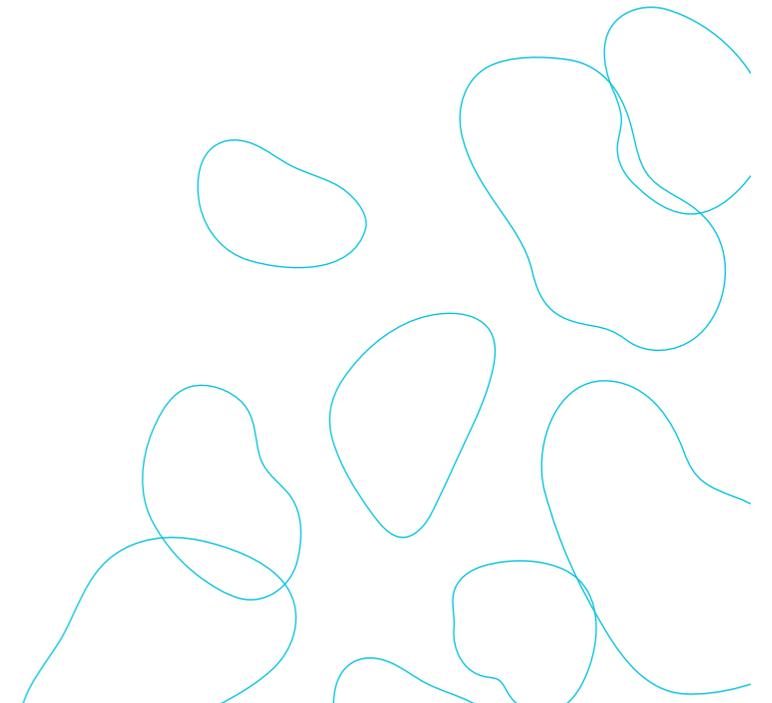
50 min | € 99

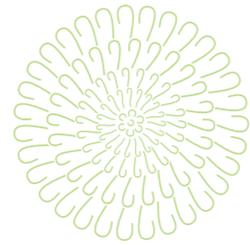
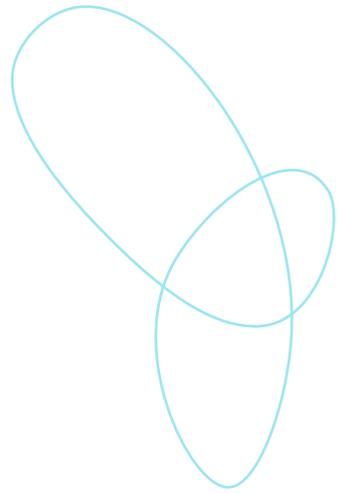
TIP
For more effective results, we recommend combining moxibustion with a regenerating or detoxifying massage



Moxibustion is a Traditional Chinese Medicine technique. This treatment uses burnt moxa made from **Artemisia vulgaris** or Chinese wormwood, harvested during the summer solstice when it reaches the pinnacle of its qualities. The mugwort leaves are then chopped and collected in cigar-shaped sticks, which are then burned indirectly close to the skin to **stimulate with heat the acupuncture points** where the body energy is disrupted.

This treatment activates the flow of Qi energy and improves the flow of blood to organs and joints. The purpose of Moxibustion is to **balance the body's energies**, which, according to Traditional Chinese Medicine, when disrupted can cause disease and various health problems.

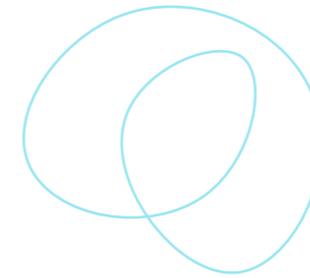
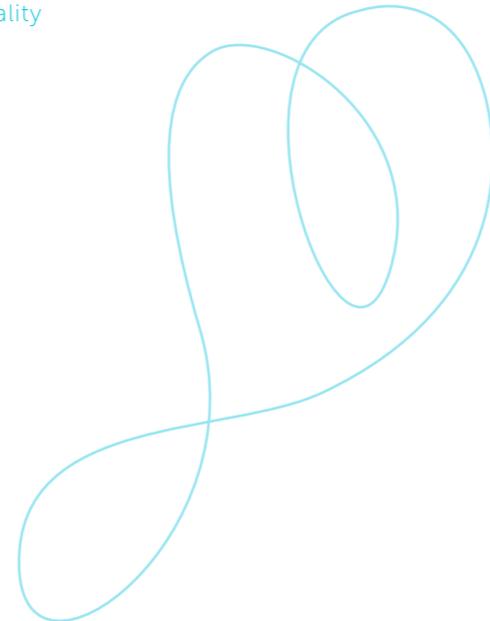




Relaxing massages



The atmosphere of **absolute comfort** and the soft strokes used in these treatments promote **relaxation** and help **reduce stress and anxiety** caused by a hectic lifestyle. The massage stimulates blood circulation and **relaxes tense muscles**, helps increase general vitality and provides a **new boost of energy**.



BODY MASSAGE

Embrace of the Sea

Relaxing massage created with a **gentle sequence** of kneading movements that envelop the legs, arms and back for a deep feeling of **relaxation**. Suitable for those who need to indulge in an interlude of **absolute relaxation**, it alternates soft and pleasant strokes that evoke the motion of sea waves.

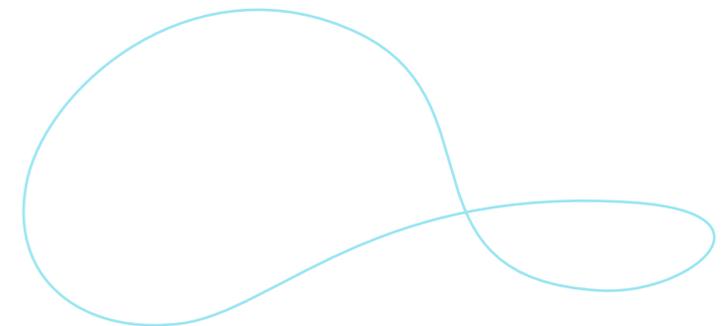
50 min | € 105

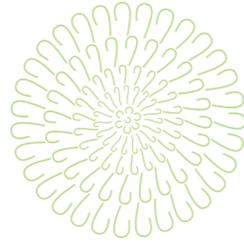
BODY MASSAGE

Call to Paradise

Extremely relaxing and characterized by very delicate strokes, this massage is an extraordinary experience of **sensory surrender**. Three different types of pressure alternate in a relaxing rhythm, perfect for regaining the **serenity of body and mind**.

50 min | € 99



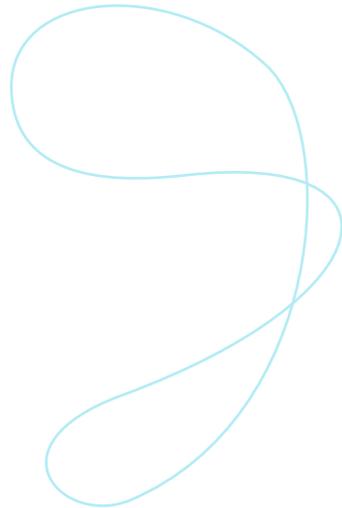


Massages to **strengthen the immune system**



The **immune system** plays a fundamental role for our body, protecting it from internal and external aggressions that can compromise health. But how can we best **support our defenses**?

There are many treatments, massages and ancient healing practices in Traditional Chinese Medicine that stimulate the meridian points of the large intestine and stomach to reactivate the **body's defense mechanism**. The goal of our therapists is therefore to strengthen and boost this mechanism with targeted massages. A healthy body, in fact, has a natural protection system capable of **defending the body** from countless viruses and bacteria.



SUBLIME RITUAL

Sunset reflection

*The ritual includes:
Turkish bath with aromatherapy,
Purifying body treatment,
Body massage for the immune system
"The breath and the quiver",
Herbal tea.*

The colors, the play of light and the iridescent reflections of the sunset are a **delight for the senses and the spirit**. They seem to open the door to an unknown and fantastic world and transport us to a dimension beyond our own. That's why the sunset is always a **magical moment** to admire in its indescribable beauty at the end of each day.

We wanted to bring the magic and wonder sparked by the sunset to this ritual, to create an experience of **memorable sensations, reactivate the immune system** and bring to light our inner reflections.

