

# LE CALETTE

Spa - Gazebo - Health - Hair



Le Calette N°5  
is a member of

SMALL  
LUXURY  
HOTELS  
OF THE WORLD



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ENG



### **Hawaiian Lomi Lomi**

🕒 50' € 110

🕒 80' € 160

A sensory journey reminiscent of ocean waves. The Lomi Lomi massage, using hands and forearms with broad rhythmic movements, relieves muscle tension and promotes deep relaxation. Perfect for those seeking a sense of lightness and renewed energy.

### **Ayurvedic**

🕒 50' € 110

🕒 80' € 160

Inspired by the ancient wisdom of Indian medicine, this treatment works on rebalancing the energy of the chakras through deep movements and customized warm oils. Promotes detoxification, stimulates circulation, and provides a profound and lasting sense of well-being. Perfect for purifying and restoring psycho-physical balance.

### **Tibetan**

🕒 50' € 90

A treatment that rejuvenates body and mind through sound vibrations, inducing deep relaxation, stimulating circulation, and promoting cellular renewal.

## **GAZEBO FOR TWO**

### **Wind's harmony**

🕒 60' € 240

Rebalancing massage with bamboo canes, hot oil, and Sicilian citrus essences. Rhythmic pressures release tension, reactivate circulation, and tone tissues. If you wish, you may conclude the treatment with with a refreshing mask on face, hands, and feet.

Benefits: deep muscle relaxation, lymphatic drainage, improved posture.

### **Breath of the Earth**

🕒 80' € 280

A holistic treatment designed to restore balance and vitality. It begins with an outdoor ritual using lavender, sandalwood, and eucalyptus essential oils. The heart of the treatment is Pinda Sweda: an enveloping massage with hot compresses of Sicilian herbs and spices like lemon, laurel, and rosemary. If you wish, you may conclude the ritual with with a refreshing citrus mist.

Benefits: detoxifying and relaxing action, stimulates the lymphatic system, promotes psycho-physical balance, and provides a profound sense of regeneration.

### **Caletta Selvaggia**

🕒 80' € 300

A couple's ritual immersed in Sicilian nature. It begins with a sound bath and continues with a personalized, fluid and deep massage using hot bergamot and dog rose oils. The sea breeze accompanies every gesture. If you wish, you may conclude the ritual with a symbolic caress and a shared relaxation moment with flavored water.

Benefits: emotional reconnection, deep relaxation, intimacy, and shared well-being.

# THALAXOTERM

## Cell Plus

🕒 60' € 140

Targets skin imperfections related to cellulite and localized fat deposits. The active ingredients—phosphatidylcholine and ginseng extract—help make the skin firmer and smoother.

## Ultra Dren

🕒 60' € 140

Ideal for water retention and sluggish circulation. The high concentration of Dead Sea salts promotes the drainage of excess fluids, restoring lightness and tone.

## Crio Tone

🕒 60' € 140

Menthol, eucalyptus, and peppermint essential oils provide an intense toning effect, stimulating circulation and delivering a refreshing sensation.

## Relief Ven

🕒 60' € 140

Formulated to relieve the feeling of heaviness, especially in swollen and tired legs. Vine and blueberry extracts support microcirculation and bring soothing relief to the body.

## Salt bath

🕒 60' € 140

A halotherapy treatment that combines the enveloping warmth of the session with nebulized water enriched with salt. Beneficial for circulation, respiratory health, and sensitive or irritated skin.

## Mud bath

🕒 60' € 150

A thermal mud treatment, perfect for eliminating excess localized fluids in the legs, abdomen, and hips. Also helpful for easing arthritis, rheumatism, and muscle tension.

## SPA FOR TWO

### Wellness Journey

🕒 80' € 70

A rejuvenating ritual that renews the skin and relaxes the senses. After an initial shower, the journey continues in the steam bath (about 45°C) to promote pore dilation. A relaxing break precedes the Finnish sauna (about 85°C), followed by stimulating whirlpool bath jets and sensory showers. The journey concludes in the relaxation area with a soothing herbal tea.

