



Assisi Cantico SPA

Valle di Assisi

WE ALSO WELCOME OUTSIDE GUESTS

*" Relax, gather your feelings, turn away any other thought. Let the surrounding world to vanish in indistinct"*

# MASSAGES

## ASSISI CANTICO RELAX

---

**Cervical, face, head 20' € 45,00**

**Back 20' € 45,00**

**Legs 20' € 45,00**

**Back and Legs 40' € 65,00**

**Total body 50' € 80,00**

**Couples Massage 50' € 80.00**

Relaxing massage with marc oil that soothes fatigue and stress with drainage operation, both relaxant and soothing depending on the different body zone.

## AYURVEDA 75' € 100,00

---

Traditional Indian Abyangham massage helps to restore the natural balance between body and mind removing physical, mental and emotional fatigue. Drain the liquids, release the tension and enhance relaxation .

## AYURVEDA SHIRO DHARA 90' € 130,00

---

Shirodhara ritual derives from the ancient Indian medicine. To the complete Ayurveda body massage, warm oil is poured on the forehead to relax the mind and nervous system, promoting a complete person's relaxation .

## PERSONAL YOGA LESSON SINGLE 60' € 80.00

---

## PERSONAL YOGA LESSON IN COUPLE 60' € 140.00

---

Individual or couple session of Anukalana Yoga through which it is possible to benefit on a physical and emotional level from the restructuring action that Yoga and meditation are able to exercise.

A journey that merges in a single practice a path, between mind, body and breath alternating the rhythm with moments of listening.

## AYURVEDA SHIRO ABHYANGA 40' € 80,00

---

Ayurveda face, neck and head massage stimulates marma points with warm oil poured on the forehead, it soothes disorders linked to the head, like headache, migraine and dizziness.

## CIRCULATORY AND DRAINING MASSAGE 50' € 80,00

---

This massage has a beauty purpose intended to reactivate the blood circulation, liquid drainage and maintain tissue elasticity thanks to the kneading, touch and rubbing operation on the skin.

## TOTAL BODY DECONTRACTING MASSAGE

---

**50' € 80,00 75'€ 100.00**

The decontracting massage acts deeply in the connective tissues and muscles, releasing tension and muscle wear out. It enhances a feeling of well being in the whole body.

## BACK DECONTRACTING MASSAGE 40' € 65,00

---

Back decontracting and cervical massage acts through manoeuvres of friction and kneading fixing muscle stiffness present alongside the spinal column, allowing back, neck and shoulders to regain their physiological elasticity and relaxation

### **SPORTS MASSAGE 50' € 80,00**

---

Massage that stimulates the tissues and improves sports performance. It is useful in preparation for a race, and after to alleviate muscle fatigue

### **LYMPHATIC DRAINAGE**

---

**TOTAL BODY 75' € 100,00 PART OF BODY 50' € 80,00**

**FACE 20' € 45,00**

Manual lymphatic drainage is a specific massage technique to solve problems of lymphatic system like cellulite, bloating and superficial oedemas.

## **PREVIOUSLY BOOKED MASSAGE**

**THAI YOGA MASSAGE 60' € 90,00 90' 130,00**

---

A technique that combines traditional Thai massage with yoga and the system of energy channels of traditional Chinese medicine.

It helps the body to re-establish the best psychophysical conditions and activate the organism's self-healing abilities

### **CRANIAL AND SACRAL TREATMENT 50' € 80,00**

---

This treatment gives you a "contact" with cranial and sacral rhythm and provides you a beautiful effects on nervous system, muscles, gastrointestinal and breathing systems.

**REIKI TREATMENT 50 MIN € 80,00**

---

This treatment opens mind and promotes physical and mental well-being. It's perfect to fight anxiety and stress. It's an help in case of joints or muscles problems, migraines and headaches, hypertension, intestinal disorders and insomnia.

**HAWAIIAN LOMI LOMI NUI MASSAGE 50' 80,00**

---

Ancient ritual of Hawaiian origin with the scent of Coconut and Frangipani with fluid and rhythmic movements inspired by the flow of the ocean that aims to restore the balance between body, mind and spirit, promoting deep relaxation and well-being.

