



ADÀSI

SPA MENU





Slow down. Savour every moment. Embrace a gentler pace. This is Adàsi.

Slowness, as an antidote to the fast pace of everyday life.

A wonderful journey for the senses, the body and the soul.

Your sanctuary for deep regeneration, with breathtaking views over the rolling hills of the Oltrepò Pavese.

The Spa Experience includes:

- Steam Bath
- Soft sauna
- Experience Showers
- Finnish sauna
- Ice fountain whirlpools
- Panoramic whirlpool pools
- Indoor and outdoor relaxation areas
- Herbal tea lounge with wellness refreshment
- A garden to enjoy throughout the four seasons, offering a different atmosphere all year round.

Every guest is welcomed with an elegant spa kit: including: soft bathrobe, bath towel, pestemal towel and spa slippers.



DAY SPA

The Adàsi experience comes to life through an exclusive wellness journey.

SPA EXPERIENCE

Day spa 3 hours from Monday to Thursday	€ 40
Day spa 3 hours Friday, Saturday, Sunday and public holidays	€ 45
Day spa 5 hours from Monday to Friday	€ 60

SPA EXPERIENCE ALL DAY

Forget about the clock and indulge in an entire day devoted exclusively to your wellbeing.

All-Day spa admission Monday, Friday, Saturday, Sunday and public holidays	€ 95
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With the All-Day Spa Experience, you are free to leave and return to the spa throughout the day, allowing you to enjoy a stroll through the village or lunch at one of our restaurants before continuing your wellness journey.

SPA PASSES

Individual memberships.

10 spa admissions | 3 hours from Monday to Thursday € 340

10 spa admissions | 3 hours Friday, Saturday, Sunday and public holidays € 385

5 spa admissions | 3 hours from Monday to Thursday € 180

5 spa admissions | 3 hours Friday, Saturday, Sunday and public holidays € 200

Membership validity: 12 months



PRIVATE SPA

Your wellness experience can become even more exclusive.

Reserve the spa for private use:

- as a couple, with your family or a group of friends
- to celebrate a special occasion
- for a corporate event

PRIVATE DAY SPA

(10.00 a.m. - 1.00 p.m. | 2.00 p.m. - 5.00 p.m. | 5.30 p.m. - 8.30 p.m.)

Every special occasion deserves a truly special setting.

Private day spa | 3 hours from Monday to Thursday **€ 400***

Private day spa | 3 hours Friday, Saturday, Sunday and public holidays **€ 450***

*Rate valid for up to 12 guests. Each additional guest: + €35

PRIVATE NIGHT SPA

(between 9.00 a.m. and 11.00 p.m.)

A spa experience beneath the stars, reserved exclusively for you.

Night spa | 2 hours from Monday to Thursday

€ 300*

Night spa | 2 hours Friday, Saturday, Sunday and public holidays

€ 350*

*Rate valid for up to 4 guests. Each additional guest: + €45



GLI IRRINUNCIABILI

Small rituals designed to enrich your spa experience.



CIELO | CUORE | TERRA

A gentle massage for the head, hands and feet, designed to quiet the mind, release tension and restore your energy.

25 minutes | 39€

TEMPO DI BELLEZZA | *Express facial ritual.*

A soothing facial massage performed with a natural gua sha stone to release muscular tension, stimulate the tissues, improve skin tone and leave the complexion visibly smoother.

20 minutes | 35€

CERIMONIA DI BENESSERE PIEDI

A comforting ritual dedicated to the feet. A deeply relaxing massage that restores balance and wellbeing to the entire body.

15 minutes | 20€

CERIMONIA DEL BAGNO RASÙL

Treat your skin to a velvety, purified glow with this authentic beauty ritual, performed in the steam bath. A blend of natural clay and sweet orange essential oil works in synergy with the steam to deeply cleanse the skin, leaving it radiant, supple and wonderfully soft. The experience concludes with a refreshing shower to revitalise both body and mind.

Clay cup with sweet orange essential oil | 10€

SIGNATURE TREATMENTS

The Adàsi Spa signature treatments.

