



TREATMENT MENU

Bodyworker Matteo Pasquali has extensive experience in the fields of physiology and anatomy. His specialised treatments help to improve the body's functionality and ease of movement.

Back, Neck, and Shoulder Massage

This invigorating massage focuses on the back, neck and shoulders, which are typical 'problem areas' of tightness and tension. Pressure points and deep tissue techniques are used to release tense muscles and provide relief.

30 or 45 minutes

Foot Acupressure Massage

Firm pressure is used to target the pressure points on the feet, with kneading motions to release tension on the soles. This process stimulates the body's natural recovery process and is especially welcome after a day's exploration.

30 minutes

Indian Head Massage

Beginning in a seated position, our Indian Head Massage helps relieve stress-induced tension in the head, neck, and shoulders. A gentle facial massage of the nine Marma points is also included.

30 or 60 minutes

Deep Tissue Massage

This therapeutic full-body massage targets the major muscle groups and helps to improve blood circulation and lymphatic drainage.

60 minutes

Integrated Remedial Massage

One of Pasquali's signature treatments, this massage combines a variety of classical and Oriental massage techniques to improve muscle recovery and align imbalances in the body. It can be tailored to address specific wellness needs.

60 minutes

Terms and conditions

- The hot tub, sauna, and treatments with Matteo Pasquali are only available during certain hours of the day and subject to the suitability of sea conditions.