1 hour 50 min | € 365

IMMUNOSTIMULANT

Moxibustion

Vital energy, or **Qi**, can be activated with one of Traditional Chinese Medicine's oldest techniques: **moxibustion**. The heat generated by the mugwort leaf stick pleasantly stimulates the flow of this energy, and creates an **immunostimulating effect**, thanks to the targeted action on the meridian points of the large intestine and stomach through which the body activates the **strengthening mechanism of the immune system**.

20 min | € 49

BODY MASSAGE FOR THE IMMUNE SYSTEM

The breath and the quiver

The body has countless **arrows** in its quiver to **defend us from external aggressions**; this treatment stimulates what eastern cultures call **defense energy** and the western world calls immunity. In particular, there are areas of the epidermis that in Chinese and Japanese traditions are specifically delegated to these functions. The stimulation of these elective points, which are located along the meridians, **reactivates the immune system**, providing an instant **burst of energy** after the massage.

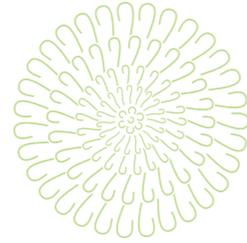
50 min | € 125

FOOT REFLEXOLOGY FOR THE IMMUNE SYSTEM

The awakening of the Earth

There is only one acupuncture point on the sole of the foot, called the "**courage spring**" or "**bubbling spring**". According to Chinese traditions, it is through this point that we accept this contract called life and that we anchor ourselves to our earthly existence. We could say that the feet represent **our strength**, our ability to stand up physically, but also symbolically, in life. Thanks to the myriad nerve connections of the sole of the foot we can **rebalance the entire organism**. Non-invasive but noticeable and effective strokes will make your feet feel in **perfect harmony with mother earth**.

40 min | € 105

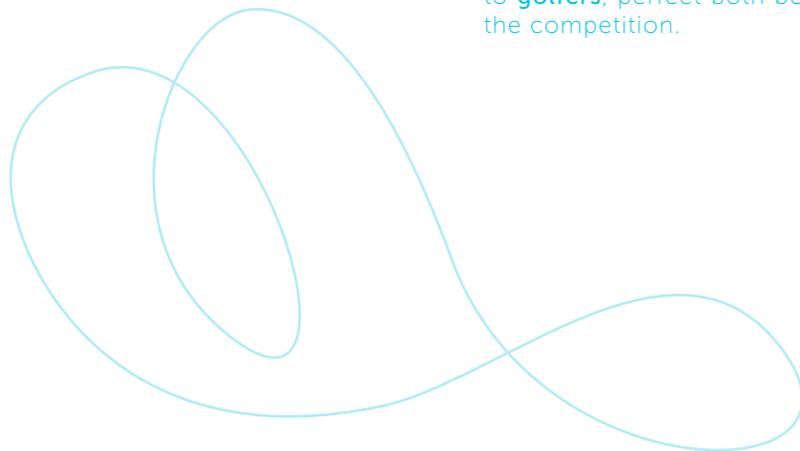


Decontracting sports massages



Massages designed to **loosen tight muscles** and provide pain relief for athletes and for all those who suffer from minor **muscle contractures** or who wish to get deep pressure during the treatment.

They can be performed on specific areas or on the whole body, and are suitable for every need. Almablu has also created a special collection of massages dedicated to **golfers**, perfect both before and after the competition.



TONING BODY MASSAGE

Gentle support

A Sports massage with a toning action that focuses on the **legs and the back**, with light pressure and slow strokes for a **touch of total relaxation**. Promotes greater oxygenation for the recovery of muscle tone and is perfect after physical activity to relieve tension on the back and lower limbs.

50 min | € 99

RELAXING BODY MASSAGE

A spot on the field

This relaxing massage focuses on the **cervical and shoulder blade areas** with medium pressure and with more dynamic strokes on the legs to restore normal **muscle tone**. The energy meridians involved are meant to stimulate **body oxygenation**, thus eliminating toxins and **promoting muscle relaxation**.

50 min | € 105

DECONTRACTING BODY MASSAGE

Deep relief

In this muscle decontracting massage, elbows and forearms are employed to act directly on the **contractures of the back, legs and arms**. Perfect for those who want deeper pressure, "Deep relief" helps **reduce muscle pain** and release tension.

50 min | € 110



Treatment suitable for all athletes, particularly for golfers

LEG MESSAGE FOR GOLFERS

The perfect downswing 

The **importance of leg posture and the strain placed on leg muscles** are often overlooked when playing golf. The lower joints are treated with a technique that combines massage with real **muscle stretches** to relieve leg stiffness and **regain lightness and flexibility**.

25 min | € 55

BACK MESSAGE FOR GOLFERS

The perfect swing 

The massage focuses on the **back muscles** involved in the classic golf swing. Non-invasive technical specifications, combined with various **stretching** routines, offer **relaxation and well-being** to tight back muscles, in addition to increasing range of motion.

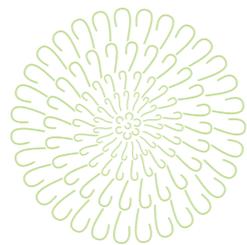
25 min | € 55

BODY MESSAGE FOR GOLFERS

Golf swing relax 

The massage **relieves tension** with a **pleasant passive muscle stretching** and, thanks to specific routines, offers a deep **state of relaxation** whilst ensuring a perfect degree of mobility for a more enjoyable game of golf.

50 min | € 99

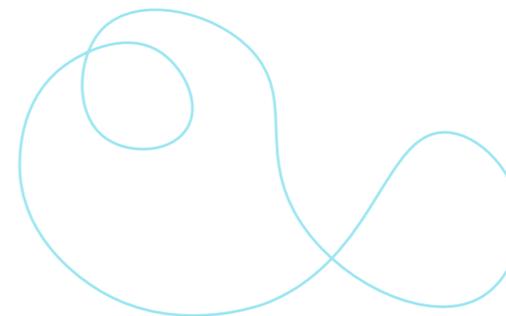


Couple experiences



The **couple massages** of the Almablu line are the **perfect way** to celebrate a special occasion with your loved one, a special friend or a family member.

Choose between a **50 or 80-minute massage**, which can be combined with the exclusive use of the **Private Spa** to let go of all tensions and indulge in a **beachfront wellness experience**.



COUPLES BODY MASSAGE

The wide selection of **50- or 80-minute** signature Almablu treatments is available as Couples' packages. Both guests must choose the same type of massage to ensure an **experience of pure relaxation in harmony**.

50 or 80 min

price vary depending on choice of treatment chosen

PRIVATE SPA PACKAGE

The **Private Spa** is dedicated to the couple's well-being. The experience begins with an exclusive **50- or 80-minute** massage and then continues in the privacy of the seafront treatment room.

