



HÔTEL & SPA DES PÊCHEURS  
ÎLE DE CAVALLO | CORSE | FRANCE

# SPA & MIAMO LOUNGE

Your path to serenity starts here.



# SPA & WELLNESS CENTER

Our SPA and Miamo Lounge are meant to be a place, a thought, a breath of well-being designed just for you. Every treatment and path is personalized, crafted like a perfect fit.

In this SPA we have poured all our knowledge, study and passion. We hope you can rediscover what you seek and enhance what you feel.

A reconnection with your inner self, your body and your mind.



## OUR PRODUCTS

At our SPA we select only high-quality eco-certified natural products and offer a variety of treatments featuring innovative cosmetics.

We embrace both Nature and Science to ensure every massage and care path gives you the well-being you deserve.



# FACE AND BODY TREATMENTS BY MIAMO

We use Miamo products as they reflect our scientific outlook and functional approach to caring for the skin.

Each treatment is crafted to meet individual skin concerns with precision and a personal touch, always respecting the skin's natural balance throughout life. Miamo develops its formulas using selected, safe, patented, and clinically tested active ingredients.

They exclude common allergens and are controlled for nickel, making them suitable even for very sensitive skin.





# SOTNS VISAGE

## HYDRASHINE 50' • €90

Brightening and deeply hydrating, this is the ideal treatment to nourish the skin after a long day in the sun or before a special evening.

## CHRONO INTENSE 50' • €90

Intensive age-defying treatment with a firming effect that reduces wrinkles and boosts deep collagen production.

## NEW SKIN MUM 50' • €90

Per idratare, proteggere e nutrire la pelle durante la gravidanza.

## PURITY SKIN 50' • €90

Indicated for oily skin. Balances and tightens, giving the skin harmony and beauty.

## VISO EXPRESS 25' • €45

Express treatment, tailored to your skin type.

## EPIGENETIC POWER 50' • €90

Redensifying treatment with lifting and brightening effects.

Made with Miamo's epigenetic line to protect and correct aging caused by external factors. Perfect for preparing the skin for a special occasion.

## ACNEVER PLUS 50' • €90

Treatment for acne-prone skin with astringent, antibacterial, and soothing properties. Also helpful for acne scars.

## SKIN RESTORE 50' • €90

Ultra-repairing treatment for damaged or weakened skin, including damage caused by medications.

## SIGNATURE

50' - €95 | 80' - €135

### DEEP MANUAL LYMPHATIC DRAINAGE – REBALANCE 4 METHOD

Rebalance4 is an innovative manual technique used for lymphatic drainage and tissue reshaping. It provides a personalised assessment of skin tissue type, concerns, and the client's social and environmental context.

With this technique, we treat the four skin tissues involved in fluid retention: connective, muscular, adipose, and an innovative concept of finger pressure to unblock the lymphatic system.

It is a complete, deep, and highly effective massage that delivers an immediate feeling of well-being and lightness.

### FOOT REFLEXOLOGY THERAPY

Ancient technique that has evolved over time into different styles. We offer a treatment that is effective yet gentle and soothing, bringing deep relaxation.

### DEEP TISSUE

Deep muscle massage that improves tissue health by speeding up the release of tension and blockages in the deeper layers.

### ORIGINAL SHIATSU

All our practitioners are trained in international traditional Chinese medicine academies. Shiatsu, an ancient technique, can help with many issues by restoring the body's overall energy flow along its meridians. It is a technique to discover and love, leaving you deeply calm, balanced, and light.

### ORIGINAL CHINESE CUPPING

An ancient technique that uses glass cups to create a suction effect on the skin, helping release connective tissue with strength and achieve impressive relaxing results.

## EXCLUSIVE MESSAGES CAVALLO ISLAND

### ISLAND HOT STONE MASSAGE

We carefully collect the highest-quality quartz and volcanic stones each year from the seabed of Cavallo Island to give you a relaxing and deeply tension-relieving massage.

