

SPA

Relaxing is taking care
of yourself



ISULA

(parfums)

ANIMA & TERRA CORSA

Enjoy free and private access to our wellness area, included in your stay, by booking a time slot.

traditional sauna

Hammam with eucalyptus essential oils

Fitness area

herbal tea

Massages and body treatments (by appointment)

Treatments must be booked at least 48 hours in advance, or 1 week in advance for the *évasion duo* offer.

To make an appointment, please call us or ask at reception.

EXPERT HANDS, FOR ROOTED CARE

In collaboration with Sognu d'Alba, Les massages de Sophie, Myriam réflexologue and Alma & Sol, our wellness space offers you tailor-made treatments combining expertise, listening and relaxation.

All our massages are performed using products from Isula's spa range, an artisanal perfume house born between Corsica and Tuscany. Inspired by nature, memories, and emotions, each creation immerses you in a unique sensory journey.

You will be massaged with an exfoliant and chestnut flower oil, the brand's signature scent.

Before each massage, a discussion with Sophie or Myriam will allow the session to be adapted to your needs, level of pressure, areas to target or avoid.



THE SERVICES

AVAILABLE 7 DAYS A WEEK

Cala di Sogno

60 min 110€

90 min 155€

It's our signature treatment, a blend of character, gentleness, and escape. After a light foot scrub, you'll be treated to a full-body massage. The perfect experience to extend your stay.

Calma

60 min 110€

A complete upper body massage (face, head, neck, chest area, arms, and hands), this ritual begins with gentle exfoliation to reveal the skin's natural radiance and prepare the face for the massage. It combines sculpting strokes, soothing movements, and acupressure points to deeply release tension in the upper body. Features soften, the complexion brightens, and the body regains a feeling of lightness. A moment of tranquility designed to reconnect body and mind.

Option gommage corps

25 min 50€

All massages can begin with a deep body scrub to prepare the skin for the treatment and prolong the benefits of the massage.

FROM WEDNESDAY TO SATURDAY

L'évasion en duo

60 min 200€
(tarif pour 2)

A unique moment to share with your loved one. You will both receive a relaxing full-body massage, side by side. A perfect moment for escape and relaxation.

Deep Tissue - Sportif

60 min 110€

The well-being of your superficial and deep muscles. This massage targets their decongestion and oxygenation, as well as the drainage of toxins, ensuring deep muscle relaxation.

Chi Nei Tsang

60 min 110€

Release your physical and emotional tension with this abdominal massage, inspired by traditional Chinese medicine techniques. A gentle and profound rebalancing of vital energy.

La Madéro'fit

60 min 125€

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

Combined with lymphatic drainage and rolling massage, it helps refine the silhouette and visibly reduce the appearance of cellulite. An effective, painless treatment that combines well-being and results.



Le rituel Japonais (Corsisé)

60 min 125€

Indulge in the comforting experience of a foot massage, followed by a facial exfoliation with Corsican essences.

Then discover the unique Kobido Facial Massage, a plumping and lifting treatment emblematic of Asian beauty rituals.

Le massage femme enceinte

60 min 120€

Prenatal massage from the 3rd to the 8th month of pregnancy.

A moment of gentle relaxation to relieve tension, prevent stretch marks, and promote better sleep.

The session is tailored to your comfort and can include a belly massage with the practitioner to strengthen the bond with your baby.

FROM SUNDAY TO TUESDAY

Réflexologie Faciale

60 min 110€

After a gentle scrub using Corsican cosmetics, the practitioner stimulates the reflex points on the face with precise movements. This technique releases tension, boosts energy, and provides a profound sense of well-being, both on the face and throughout the body.

Réflexologie plantaire et palmaire

45 min 90€

60 min 110€

This treatment begins with a gentle exfoliation of the feet and hands, followed by targeted pressure under the arches of the feet and in the palms of the hands, areas rich in nerve endings. These stimulations help release tension, rebalance the body's energy, and promote a profound sense of well-being.

Le massage aux huiles essentielles

60 min 110€

90 min 155€

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

The movements, both firm and enveloping, follow the body's energy pathways through gliding pressure and acupuncture points. This massage promotes letting go, releases tension and emotions, and stimulates the flow of vital energy. It induces a state of deep relaxation and a true reconnection with oneself.

Atelier move et respire

50€ Individuel

35€/pers. 2 personnes

30€/pers. 3 pers et plus

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, as well as learning simple techniques to integrate into your daily life to soothe tension, improve circulation, and cultivate lasting well-being.

For an even more exclusive experience, enjoy your massage near your private pool.*

*Additional charge : €20 per person or €30 for two people



BEAUTY RITUALS WITH ALMA & SOL

Rituel éclat jeunesse

90 min 120€

Intense plumping treatment that restores the skin's suppleness, radiance and youthfulness.

Rituel pureté marine

60 min 100€

Deep purifying treatment for clear, fresh and perfectly rebalanced skin.

Hand and foot beauty

Traditional manicure (45 min)	45€
Hands and feet beauty	45€
Traditional feet beauty (60 min)	60€
Supplement for classic nail polish application	15€

Regard intense

Eyelash tinting	25€
Eyebrow tinting	15€



Épilations douceur

Eyebrows	15€
Lip	12€
Armpits	18€
Arms	25€
Chest	15€
Back	20€
Half legs	25€
Full legs	45€
Bikini	35€
Full bikini	45€