Massages and Rituals

ADÀSI

Relaxing. Face and body | A delicate and precious face and body ritual, designed to help you rediscover the beauty of slowing down and reconnecting with the natural rhythm of wellbeing. A gentle, restorative touch eases muscular tension, quiets the mind and leaves both body and soul feeling light, balanced and renewed.

70 minutes | 120€

COLLINE LENTE

Relaxing. A restorative experience for body and soul | Gentle movements, a soothing touch and an unhurried rhythm define this deeply relaxing massage. *Lavender* takes centre stage, bringing serenity, inner calm and a profound sense of tranquillity. As the massage unfolds, your breathing naturally slows and deepens, enhancing its restorative effects.

50 minutes | 95€

PROFUMO DI VIGNA

Deep tissue massage | Strong and resilient like the vine, joyful like the feeling after a fine glass of grapewine. This energising ritual restores balance through a deep sense of relaxation. Combining *stretching techniques, deep massage movements* and medium to firm pressure, the treatment is enriched with nourishing grape seed oil, leaving the skin revitalised and beautifully soft.

50 minutes | 95€

DORMI BENE

Sleep ritual | Designed to ease anxiety and restore the peaceful serenity of a child's sleep. Gentle massage techniques, combined with the delicate touch of *soft brushes*, guide both body and mind into a profound state of calm and relaxation. When enjoyed after 5:00 p.m., this treatment helps promote a restful night's sleep.

50 minutes | 95€

IL PERSONALIZZATO

Tailored to you | A massage created around your personal needs, using the techniques you prefer to relax, release muscular tension or encourage lymphatic drainage.

50 minutes | 95€

Body exfoliation

BRUMA D'OLTREPÒ

For soft, radiant skin. Energising. | A delicate mist of Acqua di Golferenzo welcomes you into this unique treatment, inspired by the ancient beauty ritual of ***body brushing***. Gentle brushing motions exfoliate the skin, stimulate circulation and awaken the body with a renewed sense of energy. The experience concludes with a relaxing massage, leaving you with an intense feeling of wellbeing.

45 minutes | 85€





Targeted massages

TACÀ. UN ABBRACCIO PER LA SCHIENA

Deep tissue back massage | Inspired by the strength of nature, firm massage techniques and the power of an ancient ritual, this treatment is dedicated to relieving tension in the back. Combining dynamic cupping therapy with the soothing properties of arnica, it helps release accumulated muscular tension while relaxing the back and neck muscles.

40 minutes | 75€

RITUALE PER VIAGGIATICI

Draining massage. Relief for tired legs | Light massage techniques combined with blueberry extracts and grape seed oil help improve circulation while promoting lymphatic drainage. The ideal treatment for anyone seeking a lasting feeling of lightness and renewed comfort.

40 minutes | 75€

Facial rituals

GUA SHA VISO

An ancient beauty ritual | *Gua-Sha* is an ancient Traditional Chinese Medicine technique that has been used for centuries as a skincare ritual. Using natural jade and quartz stones, this facial massage helps release muscular tension, stimulate the tissues, soften expression lines, improve skin tone and texture, and redefine the facial contours.

50 minutes | 80€

FERMA IL TEMPO – KOBIDO VISO

The art of longevity | Slowing down in contrast to the fast pace of time is the essence of this rejuvenating and lifting facial treatment. It helps erase signs of fatigue, improve skin tone and restore the complexion's natural radiance. Originating in ancient Japan, the distinctive and enveloping *Kobido* ritual is combined with precious active ingredients to deliver immediately visible results.

50 minutes | 95€



USEFUL INFORMATION

To ensure every guest enjoys an authentic, restorative and respectful wellness experience, we kindly ask you to follow these simple guidelines.

MINIMUM AGE

Access to the spa is permitted from the age of 16.

Families who want to bring their children are welcome to book the SPA as a private group.

DRESS CODE

You will be welcomed with our complimentary spa kit, containing a soft bathrobe, a large towel, spa slippers and a peshtemal towel.

