



SPA MENU

Rituals inspired by the nature of Istria and the scents of the Mediterranean

Vineyards and ancient olive trees form the natural setting of San Canzian, shaping a landscape where nature is experienced in its purest form: quiet, simple and authentic...

Our approach to body care is holistic, guided by aromatherapy and phytotherapy, with ingredients from our immediate surroundings and locally produced natural cosmetics. Mediterranean herbs, olive oil and seasonal botanical extracts are part of every ritual.

As Artisans of Experience, we create each treatment with care and attention to your individual wishes and needs. Our intention is to offer exceptional care and complete enjoyment, so that every moment feels authentic, quiet and entirely devoted to you.

FACE AND BODY MASSAGES

OLIVE GARDEN SIGNATURE / 60' BODY • 180 € / 90' BODY & FACE • 220 €

A holistic, individually tailored full-body massage using cold-pressed olive oil from our own olive grove, enriched with essential oils. Each massage is personalized from a selection of more than 30 essential oils. Our signature massage works on both body and mind, bringing deep relaxation and renewal.

SCENT OF MEDITERRANEAN / 30' • 90 € / 60' • 150 €

A therapeutic massage inspired by Mediterranean herbs, designed for the full body or for a targeted area of your choice. Based on almond oil and enriched with essential oils of lavender, rosemary, orange, lemon and mint, it helps ease tension and relax the muscles. This fragrant ritual is ideal for releasing everyday stress and restoring balance to body and mind.

LAVENDER DE-STRESS / 45' • 130 €

A calming massage rhythm and the soothing scent of lavender guide you into a state of complete relaxation. This treatment includes a full-body massage and is recommended for stress relief and improved sleep.

GOLF BALL MASSAGE / 60' • 190 €

An innovative combination of deep tissue massage and *trigger point* technique, using golf balls as a specialized therapeutic tool. Their size, firmness and shape allow precise access to deep areas of muscle tension and help release accumulated tightness. Essential oils of mint and eucalyptus further enhance the feeling of relief and relaxation with their refreshing and analgesic effect. This treatment is especially recommended for those seeking deep muscle relaxation and reduced muscular tension.

PRENATAL MASSAGE / 30' • 80 € / 60' • 140 €

A gentle massage adapted for expectant mothers, designed to promote relaxation and a feeling of lightness. Available only after the third month of pregnancy.

MANUAL LYMPHATIC DRAINAGE / 60' • 150 €

Manual lymphatic drainage according to the dr.Vodder method is an effective way to activate the lymphatic system, helping to eliminate excess water, metabolic waste and toxins. Recommended for softening long-standing scars and areas of skin thickening.

MESSAGE RITUALS

ISTRIAN DETOX RITUAL / 90' • 240 €

A detoxifying and lymphatic drainage treatment with lavender, algae, rosemary and European horse-chestnut. Its purifying effect supports detoxification, helps accelerate the release of toxins, stimulates circulation and firms the skin. The treatment includes a body scrub, massage with lavender oil-gel extract and a soothing mask.

MEDITERRANEAN VINEYARD / 70' • 190 €

A vineyard-inspired ritual combining a gentle body scrub and massage with nourishing oil for renewed, deeply nourished skin. Rich grape extracts, known for their antioxidant properties, revitalize the skin and restore its natural glow, while the textures and scents of the Mediterranean create a feeling of complete relaxation.



FACIAL TREATMENTS

COLLAGEN & CAVIAR LIFT TREATMENT / 60' • 220 €

An intensive anti-ageing facial treatment that helps regenerate the skin, reduce the appearance of wrinkles, improve elasticity and restore radiance. It begins with a gentle enzymatic peel, suitable for use during the summer months, followed by a more intensive sculpting facial massage and an anti-ageing mask.

HYDRA FACIAL / 30' • 110 € / 60' • 160 €

A hydrating treatment for fresh, balanced and radiant skin. Suitable for all ages and all skin types. Deeply and multi-dimensionally increases skin hydration, tones, and contours facial features.

AROMATHERAPY FACIAL / 30' • 120 €

A personalized face and décolleté massage using five precious oils, combined with essential oils selected according to the needs of your skin. Your preferences and comfort with the oils we select are important to us. It works by balancing, calming, relaxing, or invigorating the mind.

* Spa area (16+)

OUTDOOR TREATMENTS

COUPLES MASSAGE – OLIVE GARDEN / 60' • 360 € / 90' • 440 €

Shared relaxation in the intimate atmosphere of our outdoor pavilion, set among the olive trees.

CHILD & PARENT

By arrangement.

CHOCO SWEET DREAMS (KIDS) / 30' • 80 €

A gentle full-body massage for children with a scented balm and soft chocolate notes.



OUTDOOR GYM

The olive grove provides the perfect setting for our outdoor gym, equipped with premium NOHRD and SOLO equipment crafted from natural materials and designed with a focus on both form and function. This area offers a balanced approach to training, from cardio and functional exercises to strength and mobility. A bike, a rowing machine, multifunctional training equipment, kettlebells, dumbbells and a boxing bag with accompanying gear allow for a varied, individually tailored outdoor workout.

YOGA & GONG / Reservations required. / Group classes are complimentary for hotel guests:

Yoga • Thursdays at 8:00

Sound bath with Gong and Tibetan singing bowls • Tuesdays and Sundays at 9:00

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Private Session:

Yoga / 60' • 120 €

Sound Bath / 60' • 70 €

* Please note: All outdoor treatments are available upon request and subject to suitable weather conditions.

We are excited to welcome you!

For all additional enquiries and reservations, please contact:
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For a more detailed description of the rituals and ingredients, please explore our full spa offering via the QR code leading to our spa page.

