

The background is an abstract composition of various shades of brown, tan, and dark grey. A large, textured brown circle is the central focus, containing the title text. Below the circle, there are several rectangular blocks of different colors and textures, including a dark brown block on the left, a light tan block on the bottom left, a medium brown block on the bottom center, and a dark grey block on the right.

THE SPA MENU

CASA COOK MADONNA

MASSAGE THERAPIES

Anti-stress massage

Massaggio rilassante per sciogliere le tensioni superficiali e donare nuova energia alla mente.

Relaxing massage to ease surface tension and awaken the mind with fresh energy.

25min - €60 | 50min - €100

Deep tissue massage

Massaggio per distendere le fasce muscolari, sciogliere le tensioni profonde e avvolgere corpo e mente in un immediato senso di benessere psicofisico.

A massage designed to relax muscle tissue, release deep tensions, and bring immediate relief to both body and mind.

25min - €60 | 50min - €100

Foot reflexology

Trattamento di riflessologia plantare ispirato alla medicina cinese, che stimola i punti riflessi sulla pianta del piede collegati agli organi interni, favorendo l'equilibrio e il benessere dell'intero corpo.

Inspired by traditional Chinese medicine, this treatment gently stimulates reflex points on the soles connected to internal organs, restoring balance and wellbeing throughout the body.

25min - €60 | 50min - €100

Hot stone massage

Le pietre basaltiche calde vengono posizionate in punti specifici del corpo e, grazie al calore rilasciato gradualmente, favoriscono il rilassamento muscolare e una immediata sensazione di benessere. Consigliate per dolori muscolari e reumatici, migliorano la mobilità di muscoli e articolazioni.

Hot basalt stones are placed on specific points of the body, and the gradually released heat helps relax muscles and provide an immediate sense of well-being. Recommended for muscle and rheumatic pain, it also improves muscle and joint mobility

50min - €100 | 75min - €120

BODY TREATMENTS

Magnesium treatment

Con l'applicazione esterna, o transdermica, del magnesio (assorbito tramite la pelle), si apre un nuovo capitolo nella supplementazione di questo minerale. È facile da somministrare come l'assunzione orale, ma più efficace e affidabile. Il vantaggio principale è il bypass del tratto gastrointestinale, che permette l'applicazione diretta sul sito d'azione con effetto immediato. Così si evitano problemi di assorbimento intestinale e effetti collaterali dose-dipendenti. L'olio o gel di magnesio si usa per il trattamento acuto di crampi, dolori muscolari, gambe senza riposo e simili, ed è particolarmente apprezzato da atleti e chi soffre di crampi.

The external, or transdermal, application of magnesium (absorbed through the skin) marks a new chapter in supplementation. It's as easy to apply as oral magnesium but more effective and reliable. The main advantage is bypassing the gastrointestinal tract, allowing direct application at the action site with immediate effect. This avoids intestinal absorption issues and dose-dependent side effects. Magnesium oil or gel is primarily used for acute treatment of cramps, sore muscles, restless legs, and similar conditions, and is especially popular with athletes and those prone to cramps.

80min - €200

Two variants available:

Sport

Questo trattamento aiuta ad alleviare la tensione muscolare e il dolore, rappresentando un complemento perfetto per qualsiasi massaggio. Agisce sulle aree specifiche interessate, migliorando la circolazione sanguigna e l'ossigenazione dei muscoli. Viene utilizzato per dolori muscolari e articolari, tensioni, recupero post-allenamento, oltre che per contrastare stress e ansia.

This treatment provides relief from muscle tension and pain and is an ideal complement to any massage therapy, as it targets specific problem areas to improve blood flow and muscle oxygenation. Areas of application include sore muscles, joint pain, muscle tension, post-exercise recovery, stress, and anxiety.

Relax

Rilassante e fortificante, questo trattamento stimola il massimo assorbimento di magnesio attraverso la pelle. Favorendo il recupero post-allenamento e un sonno rigenerante, è ideale per alleviare stress e ansia. Da godere soprattutto dopo un massaggio classico con olio, per un'esperienza di vero relax.

Relaxing and fortifying, this treatment enhances magnesium absorption through the skin. Supporting post-workout recovery and restful sleep, it's ideal for easing stress and anxiety. Best experienced after a classic oil massage, for a truly calming ritual.

Holistic luxe

Un rituale energetico completo, ispirato all'arte curativa della medicina tradizionale europea, che avvolge corpo e viso in un'esperienza di benessere profondo. In questo trattamento esclusivo, corpo e viso vengono coccolati con delicatezza e trattati con prodotti naturali d'eccellenza firmati Saint Charles Apothecary. Dopo un massaggio mirato e profondamente rilassante, la pelle ritrova equilibrio e splendore, seguendo le esigenze uniche di ciascuno, in sintonia con la natura.

A full-body and face ritual inspired by Traditional European Medicine, designed to gently nurture and restore. Using natural, carefully chosen products from Saint Charles Apothecary, this experience blends a deeply relaxing massage with tailored care for your skin—leaving you feeling balanced, refreshed, and connected to nature.

120min - €250

FACIAL TREATMENTS

Herbal refresh

Un trattamento rivitalizzante completo pensato per rigenerare e donare nuova freschezza alla pelle. Una tecnica di massaggio unica si unisce a una maschera viso e occhi intensamente nutriente, per un'esperienza di benessere profondo.

A complete revitalising treatment designed to regenerate and refresh the skin with visible results. A unique massage technique combines with an intensely nourishing face and eye mask, delivering a deeply nourishing experience.

