

HOTEL SU GOLOGONE

OUR MESSAGES & TREATMENTS MENU



Total Body Fusion

A unique experience of deep physical and mental well-being that combines in one treatment the techniques of Western Swedish massage and the holistic disciplines of Californian, Hawaiian, Ayurvedic, Thai Oil, Japanese Kobido facial massage, and Vodder lymphatic drainage.

50 MIN. - 120 € 90 MIN. - 180 €



Vodder Lymphatic Massage

In 50 minutes, it's only possible to treat one or two specific areas of the body (e.g. legs and face, or back and chest, abdomen, arms, glutes, etc.). For a full-body treatment, at least 90 minutes are required. The effectiveness of this technique depends precisely on the time spent on each step; it must be performed slowly and without haste.

50 MIN. - 100 € 90 MIN. - 180 €



Hawaiian Massage

A deep, rhythmic massage with flowing, wave-like movements inspired by the ocean. Also known as the "shamanic massage," it encourages energy to flow freely within, releasing blockages caused by stress and negative thoughts.

50 MIN. - 90 € 75 MIN. - 120 €



Californian Massage

This massage blends various traditions, including Swedish massage therapy, Native American body practices, principles of Traditional Chinese Medicine, and reflexology, all within a holistic approach. It is an emotional massage designed for full-body and mind well-being.

50 MIN. - 90 € 75 MIN. - 120 €



Swedish Classic Massage

This massage combines firm pressure with energizing strokes to stimulate tissues and muscles. Technique: includes friction, kneading, and classic maneuvers – the foundation of all modern massage practices – to promote relaxation and muscular release.

50 MIN. - 100 €



Japanese Kobido Facial Massage

Also known as the "ancient path to beauty," Kobido is the oldest Japanese facial massage technique, dating back to 1472.

Effects: deep facial lifting, drainage, reshaping, and sculpting; stimulates microcirculation and oxygenation of the tissues, it provides a natural lifting effect.

50 MIN. - 100 €



Ayurvedic Massage

One of India's ancient natural healing systems, this massage aims to treat psycho-physical ailments, preserve health, and unlock inner potential.

Benefits: detoxifies, rebalances energy, improves circulation, relieves pain, stimulates the immune system, and enhances sleep quality.

50 MIN. - 120 € 75 MIN. - 150 €



Deep Tissue Massage

Relieves muscular tension and stiffness typically caused by contractures.

It reduces pain and speeds up recovery time by targeting deep muscle layers.

25 MIN. - 60 € 50 MIN. - 120 €



Cryo Balls Massage

Performed with two frozen spheres, this massage offers firming, toning, and pain-relief benefits. It induces vasoconstriction and a thermal shock, stimulating tissues, muscles, and joints.

25 MIN. - 60 € 50 MIN. - 90 €



Hot Stone Dynamic Massage

This treatment uses the therapeutic power of warm basalt stones.

The heat released helps dissolve muscle tension, creating a deeply relaxing and healing experience.

25 MIN. - 60 € 50 MIN. - 90 €



Thai Oil Massage

A gentler form of traditional Thai massage performed on a massage table rather than on the floor. It rebalances the body's energy and emotional state, relieves physical and psychological discomfort. The technique combines rhythmic and relaxing manual work with pressure and passive stretching, benefiting tendons and muscles.

50 MIN. - 90 €



Watsu Water Massage (disponibile solamente per le camere con piscina privata)

Performed in a pool using floating supports to cradle the client's body. A unique and deeply personal body-mind journey, where gentle pressure, stretching, cradling, and rocking create a sense of weightlessness and renewal. Warm water soothes muscles, and the mind slows down, fostering deep relaxation.

30 MIN. - 150 €