## PREVIOUSLY BOOKED MESSAGE

### FOOT REFLEXOLOGY

---

30' € 50.00

60' € 90.00

Foot reflexology is an ancient technique that stimulates specific "reflex" points on the feet that correspond to organs and systems of the body. It relaxes the nervous system, stimulates blood and lymphatic circulation, helps reduce pain and inflammation, and promotes the restoration of psychophysical balance and a general sense of well-being.

### CALIFORNIAN MASSAGE 50 MINUTES € 80.00

---

A mind-body massage characterized by long, gentle, harmonious movements, rocking, and gentle stretching that encourage relaxation. It integrates the body as a whole, promotes awareness of the body schema, and relaxes the nervous system. It relieves anxiety and insomnia.

## HAIR AND MAKE UP FOR YOU

In-room hairdressing and makeup  
Services must be booked 48 hours in advance.

### EXPERIENCE BLOWOUT €50.00

---

Blowout including specialized shampoo and conditioner with a hair dryer or curling iron

### 50-MINUTE HEAD SPA + EXPERIENCE BLOWOUT € 130.00

---

Head spa for scalp and hair and professional blowout.

### EXPERIENCE BLOWOUT + HAIRSTYLE € 65.00

---

Blowout including specialized shampoo and conditioner

### BRIDAL HAIRSTYLE €400.00

---

Bridal hairstyle + 1 hairstyle for a guest

### CUSTOM MAKEUP €60.00

---

Personalized makeup for every occasion to enjoy on your vacation

### CEREMONY MAKEUP € 80.00

---

A unique makeup look to celebrate a special ceremony

### BRIDE MAKEUP €400.00

---

Makeup for your special day. Also includes a trial and makeup for another person.

### SELF MAKEUP € 80.00

---

A self-makeup lesson to learn how to enhance your beauty.



## ORIENTAL GARDEN RITUALS

### **RICE CARESS 50' € 90.00**

---

Exfoliating, antioxidant, sebum rebalancing and nourishing properties with coconut oil and jasmine rice powder as well essential oils applied on the face and body. Donates to the face skin and body elasticity, nourishment and brightness.

### **ORIENTAL MASSAGE OF ALOE VERA 50' € 90.00**

---

Massage with coconut oil and Aloe Vera pulp. Rich in minerals and vitamins Aloe has a decongestant effect, soothing, moisturizing and regenerating on the skin tissue, donating to the face and body skin a vital sensation of freshness.

### **ORIENTAL CARESS 50' € 90.00**

---

Exfoliating, sensory massage with oriental flavourings. Frangipani, lotus flower or jasmine are the fragrances to choose based on self-instinct, to match with jasmine rice powder that will donate to the skin nourishment and brightness.

### **ORIENTAL ENCHANTMENT 50' € 90.00**

---

Massage with oriental fragrances. Choose the right fragrance for you among Frangipane, lotus flower or jasmine which will lead you to an emotional dimension that will restore the bod and soul harmony and beauty.

## "BODY AWAKENING"

### **HIMALAYAN BREATH RITUAL 50' € 90,00**

---

Himalayan pink salt scrub ritual with Perilla oil and a mix of powders containing Ginger, Turmeric, Acacia, e Tamarind with skin purifying action as well as sebum balancing.

### **RADIANT SKIN WITH RED RICE 50' € 90,00**

---

Exfoliation, antioxidant and anti-ageing that enhance glow to the skin through the application of calcium carbonate powder and indian rice with dermopurifying and sebum balance action. Restores, nourishes and soothes the skin.

### **ENERGY SOURCE" DRAINING RITUAL 50' € 90,00**

---

Ritual that enhances energy and lightness to the body thanks to the use of a salt solution consisting of Himalayan pink salt, essential oils and Perilla oil. Restores the skin and drain the exceeding liquids.

### **VITALITY ELIXIR RITUAL 50' € 90,00**

---

Treatment that restores the skin performing more elasticity with the application of Perilla oil, essential oils and Noni powder, a plant of Asian origin that has a powerful invigorating and anti-ageing action .

### **HANDS OF ORIENTAL RITUAL 30' € 50,00**

---

Exfoliating, relaxing and nourishing hands ritual. The active ingredients used, deeply moisturize the skin while the massage release the tensions in the whole upper limb up to the shoulder with a feeling of profound wellbeing.

