



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

SPA & MIAMO LOUNGE

Your path to serenity starts here.

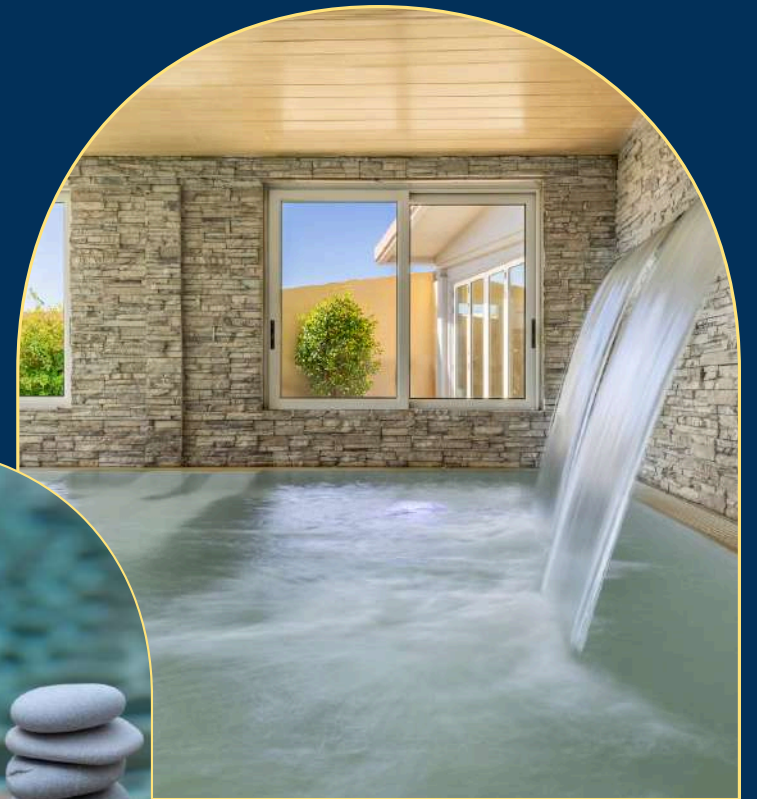


SPA & WELLNESS CENTER

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.



MIAMO - SUMMER EDITION

An exclusive book dedicated to Luxury Spas, designed to offer professional seasonal protocols crafted to accompany the skin during the summer period, with full respect for its physiology.

SKIN AFTER SUN 50' • €105

Soothing and restructuring post-sun exposure ritual Skin after sun is the treatment designed to repair, hydrate, and regenerate the skin immediately after sun exposure. It softens and soothes while counteracting the harmful effects of the sun. It sets the tan, making it golden and even.

SOSUN 50' • €105

Anti-inflammatory, calming, and soothing functional ritual Treatment designed to soothe the skin after intense and prolonged sun exposure. Anti-inflammatory and restorative for atopic skin and intolerant to sun rays. A true SOS also for sun allergy forms.

MIAMOMAN 50' • €105

Functional skincare ritual for men This specific skincare treatment for men has been created to meet the needs of male skin. It has purifying, soothing, and anti-aging properties. Miamo Man ensures fresh, radiant, and smooth skin.

EPIGENETIC POWER 50' • €105

Redensifying treatment with lifting and illuminating effect. Made with Miamo's epigenetic line to protect and correct aging caused by external factors. Also perfect for preparing the skin for a special occasion.

PERFECT BODY PRE SUN 50' • €105

Functional exfoliating and renewing body ritual This treatment smooths and detoxifies the skin of the body while regenerating the hydrolipidic layer. It nourishes and plumps the skin. It prepares the body for a perfect tan by counteracting free radicals and aging due to sun exposure.

TOTAL BODY FRESH & RENEW 50' • €105

Specific protocol for total body renewal, it reduces epidermal thickness by promoting cell turnover. It triggers a total body detoxification, smoothing the skin which will appear velvety. It significantly reduces lymphatic stasis, providing a beautiful Refresh effect.

