Hotel Miramare & Spa
SESTRI LEVANTE

Wellness Experiences 2026 / 2027

Miramare Suites

Wellness born from the beauty of the sea

Karma Spa

At Karma Spa, every detail is designed to offer you a journey of pure wellbeing. A place where time slows down and body and mind rediscover harmony, inspired by the peaceful beauty of the Baia del Silenzio.

Discover our opening hours and immerse yourself in a curated selection of treatments dedicated to the care of body and mind.

Our Services

Beauty & Wellness Area

Manicure, pedicure, hair removal
Facial treatments
Body treatments
Face & body rituals
Massages
Scrubs
Experiences: bachelorette parties & private events

Opening Hours

Beauty & Wellness Treatments

Tuesday – Sunday
09:00 – 12:00 | 15:00 – 19:00
Opening hours may vary depending on the season.
For the latest updates, please contact reception.

To ensure the best possible experience, we kindly recommend arriving at the Karma Spa reception at least 10 minutes prior to your scheduled treatment. In case of delay, the duration may be adjusted to respect subsequent appointments.

Treatments and wellness experiences can be booked through hotel reception or directly with our spa team, who will be pleased to guide you in choosing the most suitable option.

Cancellations or changes must be made at least 24 hours in advance. To preserve a peaceful atmosphere, we kindly ask all guests to respect the privacy and tranquility of others.

We wish you a truly relaxing and rejuvenating experience.

Karma Spa Team

Wellness Path Access

(Duration: 120 minutes)

Sauna
Turkish Bath
Mediterranean Bath
Emotional Showers
Water Paradise
Ice Fountain
Salt Room
Sea Cave

Courtesy kit included:
towel, bathrobe and slippers

Hotel guests €35.00
External guests €40.00

Access not permitted to children under 14

A special occasion

Celebrate your special moments with an exclusive experience combining the benefits of the Spa with a selection of tastings curated by our Chef.

Groups from **5 to 12 people**

Duration: **120 minutes**

Price: **€55.00 per person**

Manicure
manicure with OPI polish
€ 20.00

SPA Manicure
manicure, mask & massage
€ 60.00

Paraffin treatment
hands or feet
€15.00

Semi-permanent polish application
Shellac CND
€ 20.00

Semi-permanent removal
€ 10.00

OPI polish application
€ 10.00

Pedicure
€40.00

Ingrown nail treatment
/
callus removal
€ 10.00

Nail trimming
€ 10.00

CND Shellac™
Hands. Feet. Beauty.

WAXING
(COLD WAX)

Arms
€ 15.00 / 20.00

Abdomen
€ 30.00

Back
€ 30.00

Eyebrows
€8.00

Face
€ 10.00

Upper lip
€ 5.00

Half leg
€ 20.00

Full leg
€ 30.00

Bikini partial / full
€ 10.00 / 20.00

Full leg + bikini
€ 40.00 / 45.00

Underarms
€ 10.00

FACIAL TREATMENTS

[comfort zone]

conscious skin science

SK LONGEVITY DETOX

The ideal treatment to detoxify the skin from pollution and impurities while counteracting the first signs of aging. Leaves the skin instantly purified, refreshed and visibly lifted.

Treatment duration
Express 25 min €75.00
Total 50 min €100.00

LONGEVITY PEEL

An advanced facial treatment with a powerful lifting, firming and reshaping effect.
Restores elasticity and tone while visibly reducing the signs of aging.

Treatment duration
Express 25 min €75.00
Total 50 min €100.00

LONGEVITY VITAMINIC

Ideal for dull, uneven skin and early signs of aging. The combination of pink clay and vitamin C restores a healthy, radiant appearance.

Treatment duration
Express 25 min €70.00
Total 50 min €95.00

LONGEVITY SHOT

Perfect for busy lifestyles and stressed, dull skin. Leaves the complexion instantly brighter and plumper.

