




Casin'Anand
MAIN SPA

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Our Main SPA is a place out of time and space. A meeting of maroccan, Indian and "salentino" architecture and mood where in a smooth somptuos way you will indulge yourself in your inner space.

RESERVATIONS AND CANCELLATIONS

An optimal reservation 48h before the treatment is required (24h at least).

Main SPA is a sanctuary for body, mind and spirit.

Please switch off telephones and cameras and keep the voice down.

We kindly suggest our kind guest to show up 10 minutes previous the treatment.

Dress code

A case furnished with robe, towels and slippers is available for our guests. Swim wear is demanded in the common spaces.

Cancellation policie

A 100% refund will be asked for every "No Show" on less than 24h cancellation.

Lost items

The resort is not responsible of loss of items inside the Spa.

You are invited to let your items in your room's safe.

Access requirements

16 years old is requested to access the Spa.

Health conditions

You are kindly requested to inform the therapist about your allergies, injuries or health condition.

Damage

Accidents or injuries to property or accessories will be charged



RITUALS

Oriental Ritual

Treatment with Almond Oil and harmonizing and relaxing essential oils such as Pepper, Sweet Orange, Lavender, Marjoram and Rosemary.

Turkish Bath - Savonage with Black Soap - Frigidarium - Swimming pool with cervical waterfall, hydromassage session and chaise lounge - Emotional Shower - Body wrap with Rhassoul - Argan Oil Massage - Herbal tea

65 MIN.

Berber Ritual

Ritual of purification the ancient Berber tradition. Relaxing, nourishing, moisturizing and exfoliating treatment with black soap.

Turkish Bath - Savonage with Black Soap - Frigidarium - Swimming pool with cervical waterfall, hydromassage session and chaise lounge - Emotional Shower - Body wrap with Rhassoul - Argan Oil Massage - Herbal tea

80 MIN.

Aleppo soap Ritual

Ritual of purification of body and soul inspired by the ancient Maghreb savonage. Purifying and anti-aging ritual with Aleppo soap and Argan oil.

Turkish Bath - Frigidarium - Swimming pool with cervical waterfall, hydromassage and chaise lounge - Emotional Shower - Savonage with natural loofah and Aleppo soap on Calidarium - Argan Oil Massage - Herbal tea

65 MIN.



FACIAL AND EYE TREATMENTS

Reboot Massage 60'

Face treatment (3 options see below) + Relaxing Massage on therapeutic stone

Matricol Restore

Anti-age facial treatment based on Collagene biomatrix in concentrated form. 61% Marine Collagen gives tone and freshness. The skin is more compact, firm, toned, perfectly hydrated and wrinkles appear visibly reduced.

DNA Veil

Repairing face treatment with Elastin and Marine DNA. Tissue repair, reduce the signs of aging and firming the relaxed contours of the face.

Eye Define Mask

Eye treatment with lifting shock effect



BODY TREATMENT

Traditional Moroccan Hammam 25'

Traditional experience of Moroccan hammam with an exfoliation body and face with black soap and the Kesar glove.

Royal Moroccan Hammam 50'

Purifying exfoliation with black soap and the Kessa glove; Purifying massage Natural Ghassoul clay mask on body, face and hair; Body cleaning with shower cream & shampoo massage.

Anand Moroccan Hammam 75'

Traditional Hammam with purifying exfoliation with black soap and the Kessa glove & combined Purifying : Natural Ghassoul clay mask on body and hair; Sweet massage that Body cleaning with shower gel & shampoo; Balance Massage with argan oil.

Asian Ritual 50'

Himalayan candle exfoliation, steam bath, emotional shower and massage with scented candle.

Mediterranean Ritual 50'

Body Exfoliation with mediterranean sea, facial treatment with marine DNA mask (or lifting effect with marine collagene); steam bath, emotional shower, and olive oil massage.

Alaska wrap 50'

Cold leg wrap, facial thirst-quenching treatment with face mask lifting effect and shock effect eye contour emotional shower and cryo-gel massage

Dead Sea Mud 50'

Application of thermal mud on body and face, suspension massage of the body, steam bath, emotional shower, rebalancing massage



MAIN SPA PATH

Experience to be covered alone or in-group, includes Hammam, Emotional chromatic shower, Frigidarium, Pool with cervical waterfall, geyser, chaise lounge and hydromassage seats, herbal tea in the relax area

SPA path in autonomy 45'

65 euro per person

SPA path Plus in autonomy 45' with free black soap

75 euro per person

*OPTIONAL KIT (Black soap and Kessa glove)

22 euro

MAIN SPA DAY

For your privacy we offer you the opportunity to spend a relaxing day (day use) with us.

The offers includes:

- The day use in a Deluxe Room from 10.30 to 18.30 with welcome soft drink
- MAINSPA Path in autonomy (Hammam, Emotional chromatic shower, Frigidarium, Pool with cervical waterfall, geyser, chaise lounge and hydromassage seats)
- Tea and herbal tea in relax area
- Kit SPA Casin'Anand (bathrobe, slippers)

349,00 euro per couple



BODY MASSAGE

Lymphatic Drainage

It reduces edemas, promotes liquids drainage and the cellulite formation, increases the immune system, relaxes, increases the healing capacity of the epidermis, improves cellular oxygenation.

60 MIN. / 75' MIN.

Lymphatic drainage Vodder method

It reduces edemas, promotes liquids drainage and the cellulite formation, increases the immune system, relaxes, increases the healing capacity of the epidermis, improves cellular oxygenation.