- In the hot cabins (saunas and steam bath), we kindly ask guests to use the cotton pareo provided or swimwear made from natural fibres.
- Synthetic swimwear may be worn in the pools, but not inside the hot cabin as it may release harmful substances, irritate the skin and reduce the natural benefits of heat therapy.
- For hygiene reasons, please enter the hot cabins without slippers.

ACCESSORIES

For your safety and comfort, we recommend removing watches, jewellery and other metal accessories, as they may become hot and cause burns.

We also advise against wearing glasses or contact lenses inside the hot cabins.

WELLBEING AND SAFETY

For a safe and enjoyable experience, we recommend that you:

- Stay well hydrated before, during and after your spa journey by drinking water or herbal infusions.
- Avoid consuming alcohol before your wellness experience.
- Do not use the sauna on an empty stomach or immediately after a heavy meal.
- Always listen to your body. If you experience dizziness, nausea or any discomfort, leave the area immediately and inform a staff member.

THE IDEAL SPA JOURNEY

Our wellness philosophy is based on three essential elements: heat, cold and rest. After each sauna or steam bath session, it is important to cool the body down gradually by taking a cold shower, using the icefall or immersing yourself in the plunge pool, starting with the legs and finishing with the head and chest. Complete your spa journey with a period of rest, allowing your body to fully absorb the benefits of the treatments.

BEHAVIOUR

To preserve a peaceful and relaxing atmosphere, we kindly ask you to:

- Keep conversations at a low volume.
- Silence your mobile phone and use it discreetly, respecting the privacy of other guests.
- Leave the changing room before the end of your session to allow the next guests to enter smoothly.

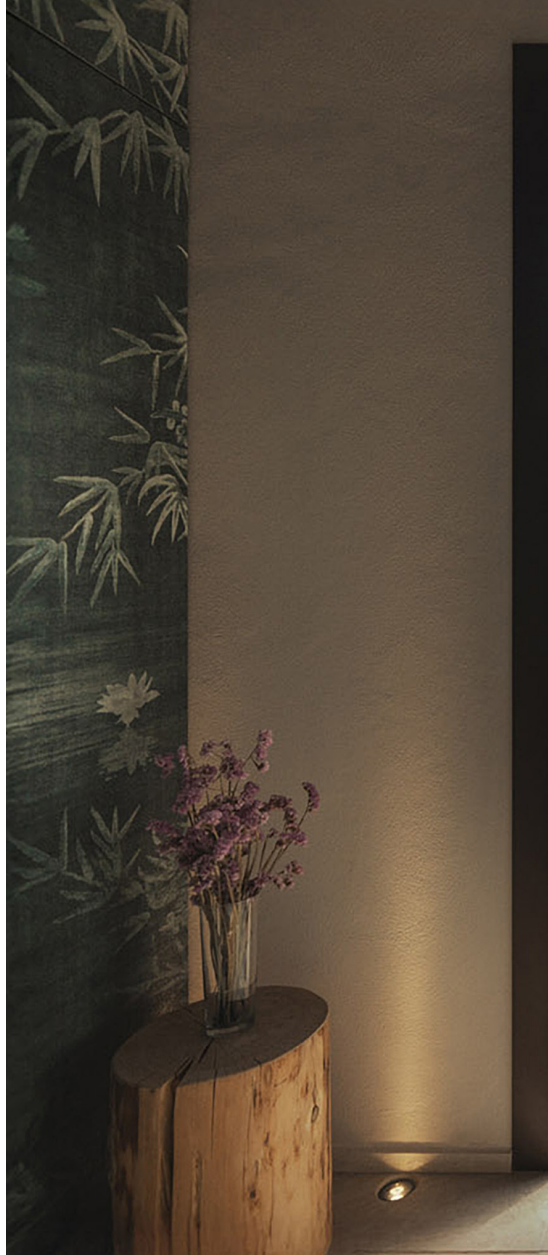


RESERVATIONS

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We recommend booking your
spa experience, massages and
treatments in advance to ensure
your preferred date and time
are available.







ADASI SPA

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