Treatment duration
15 min €50.00

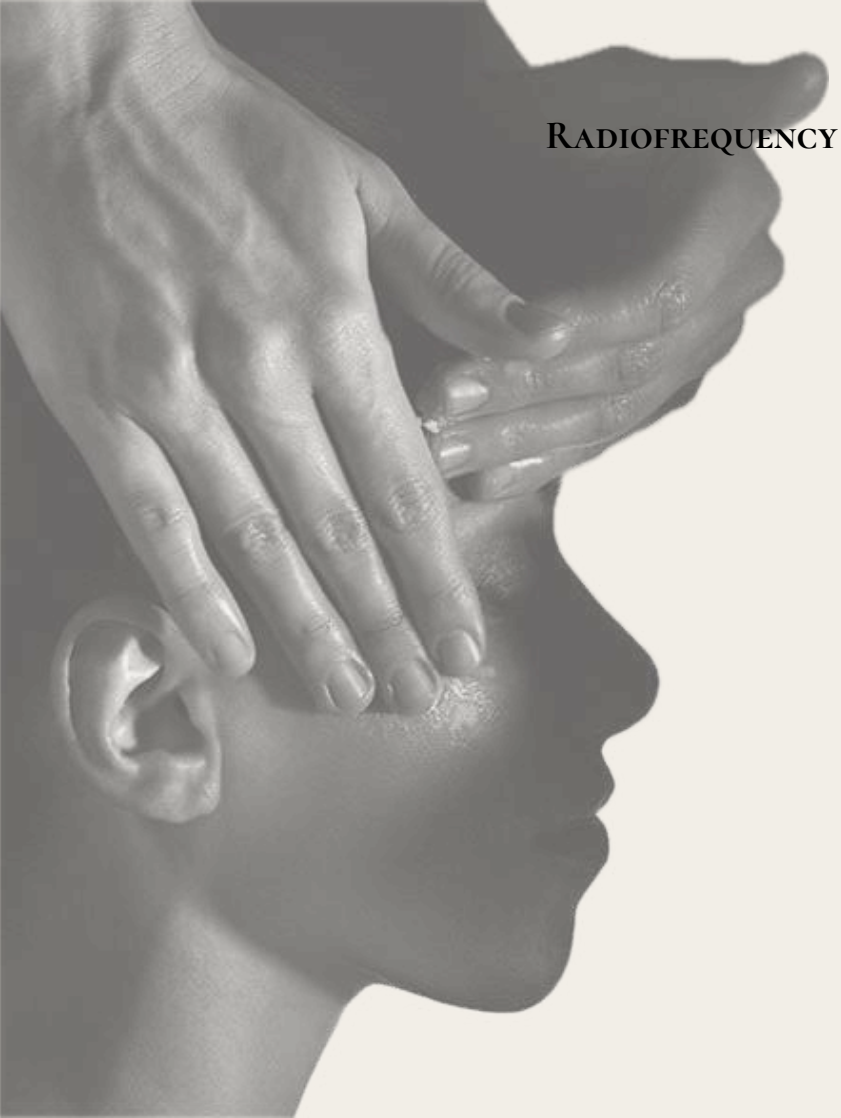
[comfort zone]
conscious skin science

ESSENTIAL DEEP CLEANSING

A gentle yet effective facial cleansing that purifies and rebalances the skin, leaving it fresh and refined.

Treatment duration
50 min €80.00

[comfort zone]
conscious skin science



Radiofrequency face & body

Perfect RFP face & body

Radiofrequency works deeply on soft tissues, including muscles and the vascular-lymphatic system, enhancing their function and performance.
It delivers a firming and lifting effect on the face, helping to visibly reduce wrinkles and improve skin tone and texture.
It is also highly effective in reducing the appearance of cellulite and skin laxity, promoting firmer, smoother and more elastic skin.

Duration 1 area – 30 min €30.00
Duration 2 areas – 60 min €60.00

Radiofrequency face & body

Body 3.0

Tone / Cellulite / Deluxe

An intensive localized body treatment designed to tone, firm and reshape. Formulated with tamanu oil, vitamin E and hesperidin, known for their elasticizing, draining and regenerating properties.
The effectiveness of the treatment is enhanced by radiofrequency technology, which works deep within the tissues to improve firmness and redefine the silhouette.

Treatment duration
75 min
Price €100.00

RITUALS

[comfort zone]

conscious skin science

AROMASOUL

[comfort zone]

Rituale volcanic scrub

A **sensory treatment** combining volcanic exfoliation with deep nourishment. It smooths the skin, stimulates cellular renewal, and enhances softness and radiance, while promoting deep relaxation through aromatherapeutic notes.

Treatment duration
50 min €100.00

Aromasoul Massage

A draining aromatherapy ritual inspired by the essential oils and aromatic extracts of the Mediterranean.
This unique blend enhances both physical and mental wellbeing, promoting a deep sense of lightness and renewed vitality.
Ideal for aromatherapy lovers and for those seeking to restore balance and energy, it is also perfectly suited to complement draining and detox programs.

Treatment duration
50 min €90.00

TRANQUILLITY

Tranquillity Massage

A deeply relaxing aromatherapy massage with a calming effect on body and mind.

Treatment duration
50 min €100.00

Tranquillity Scrub

A gentle exfoliation with essential oils, performed with slow, enveloping movements.

Treatment duration
50 min €95.00

[comfort zone]

TRANQUILLITY

Sleep Ritual

An anti-stress aromatherapy ritual with essential oils and slow, enveloping techniques. Recommended from 5:00 pm onwards, it promotes deep relaxation and restful sleep.

Treatment duration
50 min €110.00

[comfort zone]

BODY TREATMENTS

[comfort zone]

conscious skin science

DOUBLE PEEL BODY

A deep regenerating treatment combining mechanical and enzymatic exfoliation.
Ideal during seasonal changes, it leaves the skin smooth, compact and renewed.

Treatment duration
Express 25 min €55.00
Total 50 min €85.00

VITAL BUST

An intensive targeted toning treatment, particularly suitable after breastfeeding, designed to restore firmness to the bust, décolleté and arms.