2 h 30 min | € 580

per couple

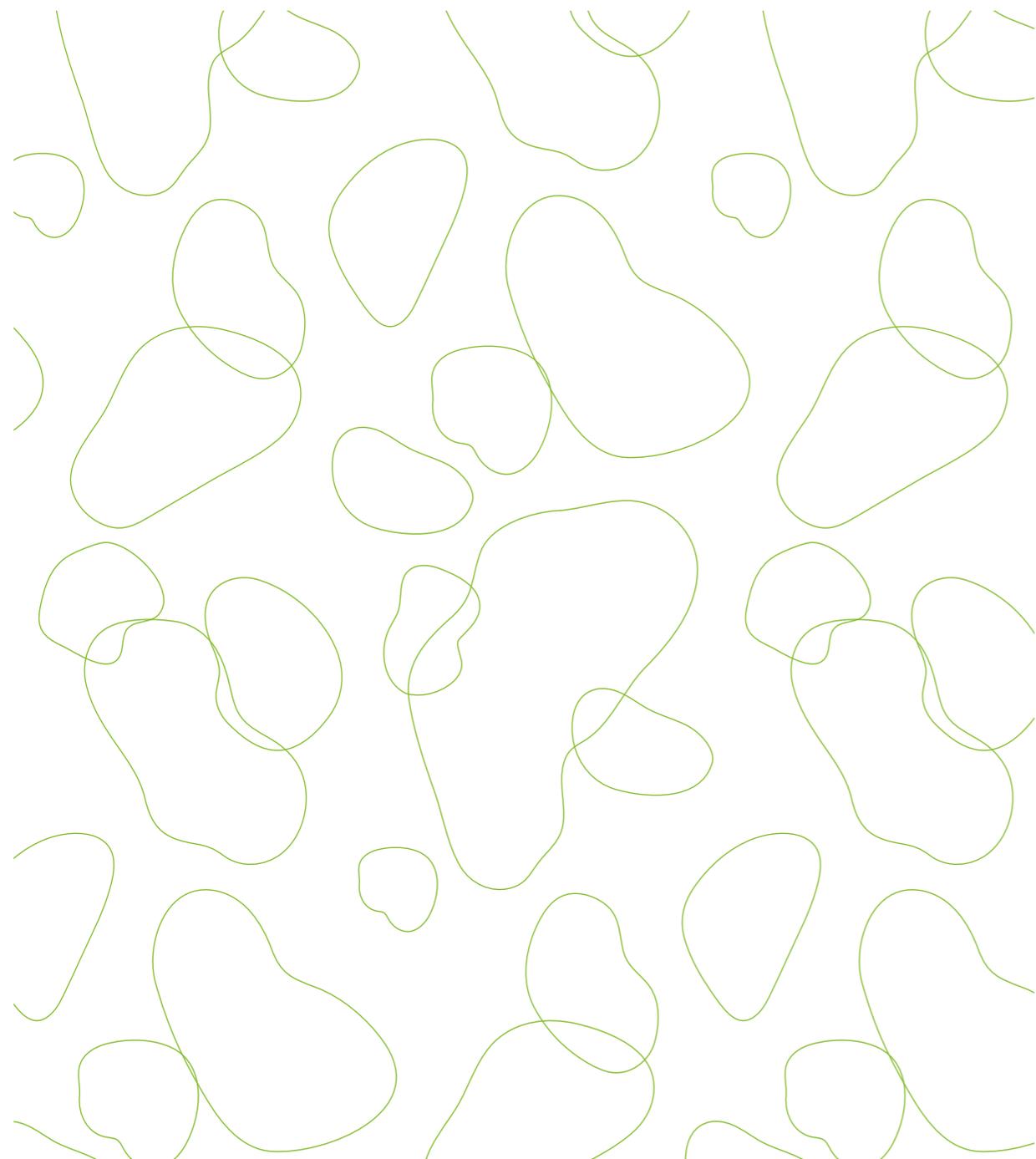
After the treatment, the multi-sensory steam bath and the **king size Jacuzzi** will be available for your exclusive use, accompanied by a plate of **sliced fresh fruit** and a **bottle of Prosecco** to relax together in a pleasant atmosphere.

To make the moment even more exclusive, treat yourself to a true **spa experience** with your partner or a special someone in the beautiful seafront setting of the stylish **Private Spa**.

Unforgettable moments for two!

TIP

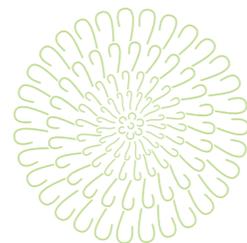
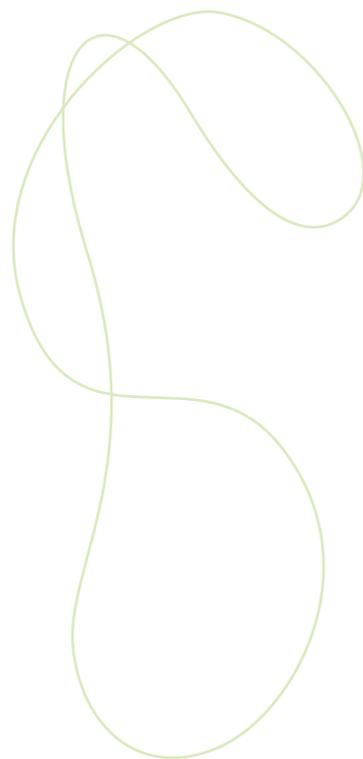
The 20-minute whirlpool bath with essential oils is the perfect ending to a couple's massage



EXCLUSIVE ALMABLU RITUALS



The feeling of deep well-being goes hand in hand with the therapists' care and professional touch in the exclusive Almablu signature rituals: an extensive selection of packages for a unique face and body experience, to satisfy all your skin needs while stimulating your senses and delivering new radiance. The treatments use products from the Almablu Cosmetic Line, without parabens or sulfates to ensure well-being and health.



Face rituals



The texture of the products of the Almablu Line used in these face rituals will accompany you on a unique experience of scents and **sensations of well-being**, to discover a new radiance and regenerate the skin with relaxing and sensory stimulations.

The **beneficial properties of the sea** come into the treatment room with fresh emotions inspired by the environment around us.



FACE CLEANSING RITUAL

Our secret

Perfect before any treatment, this ritual purifies the skin of the face in three steps: facial steaming to **eliminate impurities**, soothing seaweed mask and, lastly, **relaxing massage** with a calming cream.

50 min | € 110

MOISTURIZING RITUAL

Soundless

A moisturizing treatment that features the powerhouse ingredient **Dunaliella Salina**, an algae native of Australia, rich in beta-carotene and lycopene. Facial cleansing followed by exfoliation with **kernel micro-granules** prepares the skin to receive the **antioxidant** properties of the serum and of the Dunaliella alginate mask. Lastly, a pleasant massage with "Perla" cream from the Almablu line.

50 min | € 135

SOOTHING RITUAL

Helichrysum

Ideal for delicate and sensitive skins, this ritual includes: skin cleansing, exfoliation, face serum and **helichrysum cream mask**, with astringent and soothing properties. A lymphatic drainage massage concludes the treatment and **reduces redness on the face**. In order to prevent broken capillaries, all products are used **at low temperatures** and the washcloths are frozen.

50 min | € 135



TIP

"Helichrysum" is an excellent soothing treatment to calm red or sun-stressed skin



ANTI-AGING RITUAL

Breathing you in

Restoring youth to the face with three precious active ingredients: a vial of **hyaluronic acid** to activate skin cell renewal, a **marine Omega 3 alginate** mask with **Chlorella algae** to restore skin elasticity, and anti-aging hydrolates to tighten the tissue. Special attention is also given to the eye and lip contour for a **dramatic result on the whole face**.

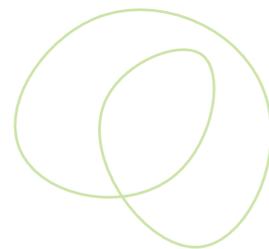
50 min | € 135

TONING RITUAL

Dune

Dedicated to all those who love the feeling of **toned and tight skin**, this ritual uses products made with **marine collagen**, renowned for its **regenerating and antioxidant** properties. The combined action of serum, facial mask and collagen cream massage helps define facial contours and improves **skin elasticity**. Also, an ideal treatment to hold make-up in place longer.

50 min | € 135



TIP

For a more comprehensive ritual, add a 25-minute "The waves" face massage

VITAMIN ENERGY RITUAL

The force of wind 

A treatment recommended for athletes, especially before outdoor activities. The deep and **intensive action of vitamins A, C, E and F** in the serum defends the skin against external aggressions, while the sunscreen lotion protects against prolonged sun exposure. It ensures an **antioxidant effect** aimed at counteracting free radicals that cause premature skin aging.

50 min | € 135

SOOTHING DETOXIFYING RITUAL

White and the roses 

A treatment that **moisturizes and soothes** skin after wind and sun exposure: ideal as a post-competition ritual, also suitable for acne sufferers. The initial cleansing - performed without exfoliation, therefore suitable even for the most delicate skins - and the **algae** mask, with lymphatic drainage massage, make up the **detoxifying phase**.

50 min | € 135

The second part of the treatment, on the other hand, **soothes the skin** with a **helichrysum** mask and a reactivating massage that will **make the skin glow**.

MEN'S MOISTURIZING RITUAL

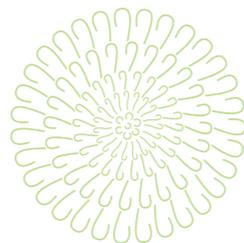
Ocean blue

Moisturizing treatment for men's skin that aims to **relax facial features**. It tightens the skin around the eyes and improves dark circles thanks to the **drainage-enhancing properties of myrtle** and the soothing properties of **lavender**, ingredients used in the mask and cream applied with a **lymphatic drainage massage**. Eye and lip contour are pampered with the serum for a radiant face.