### **FEET OF ORIENTAL RITUAL 30' € 50,00**

---

Exfoliating, nourishing, draining and stress relieving feet ritual. Performed with movements that stimulate the circulatory system, reduce swelling and reduce muscle and joint stiffness.

### **POWDER ORIENTAL TOUCH ABDOMEN 50' € 80,00**

---

Abdomen is the area of our body on which all assimilation processes depend, nourishment and elimination of everything we ingest physically and emotionally. The manual massage and the cataplasm with powders and essential oils, tone all the internal organs, and increase digestion and circulation, alleviate constipation by eliminating excess of physical and emotional toxins bringing benefit to the skin body and mind.

## FACE RITUAL "ORIENT GEMS"

### POWDER ORIENTAL TOUCH 50' € 80,00

---

Detoxifying, oxygenating and regenerating treatment that uses the properties of precious Thai powder and fine oils 100% natural able to process on more imperfections of the face. Triphala powder, Noni, Centella, rice, Green Clay and Perilla oil will provide nourishment and longevity to the face.

### ALOE ORIENTAL TOUCH 50' € 80,00

---

Treatment that uses the multiple properties from aloe. Has a healing power on the skin, antioxidant, soothing and anti-inflammatory. Thanks to its capacity to retain water molecules, nourishes the skin in depth.

### VITALITY ORIENTAL TOUCH 50' € 90,00

---

Antioxidant and oxygenating facial ritual that uses the ancient virtues of Asian plants particularly rich in nutrients such as Pueraria Mirifica and the Kaolino. Gives elasticity to the skin and reduces wrinkles on the eyes, face, neck and décolleté and detoxifies the skin giving a velvety silky texture.

## NOCTUA ORIENTAL TOUCH VISO 50' € 90.00

---

A regenerating and balancing ritual that combines the power of Bakuchiol oil, a plant-based alternative to retinol, with the anti-aging properties of Pueraria Mirifica and Damask Rose. This treatment targets wrinkles, reducing their depth and thickness. It improves skin elasticity, firmness, and evenness, giving the face a younger, more rejuvenated appearance.

## CUSTOMIZE YOUR WELLNESS

### PEARL FACE

---

€ 15,00 FACE € 25,00 FACE AND EYE CONTOUR

Lifting, antiaging effect mask to buy in addition to each treatment.

### DETOX ABDOMEN € 20,00

---

Compress detox to the abdomen with Thai powder to add at each treatment.

### LIGHT LEGS € 20,00

---

Compress osmotic gel, saline-based with triple action: draining, lipolytic and toning to add at each treatment.

## HEAD SPA EXPERIENCE



### HEAD SPA RITUAL

---

**50' € 100.00 HEAD-HAIR / HEAD-SCALP**

**75' € 120.00 HEAD - SCALP - HAIR**

An oriental ritual for the well-being of the hair, scalp, and head, combining steam massage and aromatherapy with nourishing and sebum-balancing products. The goal is to purify, revitalize, and hydrate the scalp and hair.

It provides deep mental relaxation, calms the nervous system, relieves stress and brings complete psycho-physical well-being.

## NUVOLA EXPERIENCE

**FLOATING 20' € 25,00 40' € 35,00**

---

Innovative floating system.

The weightlessness, whirlpool and a sequence of lights and colors cradle the person by relieving muscle tension, reactivating circulation

**DEEP ENERGY RITUAL 50' € 100,00**

---

Decontracting and defatiguing massage.

Nuvola initially relieves muscle tension and prepares the body for the subsequent massage with Clinacanthus oil with anti-inflammatory properties.

