

TREATMENTS MENU

Philosophy

The Luxury SPA Dogana del Sale is a relaxation and wellbeing paradise with its peaceful atmosphere and intoxicating scents. Our modern and high-tech SPA space is home to an exclusive wellness concept aimed at revitalizing body and spirit with a selection of beauty treatments that mix Mediterranean cures with innovative techniques and natural products characterized by prodigious beneficial effects.

Dogana del Sale professionals are always available to guarantee an exclusive and personalized experience and to provide you with the right inspiration, information and tools that will help you to look and feel your very best.

Treatments

The respect for the uniqueness of each individual is the foundation of our SPA. The highly qualified therapists are constantly engaged in achieving excellence and full satisfaction of guests. Our treatments naturally combine ancient and modern techniques and have been designed to bring harmony and balance, meeting the needs of each person.

Products

Integrity, purity, brightness. In a word: *Sodashi*, a Sanskrit term that sums up and embodies these three concepts. Together with the simple, revolutionary idea that global wellness can only be achieved using entirely natural methods and ingredients. With the brand *Sodashi* we have chosen a holistic approach designed to nourish the mind through the body and spirit, by relying on the emotions.

There are therefore no chemical synthetic products involved, but instead pure and rich botanical extracts with natural properties, for special treatments, made unique by combining Asian techniques and Western research.

Pure nourishment for an amazing skin.

MESSAGES

CANDLE MASSAGE*

50 min.

Warm, intense and embracing, it consists in massaging the body with the oil resulting from melting an aromatic candle made of Shea butter. By nourishing and moisturizing, it instills a feeling of wellbeing and relaxation.

LOMI LOMI NUI – HAWAIIAN*

45 min.

Originally practiced by Kahuna shamans as a spiritual and healing ritual, with long and continuous movements, aromatic oils, songs and music, this technique offers a feeling like gentle waves are moving over the body. Not only spirit and muscles, but also lymphatic and circulatory systems benefit from this massage.

DECONTRACTING

50 min.

It involves the whole body and specifically the points most affected by poor posture, e.g. due to sedentary lifestyle and use of computers. Recommended to treat stiff neck, cervicgia, headache and muscle contracture. Not recommended in case of heart disease, hernias and varicose veins.

4 HANDS

40 min.

2 SPA therapist's work simultaneously on the same body with aromatic oils and synchronized movements. When four hands touch the same body at the same time, the brain ceases to associate the "who" with the "what", so it gives up control and relaxes deeply. This is a powerful treatment for anyone who has a hard time letting go during treatments.

BIO-ENERGETIC FOR CHILDREN

(from 6 to 13 years)

30 min.

Children learn much through tactile sensations received from the cutaneous receptors located on the whole body. The bio-energetic massage has its main feature in the contact: gentle movements, circles and vibrations help children familiarize with their body image, improve their posture and coordinate movements. Sensory integration thus enhances learning abilities, while the tactile stimulation strengthens the neural network, by encouraging the production of myelin sheath.

HOT STONE

50 min.

It is carried out with stones at a temperature between 38 and 40 degrees, which gradually heat the parts of the body on which they are positioned. By activating vasodilation and metabolism, this massage provides benefits not only for the muscular, cardiovascular and gastrointestinal system, but also for the spirit: actually it offers excellent results with subjects affected by anxiety and panic attacks.

**available for couple massage*

AROMA-MASSAGE

50 or 90 min.

With Sodashi massage oils

A personalized massage that allows you to choose the duration, the pressure and the fragrance of the oil thanks to the different fragrances and benefits of Sodashi massage oils.

Sodashi offers a variety of exquisite aromatherapy massage oils for the chosen massage therapy:

Sodashi toxicleanse massage oil

It helps to combat the effect of accumulated toxins in the body. It relieves water retention, improves sluggish circulation and purifies the body helping in the fight against cellulite.

Sodashi serenity massage oil

To instill a feeling of peace and tranquility. Use to protect from stress and to maintain inner cam. It helps to find sleep and relaxation.

Sodashi fitness massage oil

A blend of warming essences that gently releases tension from aching muscles and joints. It is perfect after physical exercise and stimulates the blood circulation.

Sodashi vitamin rich massage oil

Gentle and unscented, this oil is suitable during pregnancy and for very sensitive skins.

Sodashi energising massage oil

To revitalize and bring energy to the body. Ideal to coun-

teract the sense of exhaustion, anxiety and depressive states thanks to the release of tensions and the recovery of their inner strength.