60min - €110

Herbal relaxing

Il rilassamento di corpo e mente, la calma interiore e il distendersi dei muscoli facciali sono al centro di questo trattamento. Dopo una delicata pulizia, la pelle viene coccolata con massaggi mirati, pronta ad accogliere il trattamento intensivo che segue.

Relaxing body and mind, calming the inner self, and easing facial muscles lie at the heart of this treatment. After a gentle cleanse, your skin is pampered with targeted massage strokes, preparing you for the next phase of care.

60min - €110

Face massage

Massaggio viso rilassante anti-stress.

Relaxing anti-stress face massage.

25min - €60

SPA ETIQUETTE

General

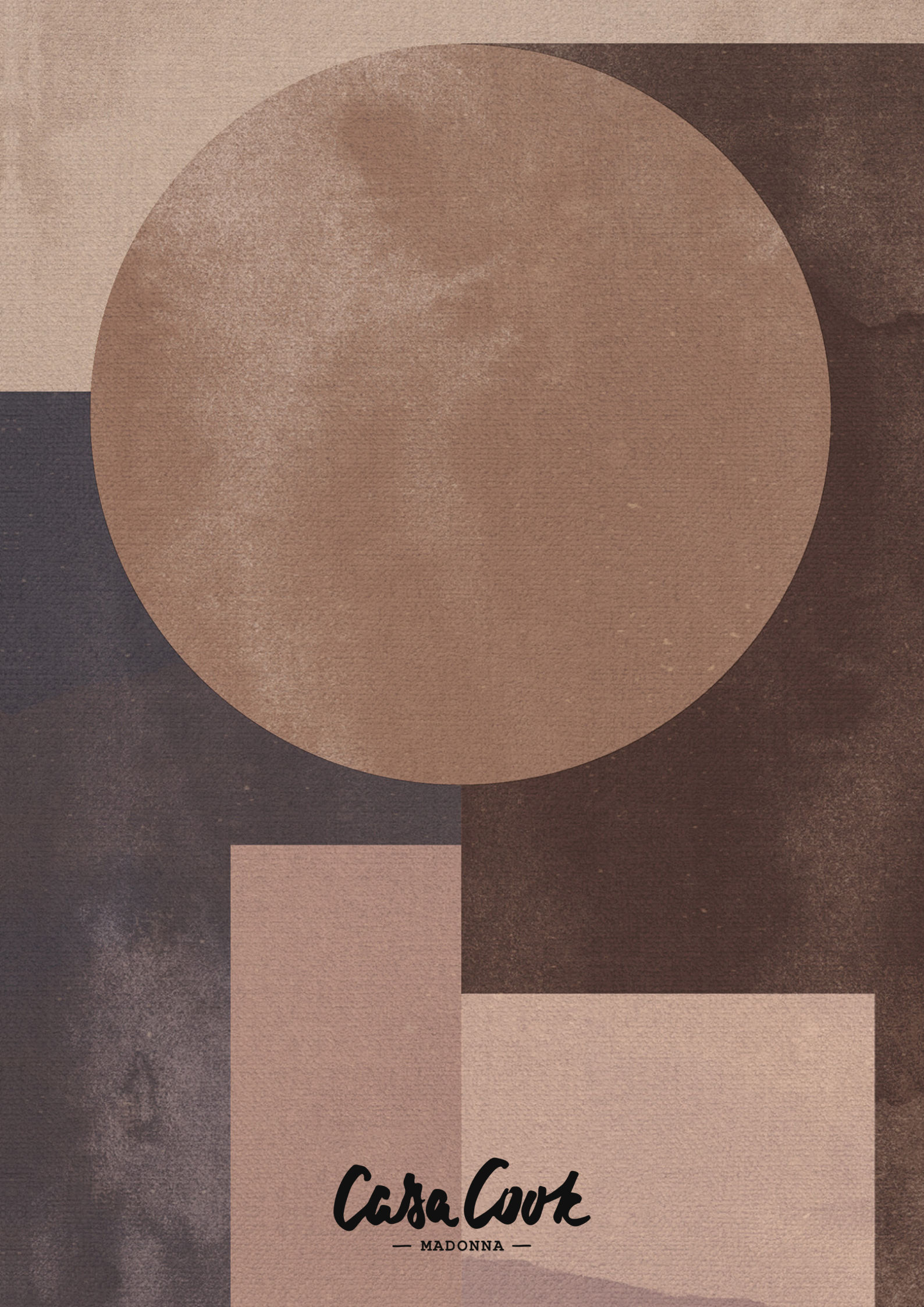
- Please arrive 15 minutes prior to your treatment, as you will be asked to complete a health and lifestyle questionnaire. Time lost due to late arrival may result in a shortened treatment without refund.
- For safety reasons we recommend that all valuables and jewellery should be placed in your room safe, as we do not provide lockers in the SPA.
- To preserve the spa's tranquillity, we respectfully request that mobile phones are switched off.
- Please remember that our spa is a non-smoking area.
- Kindly note that swimwear is compulsory when using any public areas of the spa.

Having a treatment

We highly recommend booking your appointments well in advance. All our therapists are trained to prioritise your privacy and comfort at all times. During treatments, please inform your therapist if you have any preferences regarding pressure, lighting, music, or temperature. Your comfort and care are our utmost priority. We provide disposable undergarments and ensure you are always appropriately draped. For best results, we suggest that men shave a few hours prior to a facial treatment, and that ladies remove all makeup beforehand.

Cancellation policy

Please note that no fee will be charged for cancellations made at least 24 hours before your appointment. Cancellations within 24 hours of your appointment will incur a 50% cancellation fee. The full amount will be charged for no-shows or cancellations made within 3 hours of the appointment time.



Casa Cook
— MADONNA —