Treatment duration
Express 25 min €60.00
Total 50 min €90.00

BACK & NECK

An intensive massage focused on shoulders, neck, head and back. Relieves tension, fatigue and stress-related discomfort.

Treatment duration
Express 25 min €60.00
Total 50 min €100.00

MUD MASSAGE

A detoxifying and reshaping treatment with thermal mud from Bormio, enhanced by an intensive thermogenic cream for a visible and immediate effect.

Treatment duration
Express 25 min €50.00
Total 50 min €100.00

DETOX & DRAIN

An intensive draining and anti-cellulite treatment with detoxifying action.

Treatment duration
Express 25 min €60.00
Total 50 min €100.00

THERMO EXPRESS

Stimulates lipolysis, improves microcirculation and helps reduce localized fat deposits.

Treatment duration
30 min €55.00

ACTIVE TONING

An intensive remineralizing, firming and reshaping treatment.
The combination of an active body wrap and toning massage techniques makes this treatment ideal to complement fitness and body toning programs.

Treatment duration
50 min €95.00

3 IN 1 TREATMENT

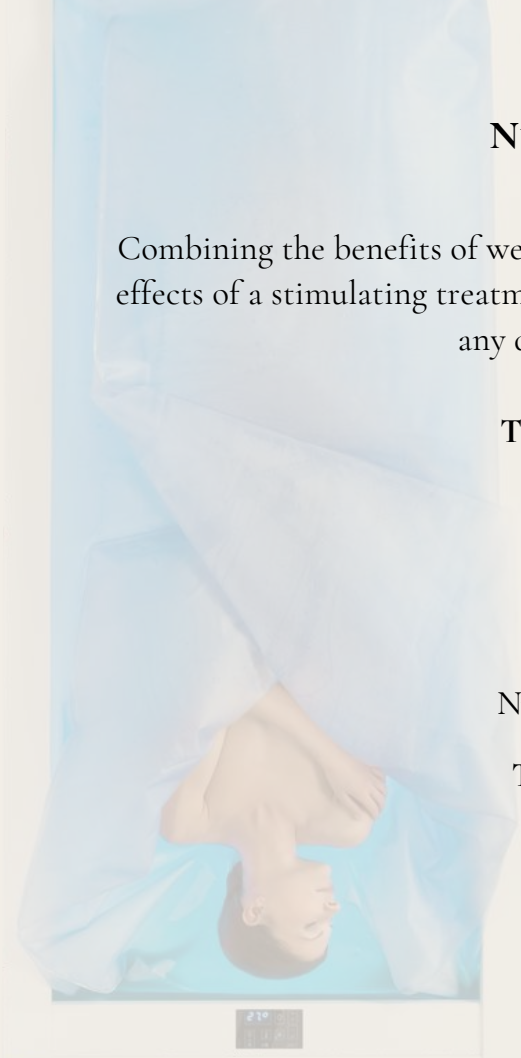
An intensive three-phase reshaping treatment that stimulates circulation, enhances lipolysis and visibly reduces localized fat from the very first application.

Treatment duration
50 min €100.00

THERMO SHOCK BANDAGE

A deeply purifying treatment combined with a draining booster, ideal for relieving heavy, swollen legs and restoring a feeling of lightness.

duration
50 min €95.00



Nuvola experience

Combining the benefits of weightless floating with the soothing and revitalising effects of a stimulating treatment, it offers a unique wellness experience without any direct contact with water.

Treatment duration
50 min €95.00

Face mask

Nuvola floating experience

Treatment duration
25 min € 60.00

Soffio experience

A body treatment performed on the Soffio bed, combining heated water, cryotherapy, and a gentle wave-like sensation. Designed to promote deep muscle relaxation, stimulate circulation, and relieve tension and fatigue, it delivers a uniquely restorative wellness experience.

Soffio & face mask

Facial massage with warm butters on the Soffio water bed.

Treatment duration

45 min €60.00

STARPOOL
wellness concept

OUR MASSAGES:

AVAILABLE INDIVIDUALLY OR AS A COUPLE EXPERIENCE

ANTISTRESS
50 min € 100.00

DELUXE
50 min €100.00

STONE THERAPY
50 min € 110.00

PINDAS SWEDA
50 min € 110.00

MUSCLE RELAXING
50 min € 100.00

FOOT MASSAGE

25 min € 50.00

LOCALIZED MASSAGE

25 min € 50.00

SCALP MASSAGE

25 min € 40.00

FACE MASSAGE & MASK

25 min € 60.00

LOCALIZED LYMPHATIC DRAINAGE

30 min € 60.00

PREGNANCY MASSAGE

25min € 50.00

50 min € 100.00

EXPERIENCE FOR TWO...

CANDLE MASSAGE

50 min €220.00

MASSAGE & APERITIF

50 min € 260.00

SPORT MASSAGE

50 min €110.00

30 min €60.00

RELAX AROMATIC MASSAGE

50 min €100.00

Hotel Miramare & Spa
SESTRI LEVANTE

Karma Spa

Miramare Suites

Contacts

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