FACIAL TREATMENTS

ACTIVE PURENESS | deep cleansing

Deep facial cleansing with exfoliation, purifying extracts and hydrating masks.Ideal for unclogging pores, renewing the skin and preparing it for subsequent treatments.

45 min | 90 euro

HYDRA VITAE | hydrating

Hydrating treatment with a serum rich in Vitamins E and F and nourishing active ingredients. Includes a sculpting facial massage and stimulation of the skin's energy points.

45 min | 80 euro

BIO CALMING TREATMENT | soothing

Soothing treatment for sensitive skin or after sun exposure. With Witch Hazel and algae to rebalance and rehydrate the skin.

45 min | 90 euro

VOS REBIRTH | anti-aging

Professional anti-ageing treatment for face and neck with collagen, hyaluronic acid, prickly pear oil and glycosaminoglycans. Improves skin tone, elasticity and radiance.

75 min | 135 euro

BODY TREATMENTS

SMOOTH & NOURISH | body peeling

Regenerating body peeling that removes dead skin cells and leaves the skin soft, radiant and deeply nourished.

25 min | 50 euro

AROMA RITUAL SCRUB | body peeling deluxe

Exfoliating ritual with a scrub tailored to your skin type, followed by deep hydration with an antioxidant and illuminating cream.

45 min | 75 euro

ESSENTIAL MUD | purifying mud treatment

Mud treatment with osmotic action combined with a final massage using specific products. Promotes drainage, toxin eliminationand tissue regeneration.

60 min | 90 euro

CRIOSAUNA | systemic cryotherapy

Cryotherapy treatment with body exposure to temperatures between -120°C and -160°C for 2–3 minutes.Anti-inflammatory, analgesic and muscle-relaxing effect.

80 euro

MASSAGES

THAI | thai massage

Traditional Thai massage with pressure techniques, stretching and movements inspired by passive yoga. Promotes flexibility, joint mobility and muscle recovery.

90 minuti | 160 euro

DEEP NATURE | deep tissue

Deep tissue massage designed to release muscular tension and promote deep relaxation.

25 min | 55 euro - 45 min | 90 euro

MEDITERRANEO | relaxing

Relaxing massage with fluid, enveloping moveents. Ideal for relieving stress and physical tension.

45 min | 80 euro

SURF & TURF | sports massage

Intensive massage for tired muscles and muscular tension. Ideal after physical activity.

45 min | 90 euro

DRENANTE | lymphatic drainage

Draining massage that stimulates lymphatic circulation and helps eliminate excess fluids.

45 min | 80 euro

TIME FOR TWO | couples massage

Relaxing massage with aromatic oils to be enjoyed as a couple. A ritual dedicated to relaxation and wellbeing.

45 min | 150 euro tot.

MATERNITY | pregnancy & breastfeeding

Hydrating and draining massage dedicated to expectant mothers and the breastfeeding period. Provides relief, elasticity and wellbeing.

45 minuti | 85 euro

HOT STONE MASSAGE

Aromatic massage with warm lava stones and essential oils.Relaxing, draining and detoxifying.

60 min | 120 euro

KOBIDO | Japanese facial massage

Ancient Japanese ritual that tones and lifts the skin, improving elasticity, radiance and hydration.

60 min | 90 euro

COMFORT TOUCH FACE
massaggio viso | facial massage

Modelling, toning and draining facial massage with stimulation of energy points. Promotes firmness and skin vitality.

25 min | 45 euro

NUTRI HAIR | scalp massage

Relaxing and energising scalp massage. Helps reduce tension and stress.

25 min | 45 euro

VITAL FOOT | foot treatment

Relaxing foot massage that stimulates lymphatic drainage and blood circulation.

20 min | 40 euro

AROMA WAVES MASSAGE | personalised

Tailor-made massage using different techniques and a blend of essential oils selected according to your needs.

60 min | 95 euro

BACK & NECK

Deep-relieving ritual for back and neck with specific mud application and vigorous massage.

60 minuti | 100 euro

LOMI LOMI NUI | Hawaiian massage

Traditional Hawaiian massage with long, fluid and rhythmic movements. Deeply relaxing and harmonising.

60 min | 95 euro

TIBETAN SOUND MASSAGE
campane tibetane | Tibetan singing bowls

Ritual inspired by Tibetan tradition using the sound of Tibetan singing bowls. Promotes relaxation, balance and psychophysical wellbeing.

90 min | 190 euro

ANTICO MEDITERRANEO

A collection of exclusive rituals inspired by the scents, ingredients and traditions of Salento.

