

“One Day Light” Marc Mességué

During the Marc Mességué weeks (check the calendar for dates)

- 2 meals with Marc Mességué diet (no added salt, no added carbohydrates, no added fats)
- Digestive herbal tea
- Spa program with:
Spa (*Finnish saunas and relaxation area, Turkish bath, Mediterranean bath, emotional showers, water paradise*); Hydromassage room (*Thalassotherapy pool, hydrojet, and ark-shaped pool with magnesium and potassium enriched water*); Park Oasis (*indoor/outdoor pool 34°C, Kneipp course, Silence and Relaxation area*); spa kit with towel, bathrobe, and slippers
- Option to join physical activity classes offered during the day (pool gymnastics, postural gymnastics): reservation required
- Hand and foot baths with herbal decoctions
- Free use of the pool and gym

Price €170.00 per person

“One Day Light” Plus Marc Mességué

During the Marc Mességué weeks (check the calendar for dates)

- 2 meals with Marc Mességué diet (no added salt, no added carbohydrates, no added fats)
- Digestive herbal tea
- Spa circuit with:
Spa (*Finnish saunas and relaxation area, Turkish bath, Mediterranean bath, emotional showers, water paradise*); Hydromassage room (*Thalassotherapy pool, hydrojet, and ark-shaped pool with magnesium and potassium enriched water*); Park Oasis (*indoor/outdoor pool 34°C, Kneipp course, Silence and Relaxation area*); spa kit with towel, bathrobe, and slippers
- Option to participate in physical activity classes offered throughout the day (pool gymnastics, postural gymnastics): reservation required
- Hand and foot baths with herbal decoctions
- Free use of the pool and gym
- Special Body Draining Massage (50 min): massage with a draining effect on both the lymphatic system and the bloodstream. The pressure created by the operator's fingertips stimulates blood circulation, while that created by the palm of the hand stimulates lymphatic circulation*.

**Personalized massage with synergy of organic essential oils Marc Mességué*

Price €260.00 per person

Per info e prenotazioni: tel. 075 9234601