### Wellness Journey with Aperitif

🕒 80' € 100

Exclusive spa use enhanced with a glass of prosecco and fresh seasonal fruit. The ritual begins with a preparatory shower, followed by the steam bath (about 45°C) to promote pore dilation. After a relaxing break, guests access the Finnish sauna (about 85°C), then refresh with stimulating whirlpool bath jets and sensory showers. The journey concludes with herbal tea, enjoyed reclining in the relaxation area.

### Casablanca

🕒 80' € 150

In line with the original Maghrebian ritual, Casablanca is the ultimate purification treatment, ideal for skin regeneration and body vitality. Like in a Moroccan hammam, the body warms on a black stone bench with ladles of hot water. Black soap is applied to prepare the skin for exfoliation with a kessa glove. After a brief rinse, the journey continues in the steam bath at 45°C. The treatment concludes with a burst of tonicity under emotional showers and the relaxing effect of hydrotherapy.

### Oro Nero

🕒 120' € 240

The most indulgent of treatments, a sensory escape for body and mind. Coffee and chocolate aromas create an extraordinary sensory experience. After a rejuvenating wellness journey, the ritual begins with a gentle exfoliation that renews the skin, enhancing the stimulating and antioxidant properties of coffee. This is followed by a chocolate and orange massage, where relaxing maneuvers and the scent of cocoa relieve stress, stimulate metabolism, and evoke positive body reactions.

### Lucente Diana

🕒 120' € 280

A ritual celebrating the scents of Sicily, combining wellness and radiance. After a rejuvenating journey, it continues with a natural scrub of sea salt, crushed bitter orange kernels, and citrus essences. Following exfoliation, the body is wrapped in warm towels to promote deep relaxation. The ritual concludes with a candle massage using shea butter and citrus oil candles that glide gently over the skin, leaving it soft, hydrated, and luminous.

### La Dolce Vita

🕒 180' € 360

A comprehensive ritual from head to toe. The experience begins in the spa suite with the application of a precious thermal mud with multiple therapeutic properties. While the mud sets, the treatment focuses on the face with a revitalizing alginate and argan oil mask, accompanied by a gentle scalp massage that promotes deep well-being. This is followed by a massage with warm basalt stones and coconut butter: the combination of stone warmth and the nourishing properties of coconut butter regenerates the body, restores vital energy, and leaves the skin soft and radiant. To complete the ritual, a relaxing wellness path and a moment of regeneration in the private whirlpool bath, accompanied by a glass of prosecco and fresh seasonal fruit. Life has never been sweeter!

## FACIAL TREATMENTS

### Purifying facial

🕒 50' € 60

A deep cleansing combining cleansing, gentle enzymatic peeling or scrub, and targeted manual techniques to prepare the skin for a specific mask application. The treatment concludes with a selected cream and a relaxing massage for a brighter and revitalized face.

### Hydrating

🕒 50' € 80

Thanks to hyaluronic acid in three molecular weights, this facial treatment is ideal after sun exposure. It provides deep hydration across all layers of the skin, restoring volume, nourishment, and radiance. The skin immediately appears plumper and more luminous.

### Soothing facial

🕒 50' € 80

A pampering treatment for delicate skin. After thorough cleansing, enzymatic peeling and gentle touches designed to respect skin sensitivity follow. The soothing mask and specific cream are accompanied by a relaxing massage that provides comfort and hydration.

### Detoxifying facial

🕒 50' € 80

Ideal for impure or oily skin, it promotes natural skin purification and rebalances sebum production. The skin appears fresher, lighter, and visibly rebalanced.

### Revitalizing lifting

🕒 50' € 90

An intensive action that stimulates collagen and elastin production for a visible lifting effect. The treatment includes the application of an anti-aging serum with hyaluronic acid.

## BODY TREATMENTS

### Scrub

🕒 30' € 60

🕒 50' € 80

A regenerating ritual that begins with a deep exfoliation using Dead Sea salts, ideal for eliminating dead cells and stimulating skin oxygenation. The treatment concludes with a nourishing shea butter wrap for silky, soft, and intensely hydrated skin.