### TIBETAN SINGING BOWL SOUND MASSAGE

This experience is not a traditional massage but a sound journey with our team's original Tibetan bowls. Their deep vibrations help the brain enter theta waves, promoting relaxation and allowing stored body memories to be released.

## RELAXING MESSAGES

### HAWAIIAN

Using 100% pure coconut oil and performed with the palms and forearms, this is a warm, deeply soothing massage that creates gentle passive stretching of the muscular tissues. Ideal for easing tension with softness.

### MAESTRALE

A massage that recreates the feeling of wind and waves on your body, using skilled touch to bring new sensations and a unique sense of vitality.

### HEAD - FACE - NECK

A traditional treatment designed for neck discomfort or to ease the upper body. Skilled techniques help relax the neck and shoulders.

50' - €90 | 80' - €135 | 110' - €180

## TREATMENTS

50' - €90

TAILORED FACIAL CARE

BODY DRAINING WRAPS

SHAPING TREATMENT

FULL EXFOLIATING TREATMENT 30' - €45



## BEAUTY CARE

Simple manicure € 25

Polish manicure € 30

Semi-permanent shellac manicure €45

Simple pedicure €35

Therapeutic pedicure €50

Semi-permanent shellac pedicure €50

Gel manicure €50

Gel pedicure €60

## HAIR REMOVAL

Bikini Line €20

Full Bikini €40

Half Leg €25

Full Leg €35

Face €20

Arms €25

Men's Half Leg €35

Men's Full Leg €50



## TAILORED PACKAGES

~~€270~~ €240

### DEEP MUSCLE RELEASE

50-MINUTE DEEP TISSUE +  
50-MINUTE CHINESE CUPPING +  
50-MINUTE HAWAIIAN MASSAGE

### ANCIENT TECHNIQUES

50-MINUTE SHIATSU +  
50-MINUTE FOOT REFLEXOLOGY +  
SOUND BATH

### TOTAL RELAX

HAWAIIAN FOR 80 MINUTES +  
FACE, HEAD AND NECK FOR 50 MINUTES +  
FOOT REFLEXOLOGY FOR 30 MINUTES



## ROMANTIC MASSAGE

### RELAXING EXPERIENCE FOR TWO

Designed to offer a moment of shared relaxation, enriched by the soothing scents of essential oils.

50' - €180





## FITNESS & POOL

Daily entry to the gym + sauna €15

10-entry pass for gym + sauna €140

Individual sessions with a personal trainer €90

Group sports activities per pax €25

Outdoor pool

Daily entry (max 10 people) €35

2-hour entry to the outdoor pool €20

From mid-June:

Group yoga classes €20

Private yoga sessions in villa or on a boat €70

## INCLUDED SERVICES

for our hotel guests

Technogym-equipped gym

Heated outdoor pool

Sauna

Heated indoor pool with whirlpool\*

\*by reservation, max 3 people, max 1 hour





## RULES

To ensure a peaceful environment for all our guests, please keep noise to a minimum. Kindly switch off mobile phones and any other devices that may disturb the quiet of the SPA.

## RESERVATIONS

We recommend booking in advance to secure your preferred date and time. For a quick reservation, use the QR code or contact our staff by email or phone.

## ARRIVAL

We kindly ask you to arrive at the SPA at least 10 minutes before your scheduled appointment to ensure proper preparation. In case of delay, the treatment cannot be extended to avoid inconvenience to other guests.

## CHILDREN AND TEENAGERS

Teenagers aged 14 to 18 may access the indoor pool only under the supervision of a responsible adult, while children under 14 may access only the outdoor pool when accompanied.

## TERMINI DI CANCELLAZIONE

La comunicazione di annullamento del servizio prenotato deve essere effettuata almeno 8 ore prima dell'orario previsto. In caso di mancata comunicazione, da 8 ore a 2 ore prima dell'orario previsto sarà addebitato il 50% del costo del servizio; in assenza di preavviso sarà addebitato l'intero costo del trattamento.