50 min | € 135



Treatment suitable for all athletes, particularly for golfers

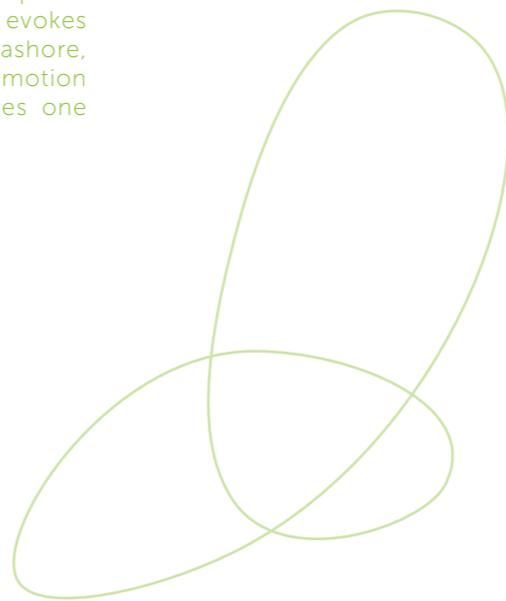


Body Rituals



A gentle full-body caress to regain **soft and silky skin**.

A moment devoted to yourself as you rediscover the **pleasure of feeling beautiful**, thanks to the use of exclusive Almablu products and an atmosphere of **absolute relaxation** that evokes the **pleasant emotions** of the seashore, the sun's rays and the endless motion of the waves. The body becomes one with **nature**.



BODY CLEANSING RITUAL

The magic of making

A ritual specifically designed to **rid the body of impurities and toxins**. The delicate exfoliation with micro kernel granules **purifies and gives new radiance** to the skin; afterwards, a pleasant massage with our broom-scented Sea water spray "Oceano" delivers an extra **burst of freshness**. The perfect pre-treatment for all our rituals.

50 min | € 99

TONING RITUAL

The day of the sun

The ritual brings **endless freshness** to the whole body. The action of **marine active ingredients** combined with the **pycnogenol** extracted from the bark of the maritime pine gives skin **incredible elasticity**. An invigorating body wrap and a massage with a **fresh and moisturizing emulsion** complete the ritual, for a burst of well-being.

50 min | € 99

EXFOLIATING AND MOISTURIZING RITUAL

The secret garden

The ritual begins with a **honey, sugar and lemon scrub** to **soften the skin** and prepare it for a relaxing **Neroli body wrap**, a fresh fragrance reminiscent of the sea. The **currant and rose body butter**, applied with a pleasant massage, will lead you inside a **secret garden** with its scent and its irresistible sensations.

50 min | € 105

TIP

The ritual "The day of the sun" restores elasticity to skin caressed by the sun's rays while boosting body's freshness and firmness

MOISTURIZING RITUAL

Gold and silver

The sea provides a valuable resource of natural ingredients for perfect skin care. The precious **seaweed mucilage** in the body mask used in this ritual **deeply and effectively hydrates** the skin of the entire body, giving it **new elasticity**. Ideal as a pre or post sun exposure treatment, it ends with a massage performed with **algae-infused oil** for extraordinary softness and radiance.

80 min | € 135

NOURISHING RITUAL

Enchantment of the sea

The treatment begins with a delicate exfoliating massage that leaves the skin **silky and soft** and continues with a rich **amber** body wrap, with moisturizing and nourishing properties. The fragrant "Laguna" bath with hints of citrus **relaxes the body and the mind** to end this gentle ritual in style.

50 min | € 105

SLIMMING - REMODELING RITUAL

The colors of the sea

Get back into shape and recover your well-being with the **revitalizing and slimming** principles of seaweed. The ritual consists of an **active seaweed and essential oils** body wrap combined with a massage on the affected areas. The targeted action on the thighs, glutes and abdomen helps **expel toxins** and **rid the body of excess fluids** for a slim, toned and sensual figure.

50 min | € 105

80 min | € 160

LYMPHATIC DRAINAGE RITUAL

Mediterranean breeze

The targeted action of **Chlorella seaweed** is used to formulate a special **drainage-enhancing mud** that is applied to the whole body. The ritual ends with a massage that helps **eliminate excess fluids**, giving a feeling of greater **lightness and flexibility**.

50 min | € 105

80 min | € 160



ANTI-INFLAMMATORY RITUAL

The sky and the sea 

The marked **decontracting** action of this ritual helps **relieve muscle soreness** after a game or a workout. The **Arnica Montana** and **Meadowsweet** compress and the massage on the back and legs provide an **anti-inflammatory** action and reduce pain for a pleasant sensation of relief to muscles and joints. The treatment ends with a refreshing decontracting body emulsion from the Almablu line.

80 min | € 135

DECONTRACTING RITUAL

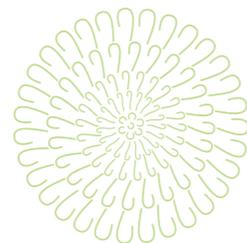
The pearl trial 

A **complete ritual** that restores elasticity and softness to the body, while at the same time providing a **special soothing treatment** for the face. The initial massage focuses on the back to improve flexibility and prepares the muscles to receive an anti-inflammatory pycnogenol **body wrap**. Meanwhile, a helichrysum serum and an alginate mask that calm and moisturize the skin caress the face. In addition, this extraordinary ritual offers a moment of pure relaxation with a **pleasant** citrus-scented **hydromassage**.

80 min | € 135



Treatment suitable for all athletes, particularly for golfers

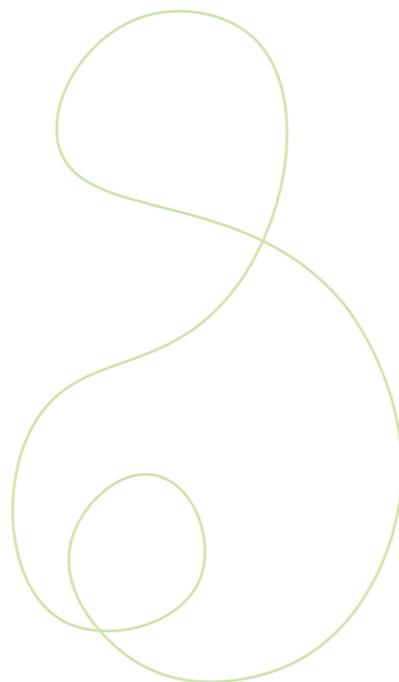


World rituals



A quick trip across the sea to reach **some magical and distant places**, which will lead you, through virtual stopovers, to two of the **world's most enchanting locations**, where the sea is the undisputed star. The expert hands of our therapists will accompany you through the colors, lights, scents and magical atmospheres of these sublime sensory journeys.

Every ritual, lasting 2 hours and 50 minutes, is a real, **unique Spa Experience**.



TALES FROM INDONESIA - *Stopover in Bali*

EXCLUSIVE RITUAL

2h 50 min

€ 495

There's a happy island floating in the beautiful Indonesian archipelago: Bali. Called the **Island of the Gods** for its legendary serenity, Bali enchants for its **landscape, colors** and **fragrances**.

Balinese rituals, ancient testimonies of past civilizations, pass down love **through the hands** and through **nature** with which they cradle our bodies.

The ritual includes:

Light Boreh, a purifying treatment for the body

Aloe and Lavender body wrap

Oceanic floral bath with hibiscus, jasmine, gardenia, rose, ylang ylang

Balinese aromatherapy massage

A JOURNEY TO THE MEDITERRANEAN - *The gulf of Sorrento*

EXCLUSIVE RITUAL

2 ore e 50 min

€ 495

The symbol of Sorrento, **lemons** evoke freshness, like the sea breeze on a sunny summer day.

In this ritual, sun-kissed Amalfi Coast offers all the beauty and **scents of the Mediterranean** to enchant the senses. This **aromatherapeutic combination** is designed to give **relaxation and balance** to the mind and the body.

