



The Frescina SPA

Our treatments:

THE BARN: The latest new 2010. A warm and welcoming place dedicated to couple's treatments. It is provided with a multi-sensory shower, a brazier and a maxi titanium whirlpool bath, all combined with the benefits of fragrances obtained by natural mountain hay. . € 30 per couple

THE CLOUD BATHTUB EXPERIENCE: It 's an innovative system of floatation that allows complete relaxation of the body. With the 'absence of gravity, the muscles relax completely, and the spine get stretched. A special lighting system, immersed in the water, creates a sequence of color perceptible even with closed eyes. € 30 per person

THALASSOTHERM : a wooden shell, where the combined action of heat and cold generates a series of benefits for the body. Vasoconstriction and dilation generate new vigor to the body at the same time, thanks to the expansion of the pores of the skin, cleanses it of toxins. € 30 per person

THERMAL MUD CELLULITE: € 15 per person

TURKISH BATH & SAUNA: € 15 per person

RELAXATION AREA WITH WHIRLPOOL AND KNEIPP: € 10 per person / € 15 per pair

OLD SPRING: This natural spring was discovered at the beginning of 20th century. It is a private little paradise, immersed in nature: Turkish Bath in the cave, spring warm water at 37° and lounge chairs in the Gazebo Relax. € 32 per couple

TECNOGYM: € 6 per session per person

HERBAL TEAS to complement the relaxation of our guests



Massages:

FULL BODY MASSAGE (50 min total body. Treatment) € 50

PARTIAL MASSAGE (25 min district. Treatment) € 30

SCRUB € 30

LYMPHATIC BODY € 50

FACE MASSAGE € 25

AYURVEDIC MASSAGE (50 min Treatment) € 50 - (80 min Treatment) € 80

SHIATZU MASSAGE € 50

CALIFORNIAN MASSAGE € 50

ANTI-CELLULITE MASSAGE € 50

FOOT REFLEXOLOGY € 40

BOWTECH € 50

BACH FLOWERS € 50

THAI MASSAGE € 50

THAI FACIAL TREATMENT € 50



Wellness offers:

WET REVITALIZING OFFER: Kneipp treatment in talassotherm, relax and herbal tea, turkish bath and sauna. € 50 per person

FRESCINA ONE DAY WELLNESS: scrub, Kneipp in talassotherm, lunch, turkish bath and sauna, Cloud Bathtub and herbal teas. € 95 per person

JUST RELAX OFFER: scrub, Kneipp in talassotherm, lunch, Cloud Bathtub, relax massage and herbal teas. € 110 per person

WELLNESS DAY HIS & HERS: turkish bath and sauna, Barn with maxi Jacuzzi and tropical rain, mud or anti-cellulite, relax massage and dinner. € 195 per couple

FRESCINA ROMANTICA ONE DAY : Couple bath in a maxi Jacuzzi with red wine and romantic dinner by candlelight. € 100 per couple

FRESCINA WITH FRIENDS: Sauna, big Jacuzzi, full body massage, facial massage, scrub and mud. € 150 per person

BEAUTY DAY ANTICELLULITE: scrub, mud cellulite, cellulite massage and herbal tea. € 85 per person

BEAUTY DAY LIGHT LEGS: scrub, steam bath with essential oils in talassotherm, lymphatic drainage and herbal tea. € 110 per person

SWEET RELAX: scrubs, mud, anti-stress massage and herbal tea. € 85 per person

SWEET RELAX PLUS: scrubs, mud, anti-stress massage, facial massage and herbal tea. € 110 per person

FRESCINA ONE DAY WELLNESS ,HE AND SHE: scrub, Kneipp in talassotherm, turkish bath and sauna, relaxing treatment for the couple in the barn and tropical rain, fresh fruit and herbal tea. € 160 per couple.