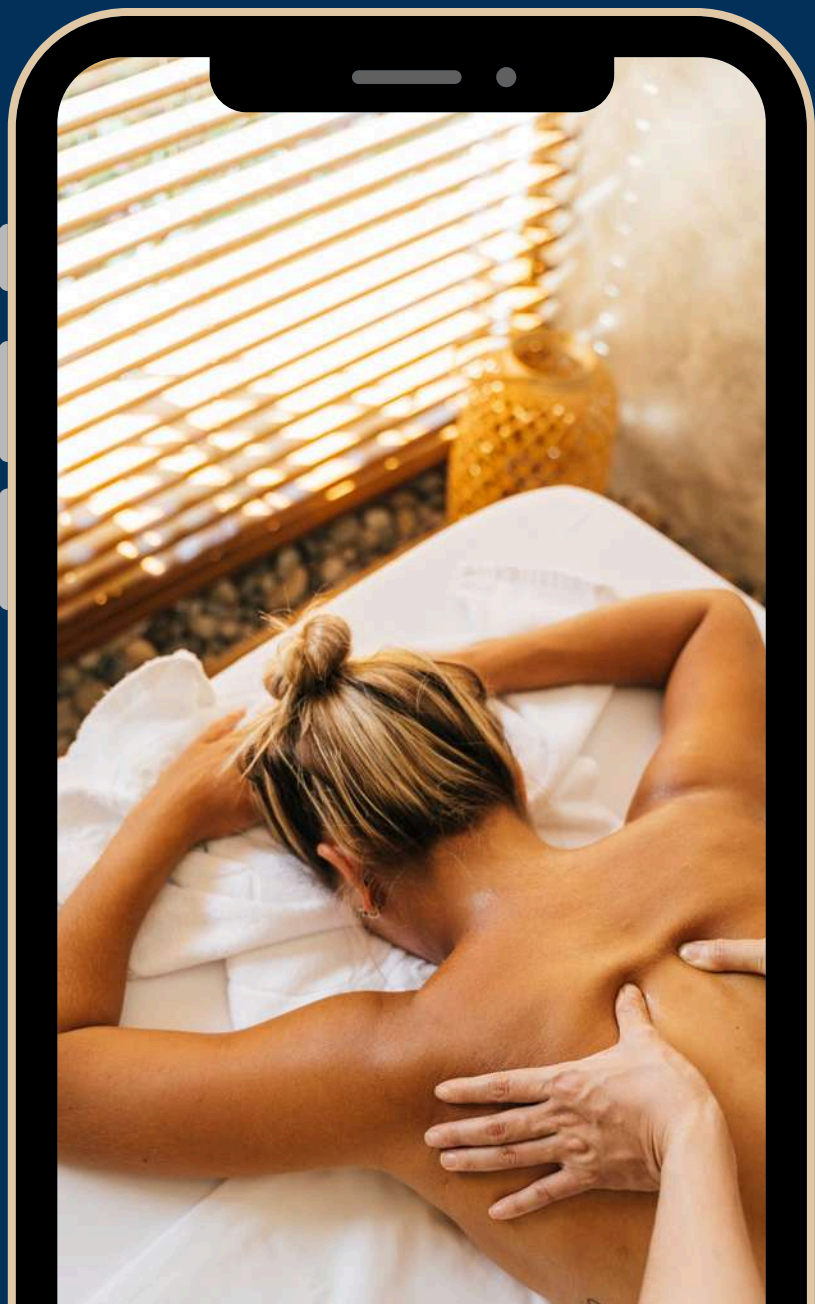
## PERSONAL BELONGINGS

Lost items in the spa will be delivered to the hotel reception. Management is not responsible for the loss of money or valuables.

## SPECIAL CONDITIONS

Please inform us of any health conditions, allergies, or injuries that may affect your experience. If you are pregnant, kindly notify our staff so we can guide you toward the treatments most suitable for this special time.





## CONTACTS

For info and reservations:

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