The ritual includes:

Facial treatment "Sorrento Breeze"

Smoothing Massage with honey, sugar and lemons from Sorrento

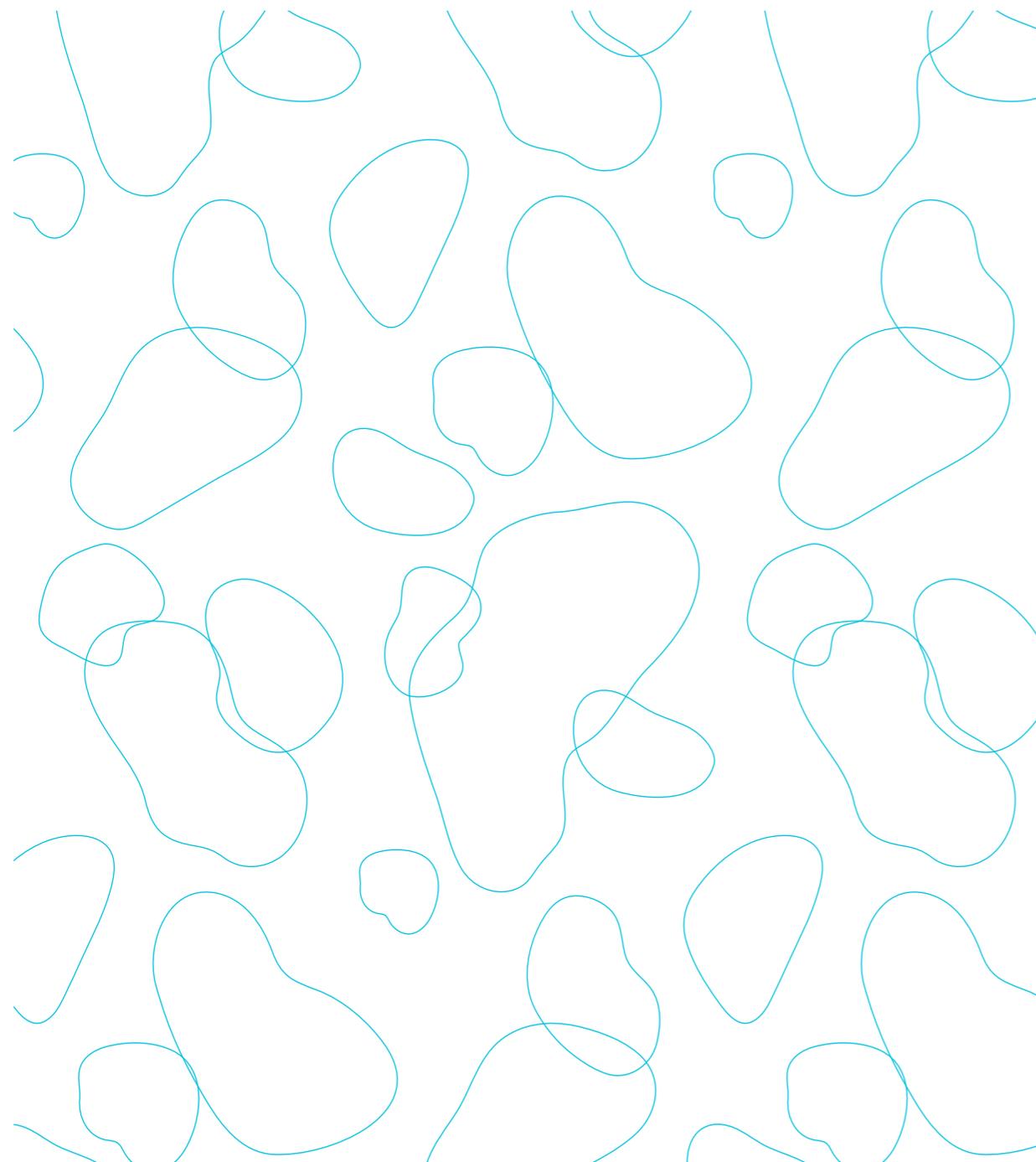
Mediterranean body wrap

Lemon and Neroli bath

Relaxing aromatherapy massage

TIP

An exclusive wellness experience that's even more magical when enjoyed as a couple



EXCLUSIVE ALMABLU PROGRAMS



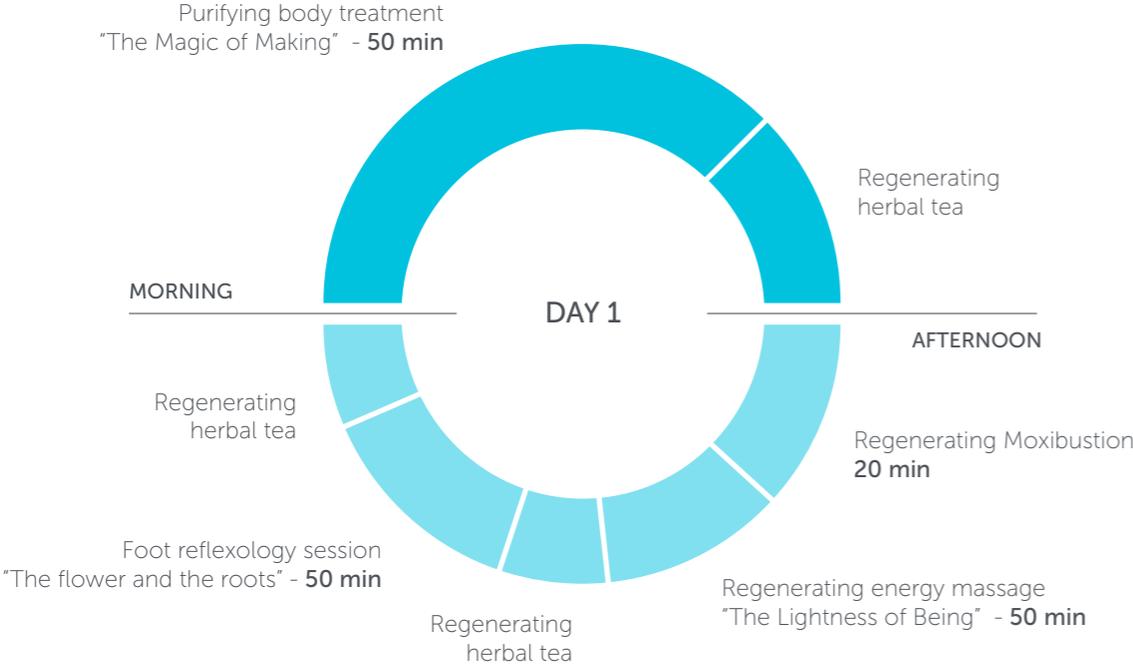
The main goal of the Almablu Programs is to rediscover the love for one's self, for one's body and one's own well-being. The eight packages have been created to achieve specific goals through an exclusive combination of massages, treatments and activities.

The skillful hands of our therapists will successfully restore the flow of Qi - the vital energy according to age-old Traditional Chinese Medicine - through the dense network of meridians that connects the whole body, determining its state of well-being. Stress, tension and fatigue will be replaced by renewed harmony and liveliness.

REGENERATING PROGRAM

1 DAY

€ 345 per person



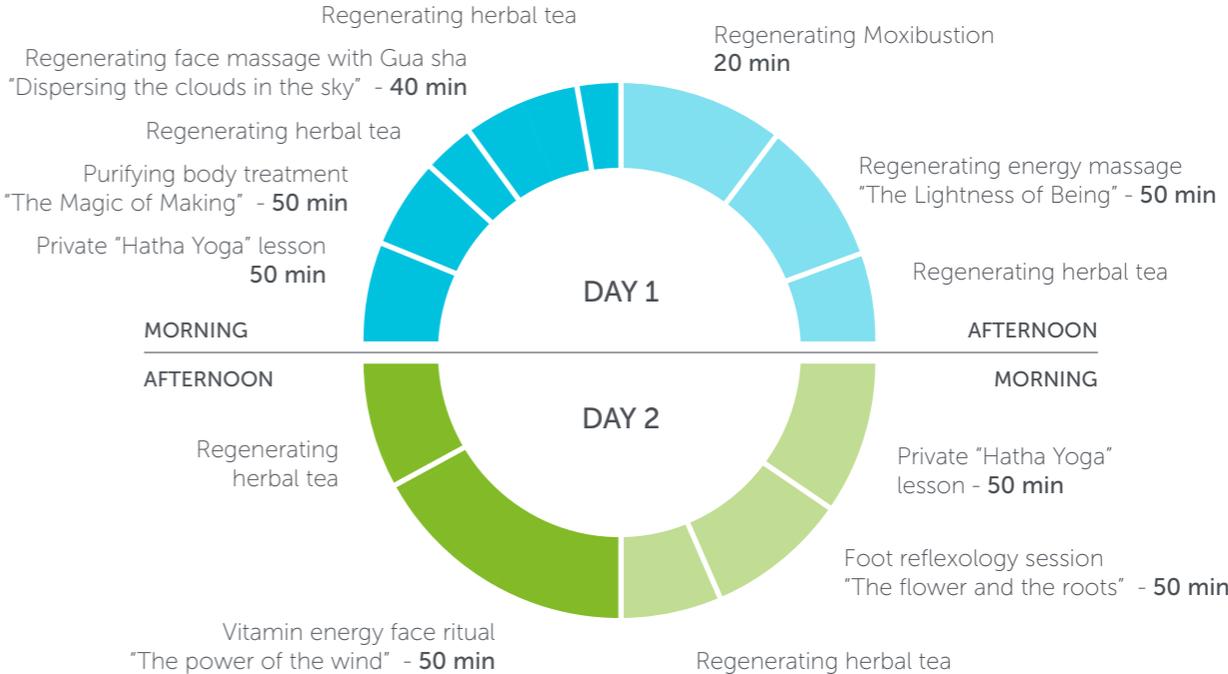
The goal of this program, which combines different techniques and treatments to restore support and vitality to body and mind, is to infuse new energy.

