



CULTO
WELLBEING

Keeping fit even whilst on holiday is a treat you can give yourself.

OUR SIGNATURE SERVICES

AVAILABLE UPON RESERVATION

Personal Training ————— 50€

Osteopathic Treatment ————— 60€

Yoga Classes ————— 20€

-Tuesday

18:15 Yoga Therapy

19:30 Vinyasa Hatha Yoga

-Wednesday

7:00 Yoga Therapy

8:15 Vinyasa Hatha Yoga

Face & Body Treatments ————— 80€ (50') 110€ (75')

- Swedish Massage – relaxes and stimulates circulation
- Touch4 Wellness Aroma – deep rebalancing through essential oils
- Ayurvedic Massage – warm oil and flowing movements for regeneration
- Deep Tissue Massage – relieves tension and muscle stiffness
- Draining Massage – promotes lightness and fluid drainage
- Kirei Kobido Facial – natural radiance and skin toning

Beauty is not in the destination,
but in the gratitude with which you embrace each step.