**SOURCE OF LIGHTNESS RITUAL 50' € 100,00**

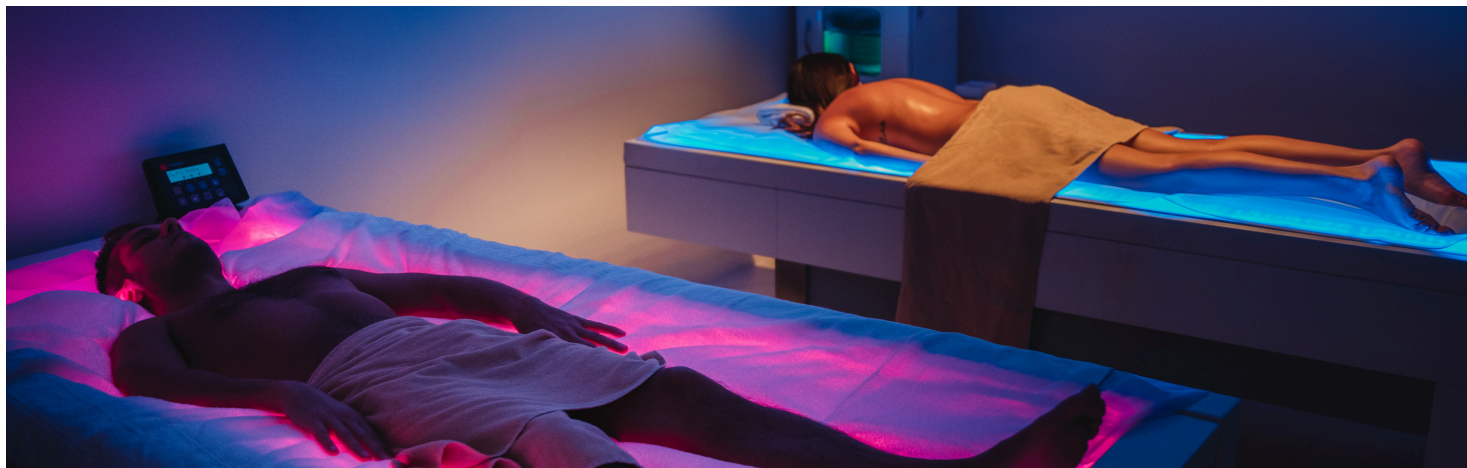
---

Drainage ritual that combines a synergy between the cold balsam and the hot embrace of "Nuvola", to drain the liquids and enhance a sensation of lightness in all your body.

**NUVOLA FOR TWO 50' € 140,00 PER COUPLE**

---

You will live the magical world of Nuvola for couples while alternating 30' of buoyancy and 25' of massaging on a water based bed, for an hour of relaxation.



## OUR WELLNESS ITINERARIES

### SOCIAL SPA ITINERARY

---

**3 H €50.00 PER PERSON FROM SUNDAY TO FRIDAY**

**3 H €70.00 ON SATURDAY**

Wellness itinerary with finnish sauna, turkish bath, mediterrean bath, vertical kneipp, breeze, cold rain, relax room, salt room, jacuzzi while enjoying the Assisi view and a "Caldo abbraccio" kit with bathrobe, slippers and cap.

Opening hours: Monday to Friday from 2pm to 8pm  
Saturday and Sunday from 9 to 20

### SPA SYSTEM

---

Choose your path and regain the ability to "feel good".

**RELAX - EXCITE- PURIFY**

Heat, water and rest alternate differently to meet the needs of the body and mind. Each objective is combined with a different sequence of equipment and time spent.

### HAMMAM RITUAL 20' € 15,00

---

Exfoliating self-ritual with detox and draining body powders and nourishing and sebum-regulating face mask.



## DAY SPA EXPERIENCE

### CARESS OF WELLNESS

---

Spa itinerary 3 h+ one 20' relaxing massage  
Kit "caldo abbraccio" (warm hug)

€90.00 per person from Sunday to Friday

€100.00 per person on Saturday

### CUDDLES AND WELLNESS

---

Spa itinerary 3 h + one 50' massage or treatment  
kit "caldo abbraccio" (warm hug)

€ 120.00 per person from Sunday to Friday

€ 130.00 per person on Saturday

### DAY SPA + APETIZER

---

Social spa itinerary 3 h + Apetizer with a glass of prosecco  
and local products tasting

€ 65.00 per person from Sunday to Friday

€ 85.00 per person on Saturday

### DAY SPA WITH DINNER

---

3-hour Social Spa program and 4-course tasting dinner,  
drinks included

€ 105.00 per person from Monday to Thursday

€ 115.00 per person on Friday, Saturday and Sunday

## PRIVATE SPA

### PRIVATE SPA ITINERY

---

#### 2 H € 150,00 PER COUPLE

Wellness itinerary in a reserved area with turkish bath, sauna, water paradise, cold waterfall, jacuzzi scented bath  
Use of the social area, infused water and pastries tasting and "caldo abbraccio" kit with bathrobe, slippers and cap

### EXCLUSIVE ROMANTIC WELLNESS € 280,00

---

Private Spa for 2 people, swimming pool and jacuzzi Area  
Social  
one 50' couple massage + scented bath infused water and pastries tasting "caldo abbraccio" kit



## FAMILY SPA EXPERIENCE

### FAMILY SPA 2 H

---

€45.00 FOR ADULTS FROM SUNDAY TO FRIDAY.