Qi energy is activated and we are ready to face life with more enthusiasm and dynamism.

REGENERATING PROGRAM

2 DAYS

€ 649 per person



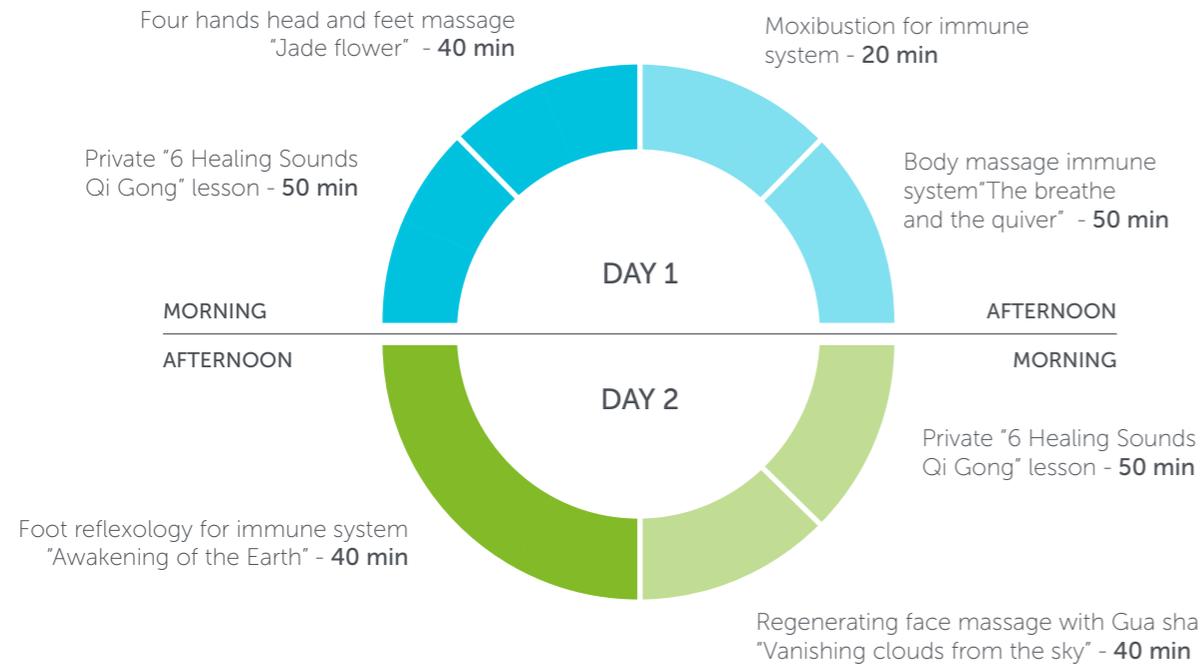
Thanks to this 2-day regeneration program, it is possible to regain lost strength and stamina to face the challenges of everyday life.

A synergy of treatments and massages designed to welcome a new energy.

STRENGTHENING THE IMMUNE SYSTEM PROGRAM

2 DAYS

€ 630 per person

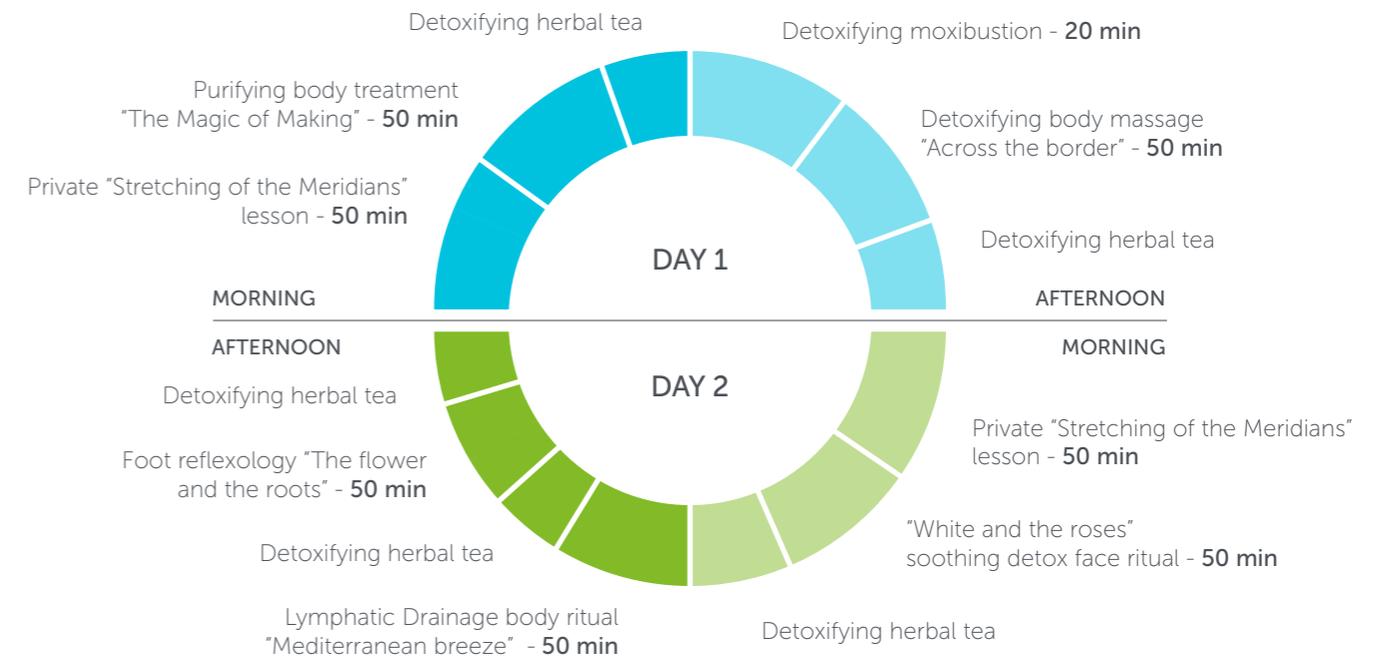


Thanks to a specific selection of massages and treatments, this program is specifically designed to reactivate the body's defense mechanism, rebalance the entire organism and find new energy.

DETOXIFYING PROGRAM

2 DAYS

€ 649 per person



The Almablu detox program, inspired by Traditional Chinese Medicine, works to remove toxins from the body and release energy blocks, helps rediscover the value of well-being and, by purifying the spirit, restore skin radiance.

TIP
In order to further enjoy your wellness experience, look for the dishes with the "Almablu" logo on the Almar Resort's menus; developed by nutrition experts to promote a healthy and balanced diet, they are also incredibly tasty.