FACIAL TREATMENTS

Sodashi Thermal Indulgence Facial

90 min.

The intensive boost from all of nature's vitamins and minerals combined with "Sodashi's warm Infusing Mask" will maximise penetration of all nutrients, essentials, vitamins and minerals into the deeper layers of the skin. This ultimate result-driven facial indulgence is tailored to your skins needs in to purify and deeply cleanse, or nourish, to leave your skin hydrated, toned and filled up and it brings back restoring forgotten elasticity and radiance.

Sodashi Oxygenating Regenerating

60 or 90 min.

Using the intelligence of marine plants this facial is rich in Spirulina and Fucus extract to bring radiance and glow to your complexion.

Tailored to your unique skin type, it is the perfect treatment to oxygenate, tone and revitalize the skin for a younger and refreshed appearance. It is ideal to avoid dyschromia, sign of aging and environmental damages.

Sodashi Nourishing Revitalizing

60 or 90 min.

All skin types require extreme care and appropriate products use. Through this Sodashi treatment, the skin is definitely nourished, revitalized and fresh and with a strong anti-aging effect.

Sodashi Nourishing Revitalizing for Men

60 or 90 min.

Men's skin requires a specific and appropriate treatment for their facial skin type, particularly sensitive, especially after shaving. This treatment is ideal to nourish, hydrate and revitalize the skin.

** SPA Manager beauty tips: it is recommended for men to have a shave before a facial treatment, in order to achieve best results.*

BODY TREATMENTS

Sodashi Exfoliation Massage with Salts or Jojoba

60 min.

Bring your body back to balance with the application of warm soothing oils, followed by a massage with mineral salt and plant essence in order to relax and stimulate tired aching muscles. Warm compresses relieve tension and balance body and mind. As a finishing touch, the application of a richly scented Sodashi moisturiser or body oil will leave your skin vibrant and replenished.

Sodashi offers a variety of exquisite aromatherapy salts at your choice:

Body Balance Salt Therapy Exfoliant

This deeply relaxing salt therapy exfoliant rebalances and revitalizes the mind and body and assists to relieve stress and fatigue following long periods of travel.

Sodashi Organic Green Tea Salt Exfoliant

The combination of Sodashi's organic green tea salt and mineral-rich Himalayan crystal salts stimulates deeply circulation and relieves stress and fatigue. It cleanses and exfoliates your skin all over. Rich in anti-oxidants and vitamins C and E, this blend infuses soothing, relaxing properties to the underlying muscles and helps to repair the everyday effects of wear and tear.

Sodashi Vanilla Body Exfoliant

This gentle all over body exfoliant will revitalize and hydrate the skin while relieving tired, aching and sore muscles. Containing the active ingredients of Wattle Seed and Sandalwood Powder combined with olive oil and vanilla extract, this treatment is the perfect tonic for relaxing the mind and body.

Or a very sensitive and gentle massage with:

Sodashi Jojoba Beads Body Polish

A gentle all over body exfoliation using Jojoba beads rich in the aromas of Sodashi plant essence Synergy. This treatment removes dead skin cells, whilst oxygenating the skin is suitable for the most sensitive skins. As

a final touch, the skin is nourished and hydrated with a Sodashi aromatic body treatment, leaving your skin feeling silky smooth and refreshed.

Sodashi Refining Body Toner

80 min.

This treatment begins with Sodashi's Jojoba body polish to exfoliate and cleanse the whole body. A nurturing full body mask is applied and you will be cocooned in a comforting body wrap, whilst enjoying a scalp and foot massage for total relaxation. Sodashi's refining body mask rich in French pink clay and herbal extracts, firms, tones and conditions the skin. This rejuvenating or renewing therapy is extremely beneficial in the treatment of renewing scar tissue and stretch marks. Due to being so soft and gentle, it is suitable during pregnancy.

Sodashi Detoxifying Marine Body Treatment

80 min.

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying at all levels. Lay back and enjoy an exfoliation with Sodashi's organic green tea salt that will leave your skin soft and enlivened. A warm Sodashi's marine body mask is then applied before you are cocooned in a comforting wrap. Rest and restore as you enjoy a soothing scalp and foot massage for complete comfort and total relaxation. To finish, a luscious lotion leaves the whole body rejuvenated.

**SPA Manager beauty tips: it is recommended to avoid legs hair removal on the same day as the body scrub treatment to not irritate the skin.*