



SPA MEDITERRANEA



cascioni

ECO RETREAT

CASCIONI RITUAL OF SENSES

Spa In The Wood

Our Spa in the wood, unique and exclusive. Surrounded by the green foliage of the olive trees, the rustling of leaves. Cascioni Ritual of Senses begins with a walk in the aromatic herb garden and the personal collection of Mediterranean essences. A sensory journey that offers a moment of pure and complete regeneration.

90 minutes

€ 250,00 per person



WELLNESS RITUALS

Green Gold Ritual

Extra Virgin Olive Oil Ritual is rebalancing, regenerating and has multiple benefits.

It prevents aging, increases the immune system and reinforces the skin.

The Green Gold Ritual is a perfect combination of care and wellness.

60 minutes - € 150,00 per person

90 minutes - € 180,00 per person

Honey Ritual

Feeling the warmth of honey on your body, followed by a personalised massage, alternating from gradual and delicate to more energetic and rigorous movements.

The honey ritual, with its many curative benefits, moisturises, acts on the nervous system and stimulates the circulatory and lymphatic system.

60 minutes - € 160,00 per person

Ritual On Straw

Immersed in Nature, among cultures and traditions, a non-conventional Ritual On Straw is born at Cascioni Eco Retreat. The perfect fusion between ancient and modern techniques to provide physical and therapeutic benefits.

60 minutes - € 220,00 per person

90 minutes - € 250,00 per person

Land of Sardinia Ritual

Fragrant handmade bundles made of local herbs, hand-picked and dried for days, soaked in warm oil and gently gliding over the body. Inspired by ancient techniques,

Land of Sardinia Ritual helps to release daily tensions, transporting body and soul into a dimension of total relaxation.

90 minutes - € 190,00 per person

Sweet Night Ritual

The silence of the night, the soft lighting of candles, the gentle sound of the flowing water or the rustling of leaves in the wood. Inside the Spa or under the trees the atmosphere is ideal to enjoy a complete ritual, providing full relaxation and preparing the body for the perfect evening rest.

from 20.00 to 21.00

60 minutes - € 250,00 per person

Is Perdas Ritual

An enchanting spiritual ritual. The warm touch of volcanic stones on the body's vital points, the Hot Stone Ritual stimulates the reactivation of energy flows giving new mobility to the joints and spine.

90 minutes - € 170,00 per person

Deep Lymphatic Ritual

Reducing oedematous inflammations, it reactivates the lymphatic and circulatory systems.

It has a positive effect on the metabolic rate, promoting diuresis, detoxing the skin in depth and visibly reshaping the silhouette.

60 minutes - € 170,00 per person

Deep Tissue ~ Sport Ritual

A soothing ritual for muscles and tensions, recommended for balancing posture, preparing for physical performance and relaxing immediately afterwards.

Restores fluidity of movement and accelerates recuperation time.

60 minutes - € 150,00 per person

90 minutes - € 180,00 per person

Prenda Ritual

An innovative relaxing ritual with the application of a specific cranio-sacral technique.

It helps body and mind to destress, restoring a deep feeling of calm and harmony.

60 minutes - € 140,00 per person

90 minutes - € 170,00 per person

Plantar Ritual

A foot relaxing massage for an overall improved sense of well-being. It helps to relieve the symptoms of heavy legs, fighting physical and spiritual fatigue.

40 minutes - € 90,00 per person

Face Manual Lifting Ritual

Unique and innovative lifting technique, purely manual. Specific treatment for skin showing loss of firmness and elasticity. Especially effective on marked face areas such as eyes, lips and cheekbones. Visible results within the first session.

30 minutes - € 80,00 per person

WELLNESS TREATMENTS

Body Regeneration

A perfect combination of peelings and local essential oils to meet the needs of every individual. A complete beneficial treatment for relieving dry skin, it provides intense moisturisation and restores skin elasticity and firmness.

Particularly effective as preparatory treatment.

60 minutes

€ 130,00 per person

Face Regeneration

A tailor-made regenerating face ritual designed to meet the individual needs of all skin types: restoring radiance, encouraging cell and tone renewal, removing impurities as well as nourishing and moisturizing facial skin. A unique personalised programme that combines skin treatment with the application of manual manoeuvres to relax body and mind.

60 minutes

€ 160,00 per person



THE HERBAL TEA ROOM

An accurate selection among the spontaneous and cultivated plants of Cascioni's garden.

A long air-drying process, completely natural, to maintain fragrance, flavour and properties of the collected herbs. After a few weeks, when dried, they are hand sieved and then packed into tea bags ready to be tasted.

LA BOUTIQUE

Organic and Mediterranean

The Cascioni cosmetic line combines the scents of Sardinian Island and the key ingredient of our Retreat, the extra virgin olive oil.

Eye Contour	€ 35,00
Cleansing Milk	€ 40,00
Tonic	€ 40,00
Face Cream	€ 40,00
Body Cream	€ 50,00
Body Oil	€ 40,00



SPA ETIQUETTE

Before accessing the Spa, is necessary to read carefully and sign the Spa disclaimer.

Any personal items must be stored in the lockers.

Before using the spa facilities, it is necessary to take a shower.

Always wear a swimming costume, even in the sauna and steam room.

Lay your towel on the sauna and chaise lounge seats.

Do not use sun creams and tanning oils.

Do not smoke or consume alcohol.

Always speak softly.

SPA CIRCUIT

To experience the Spa circuit, a reservation is required.

The Spa circuit includes the use of hydromassage pool, dry sauna, steam room and chromotherapy showers for a maximum of 60 minutes.

Access is limited to four people at a time.

CONTRIBUTION TO THE ENVIRONMENT

In order to limit energy consumption, the systems will only be brought to temperature only in the event of advance bookings.

For last minute bookings, 30 minutes notice will be sufficient

CANCELLATION POLICY & PAYMENT

Until 5 days before the reservation	No Penalty
From 4 until 2 days before the reservation	50 %
From the day before the reservation and for no show	100%

A deposit of 50% of the total amount and credit card as guarantee is required for confirmations more than 8 days before the treatment.

The total balance is required for bookings confirmed within 7 days before the treatment.



Info & Reservation
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