WELLNESS PROGRAM

2 DAYS

€ 515 per person

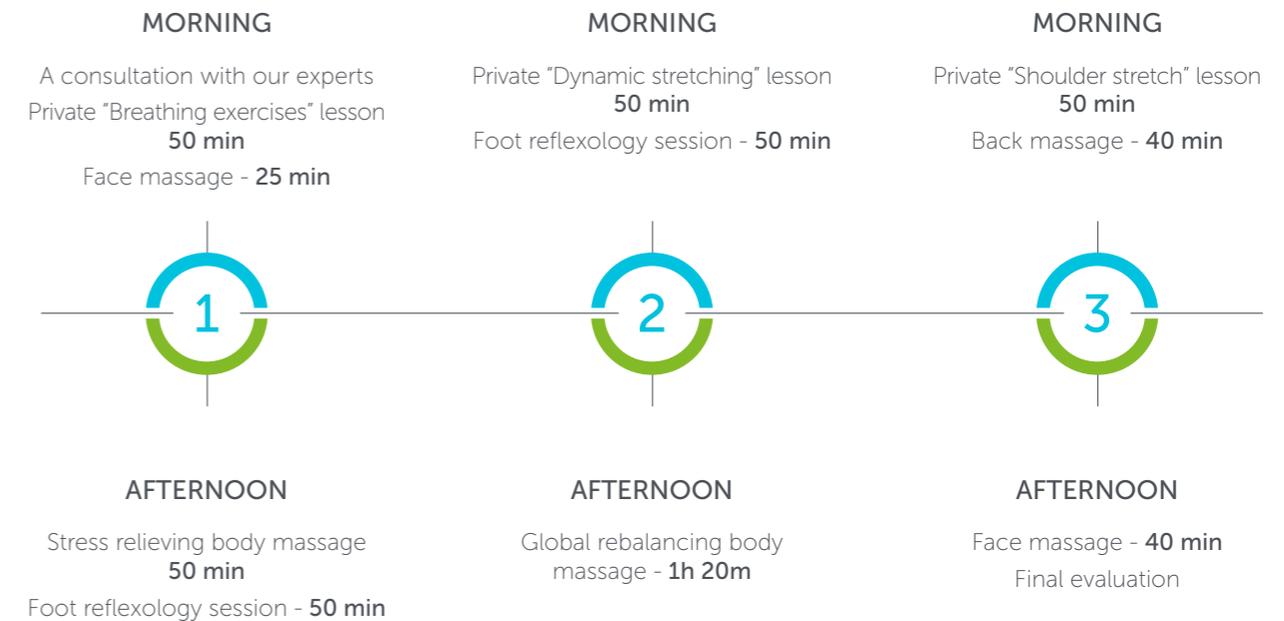


Designed to help the body and mind regain an overall state of well-being, this program completely restores body balance through the synergy of massages and treatments specially created for this purpose.

WELLNESS PROGRAM

3 DAYS

€ 775 per person

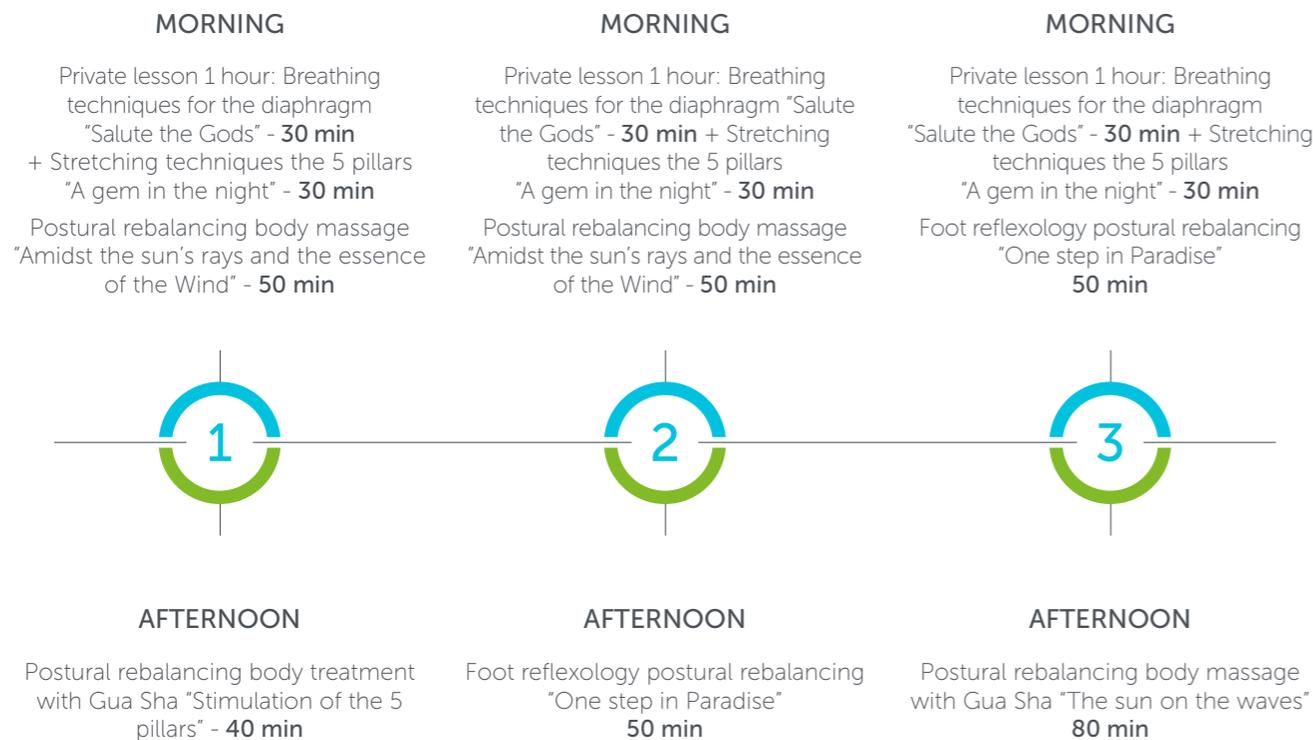


A personalized sensory journey with treatments, massages and holistic disciplines to regain balance and overall well-being. A program that aims to relieve stress and tensions caused by the intense pace of daily life.

POSTURE REBALANCING PROGRAM

3 DAYS

€ 870 per person



Massage, breathing techniques and foot reflexology aim at rebalancing the body's posture and energies, encouraging the release of muscle tension. Renewed energy will increase the sense of vitality.

ANTI-STRESS PROGRAM

6 DAYS

€ 1.600 per person



Stress, now prevalent in everyday life, is the first enemy to contend with in order to regain serenity and beauty. Split into 6 days, this program works on fixing the causes that create tension in order to relieve the body and the spirit.

RITUALS BY THALGO

We recommend pairing the exclusive Almablu line with the effective rituals of the Thalgo line, which offer all the energizing beauty benefits of the sea. Waters incredibly rich in trace elements and marine extracts are the main ingredients of the products used in these rituals, for a harmonious and effective beauty boost.

Face rituals

FACIAL CLEANSING

Soin fondamentale de la mer

A carefully tailored treatment to meet the specific needs of every skin type: **detoxification, hydration, normalization** and **rebalancing**.

80 min | € 125

FOR DRY SKIN

Source marine

This facial lastingly corrects the **hydration** level of dehydrated skin, deeply nourishes and **restores** the skin's **radiance** and velvety texture.

80 min | € 135

FOR COMBINATION AND OILY SKIN

Pureté marine

Specifically designed for combination to oily skin, this treatment restores freshness and beauty without impurities. Visibly **reduces imperfections, redefines pores** and controls shine.

80 min | € 110

FOR DRY AND SENSITIVE SKIN

Cold cream marine

A specific treatment to **deeply nourish** dry and dehydrated skin. The precious elements help reduce **sensitivity** in delicate and fragile skin by increasing its **resilience**.

80 min | € 135

Anti-aging face rituals



FOR WRINKLES OR EXPRESSION LINES

Soin lisseur collagène

Designed to fight against the first signs of ageing, this unique and effective treatment acts thanks to the **native marine Collagen**. Wrinkles and fine lines are minimized, and skin is **deeply moisturized** and smooth with a radiant complexion.

80 min | € 160

FOR PRONOUNCED WRINKLES

Soin combleur hyaluronique

An excellent solution that corrects wrinkles and the signs of skin aging thanks to **Hyaluronic Acid** and the exclusive modelage completed with a precious double face mask. The complexion becomes more radiant, while skin appears **rejuvenated** and **relaxed**.

80 min | € 160

ANTI-AGING FACE TONER

Prodige des Océans

The combination of precious marine and plant extracts make this regenerating and anti-aging treatment unique. Formulated to restore freshness and a **youthful** appearance to tired and dull skin, it gives the face an instant **glow** for a beauty without borders.

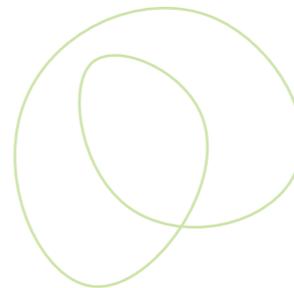
80 min | € 180

FOR DEEP WRINKLES

Rituel d'excellence anti-age

A precious alchemy of selected **marine active ingredients** that reduces wrinkles and relaxes features for an extraordinary anti-aging result. The **cellulose mask** and the technique used in this ritual offer a real **"manual lifting"** for a sculpted face.