€60.00 ON SATURDAY

CHILDREN 2 H €20.00

### SPECIAL PRICE HOTEL CUSTOMER

CHILDREN (INFANT 0-2 FREE)

Wellness area for families with heated swimming pool and Jacuzzi. Adults will also have access to Finnish sauna, Turkish bath, Mediterranean bath, vertical kneipp, breeze, cold rain, salt relaxation room, mindfulness meditation.

Entry times: from Monday to Friday: 14/17

Saturday Sunday and holidays: 9/11; 14/17

## MASSAGES AND TREATMENTS

Our tratments for the youngers and the children

### ELSA FACE TREATMENT 20' €45,00

---

Delicate cleansing, massage and face mask perfect for a little princess

### MADAGASCAR MASSAGE 40'€ 65.00

---

A coconut oil relaxing massage

### CHOCOLATE MASSAGE 20' € 45.00

---

Chocolate flavoured almond oil relaxing massage

### NUVOLA WITH MUM/DAD 30'€ 65,00

---

A 25 minutes treatment for adults while children enjoy the the magical sensation of a cloud

## DAY SPA FOR FRIENDS

Celebrate your special day with us with your dearest people.  
A birthday, a hen or stag party.

### DAY SPA + APETIZER (MINIMUM 5 PEOPLE)

---

Social spa itinerary + Apetizer with a glass of prosecco  
and local products tasting

€70.00 per person from Sunday ti Friday

€90.00 per person on Saturday

### SOCIAL SPA WITH DINNER (MINIMUM 5 PEOPLE)

---

3-hour Social Spa program and 4-course tasting dinner,  
drinks included

€100 per person from Monday to Thursday

€110 per person on Friday, Saturday and Sunday

### EXCLUSIVE NIGHT SPA+ APERITIVE (MINIMUM 10 PEOPLE)

---

Aperitive from 18.30 TO 20.00

3 Hours Social Spa itinerary from 20.00 to 23.00

€ 90.00 per person

### EMOTIONAL TEA EXPERIENCE

---

Asian, English and contemporary tea ceremony with tasting  
of fine teas

Duration 1.30am price €350.00

### GUIDED TOUR OF OUR WINE CELLAR

---

Visit to the hotel cellar with tasting of wines and oil from our  
production

Duration 1 hour Price €15 per person

### GOLF LESSON IN OUR DRIVING COURSE

---

Single or couple lesson Duration 1 hour price €75

From 3 to 8 people Duration 1 hour price €25 per person

## USEFUL INFORMATION

In order to ensure maximum security and a better service, the entrance has to be booked in advance. Please remember that reserving your time slot is required and must be respected.

You can choose the following time slots:

From Monday to Friday from 2pm to 8pm

Saturday, Sunday and public holidays from 9am to 8pm

- In the time slot from 2pm to 5pm from Monday to Friday, Saturday and Sunday from 9am to 11am and from 2pm to 5pm families with children may also be present.

- From Monday to Friday from 5pm to 8pm, Saturday and Sunday from 11am to 2pm and from 5pm to 8pm the SPA is for the exclusive use of adults only

## TREATMENT AND MESSAGE REGULATIONS

10% discount will be applied on massages and treatments booked before arrival at the hotel for guests who have accommodation.

The reservation of treatments at the same time or as a couple must be made at least with one day

We recommend that you arrive 5 minutes in advance to ensure that our staff manage the calendar of appointments and provide you with a quality service. In case of delay the treatment will run until the end of the time booked to avoid penalizing the next customer.

Cancellation is free if communicated 6 hours prior of booking, otherwise 50% of the treatment price will be charged.

Please advise us of allergies or any other special needs at the time of your reservation.

## CONTACTS

The SPA reception is open from Monday to Friday from 2pm to 8pm. Saturday and Sunday from 9am to 8pm. For information and reservations, please contact the number 3287759228 or send an email to [spa@vallediassisi.com](mailto:spa@vallediassisi.com)