### Draining detox

🕒 80' € 130

Intensive treatment with a natural mud wrap, designed to promote drainage of excess fluids and counteract cellulite imperfections. Improves microcirculation and reactivates metabolism, providing a pleasant sensation of lightness and deep well-being.

## HANDS & FEET CARE

|   |       |      |
|---|-------|------|
| Aesthetic manicure                            | ☉ 50' | € 35 |
| Manicure SPA with scrub, mask, and massage    | ☉ 60' | € 50 |
| Manicure with soak-off gel polish application | ☉ 60' | € 65 |
| Aesthetic pedicure                            | ☉ 50' | € 40 |
| Pedicure SPA with scrub, mask, and massage    | ☉ 60' | € 60 |
| Pedicure with soak-off gel polish application | ☉ 60' | € 65 |
| Regular nail polish application               | ☉ 20' | € 20 |
| Soak-off gel polish removal                   | ☉ 30' | € 20 |

## EPILATION FOR HER

|           |       |      |
|-----------|-------|------|
| Eyebrows  | ☉ 15' | € 10 |
| Upper lip | ☉ 10' | € 8  |
| Armpits   | ☉ 15' | € 20 |
| Bikini    | ☉ 20' | € 20 |
| Arms      | ☉ 20' | € 20 |
| Half legs | ☉ 30' | € 30 |
| Full legs | ☉ 50' | € 40 |

## EPILATION FOR HIM

|                   |       |      |
|-------------------|-------|------|
| Eyebrows          | ☉ 15' | € 15 |
| Chest and abdomen | ☉ 30' | € 40 |
| Arms              | ☉ 20' | € 30 |
| Back              | ☉ 20' | € 40 |
| Half legs         | ☉ 30' | € 40 |
| Full legs         | ☉ 50' | € 80 |

## HAIR & SPA RITUALS

### Natural Vitality

🕒 60' € 110

A purifying ritual that rebalances the scalp and restores vitality to the hair. Ideal for dandruff, flaking, or dermatitis, this treatment stimulates cell renewal and promotes skin oxygenation, making it suitable for all scalp types. The experience begins with a shampoo made from organic birch, grapefruit, and lavender extracts, followed by a deep cleanse using an enzymatic peel with sage, tea tree, and lavender, and a rebalancing clay mask. The ritual continues with a Himalayan pink salt pedicure, complemented by chromotherapy, a foot hydromassage, and reflexology for complete relaxation.

Benefits: improves scalp health and hair appearance, reduces toxin buildup, stimulates immune defenses, and supports natural cell turnover.

### Intensive Regeneration

🕒 80' € 130

A complete and deeply restorative treatment that revives the hair fiber, restoring strength and shine to damaged, dry, or chemically treated hair. The synergistic action of camellia seeds, red and brown algae, and pracaxi oil nourishes, restructures, and smooths the hair in depth. The experience continues with a revitalizing facial ritual combining deep cleansing, enzymatic peeling, a regenerating mask, an eye contour treatment, argan serum, and a vitamin C anti-aging cream.

It concludes with a nourishing shea butter hand massage, for a final touch of absolute softness and overall well-being.

Benefits: repairs structural hair damage, improving elasticity, strength, and shine, while regenerating the facial skin, restoring tone, firmness, and radiance. A true elixir of beauty and well-being, promoting full-body regeneration and deep relaxation.

### Energy Rebirth

🕒 80' € 140

A holistic journey designed to restore harmony and well-being by rebalancing body and mind energies.

The experience begins with a full-body exfoliating massage using warm herbal pouches (Pindasweda) and citrus butter, helping to release toxins and tension from the skin.

It continues with a bio-energizing lemon shampoo, a scalp balancing treatment using a Scalp Brush, and a regenerating mask made with aloe, prickly pear, and mallow to nourish and soothe the scalp.

To conclude, a neuro-relaxing massage is performed, surrounded by immersive melodies designed to promote peace and regeneration.

Benefits: relieves stress, boosts circulation, rebalances vital energy, and supports a state of psychophysical relaxation.

### Cancellation Policy

*The booking may be cancelled free of charge up to 24 hours before the scheduled treatment. After this time, in case of cancellation or no-show, a 100% penalty will apply. Late arrival will result in a reduced treatment time.*