80 min | € 190



Body Rituals



EXFOLIATING AND DETOXIFYING

Rituel de pureté - prélude marine

Thanks to the **smoothing** and **skin-purifying** effect of natural sea mud from the Dead Sea and precious **sea salts**, this ritual is a prelude to any body treatment. A **deep** and **detoxifying exfoliation** for an intense feeling of relaxation.

50 min | € 99

LYMPHATIC DRAINAGE

Soin marin chrono drainant

The effective aromatic body wrap with **algae** and **peppermint essential oil**, combined with a special drainage-enhancing massage, helps **eliminate excess water**. In addition to dramatically improving blood and lymphatic circulation, it relieves and **contours legs and body**.

50 min | € 105

REMODELING

Soin marin chrono minceur

The **firming action** promoted by the body wrap and the effective strokes used in the massage help reduce the appearance of **cellulite** and its unsightly "orange peel effect". The body looks **sculpted** and the skin more **even and relaxed**.

50 min | € 105

REMISE EN FORME

Rituel Aromacéane

This extraordinary remise en forme treatment, performed using either **Dead Sea mud** or **seaweed** provides a **deep sense of overall well-being** thanks to the aromatherapy properties of the purest "Aromacéane" essential oils.

80 min | € 135

Whirlpool baths in Private Spa

LYMPHATIC DRAINAGE OR RELAXING

Bain Aromacéane

The blend of **cedar and spearmint** natural **essential oils** offers a **drainage-enhancing** and **toning** action, while **lavender, rose** and **magnolia** essential oils provide a perfect **relaxing** combination. Depending on your tastes and needs, you can choose to add your preferred blend to the exclusive bath in the whirlpool of the **Private Spa**.

20 min | € 45

per person

INVIGORATING

Bain Eau des Lagons

This bath in the **private beachfront Jacuzzi** evokes the abundance of the island of Mahina in the Polynesian Lagoon. Precious **water lily extracts** and delicate **citrus essential oils** relax the mind and offer prodigious hydration to the body.

20 min | € 45

per person

MOISTURIZING

Bain de lait

A **scrumptious, romantic** and **relaxing** fragrant milk bath in the enchanting setting of the Private Spa **overlooking the sea**. A sensory journey that thanks to its scents becomes an invitation to try an experience of **absolute well-being**. It softens and moisturizes the skin, leaving it soft and silky.

20 min | € 45

per person

TIP

For a greater feeling of relaxation, indulge in a warm bath in the Jacuzzi overlooking the sea at the end of one of the Almablu massages

Beauty Essentials

Spa manicure € 49

Spa pedicure € 63

Eyebrow Touchup € 15

Body scrub - can be combined with a massage or as a single treatment before or after the sauna € 55 | 25 min

HAIR REMOVAL

Armpit hair removal € 20

Half leg hair removal € 30

Full leg hair removal € 40

Bikini line hair removal € 25

Arms hair removal € 30

Chest or back hair removal € 30

Upper lip hair removal € 15

Half leg, bikini line and armpit hair removal € 50

Full hair removal (full leg, bikini line and armpit) € 60

DAY SPA



Almablu Spa offers day passes to the Spa to **Non-Resort Guests**, every day without time limitations based on availability.



A **spa kit with bath towel, bathrobe, face towel and slippers** and the use of changing rooms with **lockers** and **showers** are provided to all guests. Admission includes access to the gym and **wellness area** with: **seafront hot tub, 3 saunas** (soft, Finnish and saline) **3 steam baths** (saline, traditional and Mediterranean), **Kneipp** therapy, ice room, sensory showers and **relaxation areas with herbal tea station**.



Upon your arrival you will be given some useful information with four itineraries that will help you make the most of the treatment areas inside the SPA.



Beach service and poolside sun loungers are not included as they are reserved for Resort Guests.



For safety reasons, only Guests **aged 16 or over** are allowed.



Reservations are required by contacting the SPA Reception: **almablu@almarjesolo.com** or Tel. +39 **0421 388103**

Day Spa admission **Monday to Thursday** € **59** per person

Day Spa admission **Friday to Sunday** and public **holidays** € **69** per person

Day Spa admission from **Monday to Sunday** that includes a 50-minute Rebalancing massage "Reflections of the Self" € **155** per person



We strongly encourage you to **schedule your appointment in advance** to ensure that your treatment is available at the desired time by contacting the Spa Reception: **almablu@almarjesolo.com** or tel. +39 **0421 388103**.



If you are undecided about the choice of treatments, **we will help you identify the solution that better suits your needs**.

Appointments can be made **when booking the Hotel room**.



Please arrive wearing a **bathrobe and slippers** - and preferably no jewelry - at least 10 minutes prior to your service starting



If you wish to **modify or cancel** your reservation, please notify us at least **12 hours before** your scheduled reservation. In case of late cancellation or no-show, the service will be charged in full. Special conditions will be applied in case of same-day booking that will be agreed upon at the time of confirmation.



If you arrive late for your appointment we shall unfortunately be compelled to shorten the duration of the treatment. Our therapists will make every effort to maximize remaining time so that you can still get maximum benefit. The treatment will still be charged in full.



We ask you to notify us in advance of any **underlying conditions** or possible **side effects** (hypertension, allergies, cardiovascular disorders, etc.) as well as specific wishes regarding temperature in the treatment room, choice of music or desired massage pressure so as to **make your moment of relaxation absolutely perfect**.



Please note that, for security reasons, our therapists are not allowed to perform body treatments on pregnant guests; we do however offer **face massages or facial treatments**.



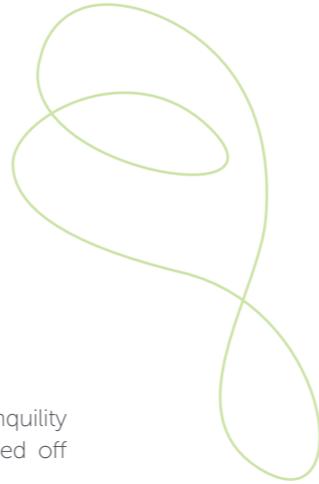
Children under the age of 16 can only access the treatment rooms with **an accompanying adult** or as part of a **couples' massage** or treatment with an adult.

HEMOCARE

In order to complete your wellness experience, our therapists will be happy to help you choose the products of the Almablu line that are most suitable for you, to carry through the benefits of the treatments at home.

Almablu products can be purchased **at the Spa Reception** or through our e-commerce **shop.almarjesolo.com**.

SPA ETIQUETTE



In order to enhance your relaxation and out of respect for the tranquility and privacy of the other Guests, please **keep mobile phones** turned off in all areas of Almablu Spa and **do not take photos and videos**. We ask all guests to keep a low voice level.



Smoking and outside food/drinks are not allowed. Please wait 2/3 hours to use the services after consuming alcoholic beverages.



Sauna use is not recommended in case of fever, epilepsy, cardiovascular and respiratory disorders, for individuals with communicable diseases or skin infections, **during pregnancy and for children under the age of 16**.



Before entering the treatment rooms in the wellness area, please **sanitize your feet with the antifungal** provided and **take a hot shower to prepare the body**.



After using the treatment rooms, you should **replenish lost liquids** with herbal teas or flavored water and **rest in the relaxation area** for at least 20 minutes. We recommend using the hot environments first (choice between Turkish baths and saunas) and then the **cold ones** (ice room or showers).



We encourage our guests to **adopt a green philosophy**, to help us protect the environment by **minimizing**, as far as possible, the amount of bathrobes and towels to be washed



The use of **clothing and footwear suitable for wet areas** is required (bathrobe and rubber flip flops).



Nudity is optional and only allowed in saunas.



For safety reasons, only **Guests aged 16 or over** are allowed.

*“Talk to me sea
and tell me about your countless stories
bestow your world upon me.
I admire your beauty
your power astounds me
your words reach me over the waves
crashing through my mind
and make me dream.”*

Almar Jesolo Resort & Spa

Via Dante Alighieri, 106 | 30016 Lido di Jesolo (VE)
+39 0421 388111 | info@almarjesolo.com | www.almarjesolo.com

Almablu Wellness & Spa

+39 0421 388103 | almablu@almarjesolo.com