90 MIN.

Relax massage with oil

Smooth and continuous movements on the whole body. It eliminates muscular tension, restores balance to the nervous system, promotes deeper breathing, improves own awareness and emotions. Every movement is linked to each other with continuity and fluidity.

50 MIN. / 75 MIN.

Reiki Massage

Reiki massage is an alternative medicine practice whose purpose is to treat ailments and illnesses by rebalancing life energy. Reiki is a kind of discipline that aims to cure ailments of all kinds through the transfer of energy from the hands.

60 MIN.

Lomi Lomi Nui (Hawaiian)

Embracing and sensual massage, coming from the fabulous Pacific Islands. Maneuvers are carried out mainly with forearms sliding over the whole body. It promotes venous return, stimulates lymphatic system, improves arterial circulation, creates heat, increases metabolism, improves joints range of motion, helps waste elimination, stretches, softens and releases soft tissue, eliminates tensions of the body, mind and spirit.

50 MIN.

Kobido Massage

The Kobido Massage is a particular type of massage that derives from an ancient Japanese practice and is configured as a beauty ritual implemented to give tone and vigour to the skin of the face. During the massage, in fact, the skin of the face is subjected to a manual treatment capable of improving its appearance and health, obtaining a natural lifting effect and an overall sensation of physical well-being.

50 MIN.



BODY MESSAGES

Sound Bath

Treatment using the sound of Tibetan bells, for deep relaxation and to restore both the physical and energetic balance of the person, so that he or she can regain well-being with him or herself. The sound massage is a unique experience of transformation, one feels immersed in a sea of vibrations, the rational mind has the opportunity to relinquish control and gives way to the voice of the heart.

90 MIN.

Sea Malay Massage (Indonesian)

Hailing from Sumatra Island, it is called the «Queens Massage». The movements reproduce the elementary geometric shapes of the universe (circle, triangles, squares...) in a precise sequence. Very slow and relaxing. It increases sensitivity, energy and a feeling of well-being. Effective in case of stress and related pathologies, such as intensive headache; it helps to relax and facilitates sleep. It induces a state of deep relaxation and stimulates Chakra.

50 MIN. / 75 MIN.

Candle Massage

The Candle Massage is an extremely relaxing, decontracting and engaging massage, performed by melting a massage candle on the body, giving the recipient an extremely deep multisensory experience.

60 MIN. / 90 MIN.

Stone Massage

Relaxing, soothing, decontracting, increases lymphatic and blood circulation; helps to anti-inflammatory, detoxify the skin, fight blemishes and improve joint mobility; stimulates the tissues and gives a pleasant sensation of "contact" with nature; it reactivates the "energy channels".

50 MIN. / 75 MIN.

Massaggio Ayurvedico

Ayurvedic massage is a special type of massage performed to promote and stimulate the individual's psychophysical well-being. According to Ayurvedic philosophy, the manipulation technique used to perform the massage in question is the means by which balance and perfect harmony between body and mind can be achieved.

60 MIN. / 75 MIN. / 90 MIN.

Connective Massage

The kinesiological connective massage improves the vascularization through a specific stimulation on the connective tissue.

60 MIN.



BODY MESSAGES

Couple Massage

Ritual to share the experience of a relaxing massage with your partner. Massage designed for a loving couple, but also for a couple of friends or relatives .

60 MIN.

Swedish massage with oil

Relaxing massage, reduces stiffness in muscles, makes ligaments and tendons more elastic, improves lymph and blood circulation. Provides mental relaxation and physical well-being

50 MIN.

4 Hand Massage

Relaxing massage performed simultaneously by two operators. The feeling of having 4 hands that cuddle your body is really unique. The 4 hands technique has stronger emotional impact.

45 MIN.

Bioemotional

Relaxing, embracing, draining. It loosens tensions and energy blocks, stimulates meridians, increases joints mobility. You will feel you are in another dimension.

75 MIN.

Massage with Essentials Oil

Relax massage with the addition of essential oils chosen by the recipient for a massage that blends with aromatherapy.

60 MIN.

Postural Massage

Postural massage combines stretching techniques with specific massage techniques to correct certain postural defects. It reduces stress and tension in the entire skeletal structure: from the neck to the sacrum.

70 MIN.



MASSAGES – JAPANESE GARDEN

According to the weather conditions the Japanese garden will be closed and those massage practiced inside in both of our SPA

Deep Shiatsu Massage

Shatsu is aimed at preserving and/or restoring a person's state of health, preventing the development of diseases, awakening and harmonising the individual's energy functions and vital resources. pressure with the hand, fingers and elbows, perpendicular, constant or modulated in a rhythmic manner exerted with weight of the body on areas, points and energy channels.

60 MIN.

Thailandese traditional massage

Pressures, elongations, stretches and passive yoga techniques. It restores equilibrium and the correct energy flow of the body.

60 MIN.

Shiatsu Massage

Shatsu is aimed at preserving and/or restoring a person's state of health, preventing the development of diseases, awakening and harmonising the individual's energy functions and vital resources. pressure with the hand, fingers and elbows, perpendicular, constant or modulated in a rhythmic manner exerted with weight of the body on areas, points and energy channels.

60 MIN.

Sound Massage with Tibetan bells

Relaxing, Energizing and Purifying massage that calms the mind

60 MIN.

SAUNA RITUALS

Aufguss is a wellness ritual of the sauna, which consists in pouring water or ice mixed with aromatic or balsamic essences on the hot stones of the stove. Then direct the strong hot jet of steam with towel strokes towards the guests of the sauna.

> Aufguss Ritual + Massage 60 MIN.

> Aufguss Ritual + Massage 75 MIN.

> Only Aufguss Ritual (1/4 people)