MJAMO
Healthy Skin System

SIGNATURE

50' - €105 | 80' - €150

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' - €105 | 80' - €150

TREATMENTS

50' - €105

TAILORED FACIAL CARE

BODY DRAINING WRAPS

SHAPING TREATMENT

FULL EXFOLIATING TREATMENT 30' - €60



BEAUTY CARE

Simple manicure	€ 35
Polish manicure	€ 50
Semi-permanent manicure	€70
Simple pedicure	€50
Semi-permanent pedicure	€70
Gel manicure	€100
Gel pedicure	€100

HAIR REMOVAL

Bikini Line	€30
Full Bikini	€50
Half Leg	€30
Full Leg	€50
Face	€25
Arms	€35
Men's Half Leg	€45
Men's Full Leg / back	€50

TAILORED PACKAGES

€315 €270

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' - €210





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

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

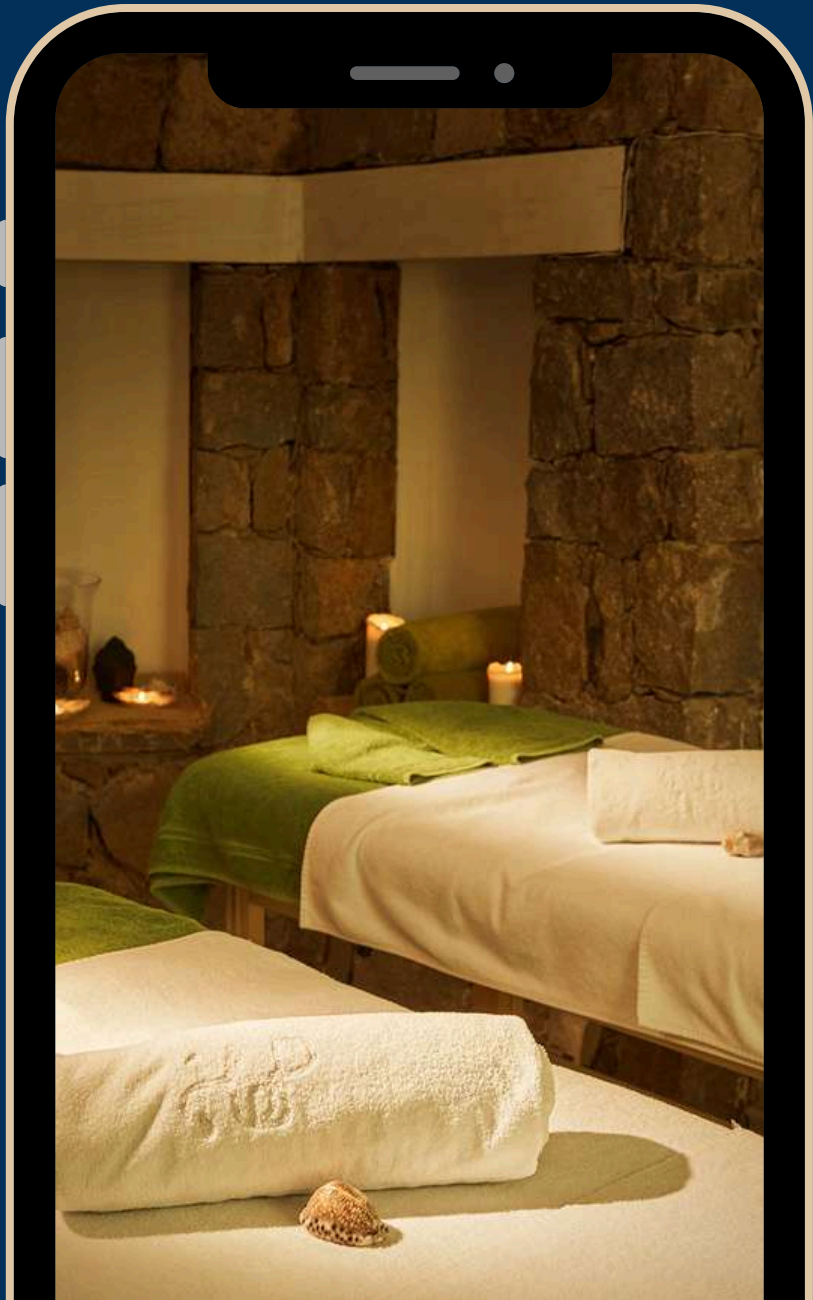
La comunicazione di annullamento del servizio prenotato deve essere effettuata almeno 8 ore prima dell'orario previsto. In caso di mancata comunicazione, da 8 ore a 2 ore prima dell'orario previsto sarà addebitato il 50% del costo del servizio; in assenza di preavviso sarà addebitato l'intero costo del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

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