MASSAGES

Take a moment to relax

SKILLED HANDS FOR DEEPLY ROOTED TREATMENTS

In collaboration with Sognu d'Alba, les massages de Sophie, and reflexologist Myriam, our wellness space offers personalized treatments combining expertise, attentive care, and deep relaxation.

All our massages are performed using spa products from Isula, a handcrafted fragrance house born between Corsica and Tuscany. Inspired by nature, memories, and emotions, each creation invites you on a unique sensory journey.

You will be pampered with a scrub and a flower of chestnut oil, the olfactory signature of the brand.

Before each session, a personal consultation with Sophie or Myriam will help tailor the massage to your needs: pressure level, areas to focus on or avoid.



THE SERVICES

Cala di Sognu - available 7d/7

60 min 110€

90 min 155€

This is our signature treatment, a blend of character, softness, and escape. After a gentle foot scrub, a full-body massage awaits, guided by the enchanting sounds of the island.

The perfect experience to extend your getaway.

FROM WEDNESDAY TO SATURDAY

A Duo Escape

60 min 200€ (price for 2)

A unique moment to share with someone dear to you. Enjoy a full-body relaxing massage side by side, at the same time. An experience designed for escape and deep relaxation.

Deep Tissue/Sporty

60 min 110€

Well-being for both your superficial and deep muscles!
This massage focuses on relieving congestion, improving oxygen flow, and draining toxins, ensuring deep muscular relaxation.

Chi Nei Tsang

60 min 110€

Release physical and emotional tension with this abdominal massage, inspired by traditional Chinese medicine.

A gentle yet deep rebalancing of your vital energy.

Madéro'fit 60 min 125€

A Colombian revolution, maderotherapy uses wooden tools to stimulate, drain, and smooth deep tissues.

Combined with lymphatic drainage and skin rolling techniques, it helps sculpt the silhouette and visibly reduce the appearance of cellulite. An effective, non-painful treatment that blends wellness with real results.

japanese Ritual

60 min 125€

Let yourself be embraced by the comforting welcome of a foot massage, followed by a facial exfoliation with Corsican essences. Then, discover the unique experience of the Kobido Face Massage, a plumping and lifting treatment inspired by traditional Asian beauty rituals.

Pregnancy Massage

60 min 120€

Prenatal massage from the 3rd to the 8th month of pregnancy. A gentle moment to ease tension, prevent stretch marks, and promote better sleep.

Each session is adapted to your comfort and may include a soothing belly massage with the practitioner to strengthen the bond with your baby.

FROM SUNDAY TO TUESDAY

Facial Reflexology

60 min 110€

After a gentle scrub using Corsican cosmetics, the practitioner stimulates facial reflex points with precise movements.

This technique releases tension, reactivates energy flow, and provides a deep sense of well-being both in the face and throughout the body.

Plantar and Palmar Reflexology

45 min 90€ 60 min 110€

This treatment begins with a gentle exfoliation of the feet and hands, followed by targeted pressure on the soles and palms, areas rich in nerve endings.

These stimulations help release tension, rebalance the body's energy, and promote deep, overall well-being.

Aromatherapy Massage

60 min 110€ 90 min 155€

Performed on the back of the body, from heels to neck, this treatment ends with a foot reflexology session.

Firm yet flowing movements follow the body's energy pathways using gliding pressure and acupressure points.

This massage encourages deep letting go, releases tension and emotions, and stimulates the flow of vital energy.

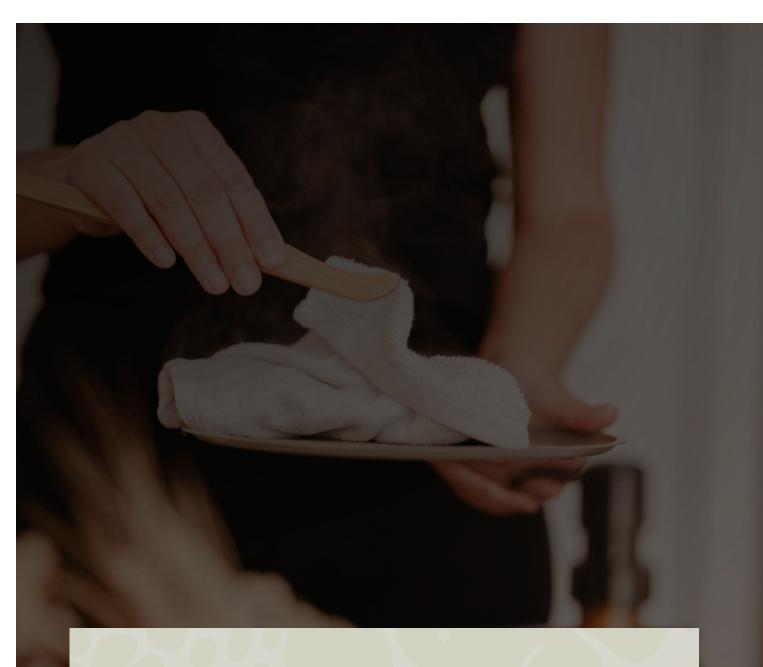
It brings a profound state of relaxation and a true reconnection with oneself.

Atelier Move et Respire - 1H15

50€ individual35€ 2 persons30€ 3 persons and +

A moment dedicated to listening to your body and reconnecting with yourself, through breathing exercises, gentle movements, and relaxation techniques.

The workshop includes an introduction to self-massage and reflexology, along with simple practices you can integrate into your daily routine to relieve tension, boost circulation, and cultivate lasting well-being.



TO BOOK AN APPOINTMENT, PLEASE CONTACT THE RECEPTION

Treatments must be booked at least 48 hours in advance, or 1 week ahead for the Duo Escape Offer.