



PONTIANA THALASSO HOTEL 5*

Massages

RELAX

Massage performed slowly, with firm and progressive pressure.

DEEP

Intense massage designed to work on the deepest layers of muscle fibers.

LIMPHA

Massage with gentle movements to mobilize accumulated lymphatic fluid.

SPORT

Massage designed to prepare tissues for sports effort, competition, or training.

REFLEX

Massage using pressure on specific points of the feet.

MEDITERRANEAN MASSAGE

Immerse yourself in the serenity of the Mediterranean Massage, a deep relaxation experience inspired by the gentle breezes and tranquil waters of the sea. With enveloping techniques, this massage soothes the mind and rejuvenates the body, offering you a haven of peace and well-being.

PONTIANA RITUAL

The Pontiana Ritual is a unique sensory experience, where the purest essences blend to embrace your body and soul. Through a delicate aromatherapy process and ancestral techniques, each touch becomes a journey of calm and renewal, offering a deep connection to well-being and serenity.



25 Min.
50 Min.

25 Min.
50 Min.

25 Min.
50 Min.

25 Min.
50 Min.

40 Min.

25 Min.

55 Min.



50€
80€

60€
85€

60€
85€

60€
90€

70€

50€

95€