Created in collaboration with LABORATORI HUR®, the Antico Mediterraneo treatments combine botanical extracts, extra virgin olive oil, local wines and carefully selected natural ingredientsto restore deep wellbeing to body and mind.

An authentic experience by VOS – Vivosa Organic Spa, where nature, rituality and slow wellbeing come together.

EXCLUSIVE RITUALS
inspired by the products of our land, with names in Griko, the ancient language of Salento.

***NUTRIKÈO* | nourishment, vital essence**
Regenerating rituals that restore nourishment, radiance and hydration to the skin.

Fiuru | flower

Facial treatment
80 euro | 45 minutes

Arudèa | pomegranate

Body scrub and massage
100 euro | 60 minutes

Gridda Kalèddha | gentle clay

Facial treatment, body scrub, mud therapy and body massage.
120 euro | 75 minutes

***NANNARIZZO* | sweet surrender**
Rebalancing rituals that restore harmony, lightness and deep wellbeing to body and mind.

Ranta | drop
Draining and reshaping face and body treatment and massage.
215 euro | 120 minutes

Agàpi | love

Relaxing and rebalancing face and body treatment and massage
215 euro | 120 minutes

Ghèlio | smile

Energising and revitalising face and body treatment and massage..
190 euro | 90 minuti

BEAUTY ESSENTIALS

Beauty & care

EPILATION
Ladies & Gentlemen

Full legs - 30 euros
Full legs & bikini line - 40 euro
Half legs - 20 euro
Underarms - 10 euro
Bikini line - 10 euro
Brazilian bikini - 15 euros
Arms - 15 euros
Upper lip - 8 euros
Eyebrows - 10 euros
Shoulders & back - 40 euros

HANDS & FEET

Lushly Spa Manicure - from 45 euros
Lushly Spa Pedicure - from 45 euros
Nail polish application - 15 euros

Semi-permanent polish - from 35 euros
Gel removal - 20 euros
Semi-permanent polish removal - 15 euros

HAIR STYLING

Blow dry - 30 euros
Blow dry with extensions / Hot Brush - 40 euros
Women's haircut - 30 euros
Hair colouring - 50 euros
Hair styling - 50 euros
Olaplex – K18 treatment - 40 euros
Highlights / Balayage - 100 euros
Men's haircut - 25 euros
Beardness - 30 euros
Shaving and beard grooming enhanced by alternating hot and cold towel rituals for a deeply relaxing multisensory experience.

INFORMATION & GUIDELINES

Access to the Wellness Centre is reserved for guests aged 18 and over.

For information and reservations, the Spa Team is at your disposal at the Spa Reception or by calling extension 2601.

HEALTH

Guests with health conditions such as high or low blood pressure, heart conditions, allergies or other medical concerns, as well as pregnant women, are kindly requested to inform the Spa Reception staff (preferably at the time of booking) and to notify the therapist of any discomfort during the treatment. The use of the sauna and steam room is not recommended during pregnancy or for guests with heart or respiratory conditions, infections, epilepsy, high or low blood pressure, arteriosclerosis, varicose veins, open wounds and/or skin infections. Please avoid using the Spa whenever advised against by your doctor.

BOOKINGS & CANCELLATIONS

To ensure availability of your preferred treatments, we kindly recommend booking in advance. Reservations may be cancelled free of charge up to 24 hours prior to the scheduled treatment. In the event of late cancellation or no-show, the full treatment fee will be charged.

BEFORE & AFTER TREATMENTS

For treatments, we kindly ask guests to arrive at the Spa Reception at least 10 minutes before the scheduled appointment. In case of delay, treatment duration may be reduced. Before body peeling treatments, please avoid shaving to prevent possible skin irritation. For men's facial treatments, shaving on the same day is recommended for best results. After treatments using essential oils, avoid sun exposure.

DRESS CODE

For the gym and fitness activities, suitable sportswear and trainers are recommended. Bathrobes, slippers and disposable garments will be provided for treatments. During your stay in the wet area, please wear a swimsuit or the towel provided by the Spa. Access to the wet area with outdoor footwear is not permitted.

SPA ETIQUETTE

The Spa is a sanctuary of wellbeing and tranquillity. For your relaxation and that of other guests, we kindly ask you not to use mobile phones or electronic devices and to keep voices low. A shower is mandatory before entering the saunas and pool area. Running or diving in the pool is not permitted.

LOST PROPERTY

The Spa cannot be held responsible for lost or damaged personal belongings or valuables. We kindly recommend not leaving them unattended. Any found items will be delivered to the Reception in the main lobby.

TAKE YOUR TIME. ENJOY VOS.

VIVOSA
APULIA RESORT