

Seaside wellness rituals



****Hotel
Miramare
& Spa*

— SESTRI LEVANTE —

“COCCOLA DI COPPIA” SEASIDE RELAX

*An experience designed to restore wellbeing
and harmony, immersed in the unique
atmosphere of the Bay of Silence.*

*Couple massage
30 minutes*

Aperitif on the sea-view terrace

€ 95,00 per person



RELAX TIME WELLNESS PATH

*A moment dedicated to deep relaxation,
combining regenerating treatments with time
for yourself.*

Spa access
120 minutes

“Nuvola” treatment
30 minutes

Gua Sha facial massage
15 minutes

€ 85,00 per person



“IL PARADISO NON PUÒ ATTENDERE”

*A relaxing stay combining spa experiences
with moments to be enjoyed outdoors.*

*Spa access
120 minutes*

Aperitif on the sea-view terrace

€ 55,00 per person



DAY SPA DINNER & RELAX

*A relaxing experience that combines the spa
journey with the pleasure of fine dining.*

*Spa access
120 minutes*

*Sea-view dinner
2 courses and dessert*

*15% discount on body massages
50 minutes*

€ 105,00 per person



DAY SPA APERITIF & RELAX

*An experience designed for wellbeing,
combining spa relaxation with exclusive
moments on the terrace.*

Spa access
120 minutes

Aperitif on the sea-view terrace

15% discount on body massages
50 minutes

€ 55,00 per person



“RELAX & GUSTO” FULL EXPERIENCE

*A journey into wellbeing that meets the
pleasure of fine dining, for a complete
experience of relaxation and taste.*

*Spa access
120 minutes*

*Facial treatment 50 minutes
or*

Body treatment 50 minutes

*Sea-view dinner
2 courses and dessert*

€ 195,00 per person





WELLNESS PATH ACCESS

(duration 120 min)

Sauna

Turkish bath

Mediterranean bath

Emotional showers

Water Paradise

Ice fountain

Salt room

Sea cave

Courtesy kit:

Towel, bathrobe and slippers available
during your stay

BEAUTY & WELLNESS AREA

Manicure

Pedicure

Hair removal

Facial treatments

Body treatments

Face & body rituals

Massages

Scrubs

Hen parties

Private events

OPENING HOURS

Tuesday – Sunday

09:00 – 12:00

15:00 – 19:00

Guests under 14 years of age are not permitted

The background of the entire page is a composite image. The top half shows the rough, textured walls of a cave in shades of brown and tan. The bottom half shows a clear, blue swimming pool with some rocks visible at the bottom. A wooden lounge chair with a white towel is partially visible on the right side of the pool. The central text is overlaid on a dark brown rectangular area.

TO MAKE YOU FEEL AT HOME

Our goal is to make your spa experience as relaxing as possible.
We kindly ask you to respect the privacy and tranquillity of all guests.
We recommend arriving at reception 10 minutes before your scheduled treatment.

(In case of delay, it will not be possible to extend the duration of treatments.)

BOOKINGS & CANCELLATIONS

You may book your treatments or spa experiences by contacting the hotel reception or by reaching out to our staff, who will be pleased to assist you with any request.

In case of cancellation, we kindly ask for at least **24 hours'** notice.
We wish you a pleasant and relaxing experience.

The Staff



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