BOTANIA

RELAIS & SPA

THE LEADING HOTELS
OF THE WORLD®

GARDEN SPA

Welcome to the Garden Spa at Botania Relais, an oasis of calm in the natural beauty of Ischia.
Here, time dissolves. Well-being returns to its most essential form.
Natural waters, sensory journeys, exclusive rituals, thoughtfully curated by our therapists.

Opening hours 9:00 – 20:00

REGULATION

Access to the spa, outdoor areas, and gym is reserved for adults (over 14 years of age). We kindly ask you to maintain a calm and peaceful atmosphere, please speak softly. Smoking is not permitted. We will be happy to welcome you in a bathrobe, beach cover-up, and flip-flops. We recommend leaving personal items (phones, electronic devices, and valuables) in your room.

RESERVE

Booking your ideal treatment is easy!

Contact us by dialing 311 from the room's phone, visiting the spa directly, or emailing us at: spa@botaniarelais.com

ARRIVE AT THE SPA

We invite you to arrive at the spa 10 minutes before your scheduled treatment time. Arriving late may shorten the duration of your wellness experience.

GYM

Our gym is open 24 hours a day. Access can be booked directly at the spa or through reception. A maximum of two people is allowed at a time.

CANCELLATIONS

You can change or cancel your treatment until 6:00 PM the day before, without penalty. Cancellations after this time or in the event of a no-show will be charged the full amount of the reservation.

CONTACTS

Tel: 081 997978

Internal: 311

Email: spa@botaniarelais.com

Facial Treatments

MEI LIFTING 60' 170 €

A reidentifying and plumping treatment that effectively combats the signs of aging and loss of skin elasticity. Thanks to a blend of ultra-concentrated essential oils and a specific Gua Sha massage, it will give your face instant relaxation and regenerated, silky, and wonderfully velvety skin.

DEEP CLEANING 60' 150 €

A purifying and regenerating treatment that deeply cleanses the skin, effectively eliminating impurities and blackheads. Through personalized cleansing, gentle exfoliation, steam, and manual extraction, followed by a customized mask and a regenerating facial massage, your skin will be visibly clearer and more radiant.

SKIN CEUTICAL 50' 210 €

A highly specialized facial treatment, formulated with highly concentrated active ingredients that are easily absorbed by the skin, which works deeply to transform your skin.

After a meticulous analysis of your skin, we will apply specific and targeted protocols to prevent and combat the signs of aging, protecting and enhancing your skin's natural beauty.

ESSENCE OF NITRODI 30'90€

A beauty ritual designed for the most delicate and reactive skin, including those prone to dermatitis and rosacea. This exclusive treatment uses local natural products based on Nitrodi water, renowned for its extraordinary soothing and balancing properties. From deep cleansing to gentle exfoliation, to a personalized mask, each step will provide you with an authentic and deeply regenerating experience that respects the nature of your skin.

FACIAL MASSAGE (CONNECTIVE TISSUE, LYMPHATIC DRAINAGE OR LIFTING) 30' 90€

• Connective Tissue Massage: acts deeply on the connective tissue, stimulating microcirculation and improving skin elasticity.

• Lymphatic drainage: promotes the drainage of interstitial fluids, reducing swelling and stagnation for a lighter and brighter face.

• Lifting: toning massage that firms' tissues and reduces tension, for a natural lifting effect.

Body Treatments

MEI RITUALS 70’ 170 €

A sensory experience based on medicinal herbs and maximum concentration of active ingredients to regenerate the body and mind, through a wellness journey that stimulates the senses and the soul. The treatment is developed in four phases which promise complete harmony: skin exfoliation, shower flavor, full body massage and application of the selected cream. Three exclusive rituals, inspired by the philosophy of aromatherapy, are available to personalize your experience:

DOLCE VITA: Based on essential oils of sweet orange and lemon, this special treatment gives back brightness and unique firmness to the skin, thanks to the special Dolce Vita scrub microspheres of sugar, followed by an elasticizing massage performed with Balance oil a base of citrus essential oils. Completed with the delicate Sweet Orange silky cream, you will discover moments of unforgettable well-being.

SOTTOSALE: A flash of vitality and a recharge unique thanks to its detoxifying power of the salt Sicilian marine, enhanced by wild peppermint essential oil of the Piedmont, which thanks to the synergy with plant extracts of Green Tea and Ginseng root, it delivers a powerful toning and firming effect. Under Salt MEI SPA, and exclusive ritual with a relaxing action and anti-stress. Very pleasant too for the man.

GOLD OF THE MEDITERRANEAN: The strength vitale of wild nature and its active ingredients is concentrated in an unforgettable treatment base of olive oil, myrtle and aloe juice, thanks to which you will enjoy new vitality, energy and freshness. A true sensory immersion for a treatment rich, which uses ingredients from the Mediterranean scrubland, able to make the skin toned and very bright.

MEI PERSIANROSE BODY & FACE 80’ 230 €

A very precious ritual per face and body, based on essential oil of wild Persian rose. A smoothing and extremely illuminating effect, a caress that envelops the skin thanks to harmonious massage techniques, enhanced and enriched by eight natural MEI products. The result is a revitalized skin, face and body, in addition to a unique sensory immersion celebrated from the aromatic rain of floral water of wild Persian rose buds.

BOTANIA SCALP BLISS 30’ 90€

Scalp, neck, and shoulder ritual with coconut oil and rosemary essential oil, for a deeply relaxing and nourishing massage. Coconut oil, rich in lauric acid and vitamin E, helps nourish and soften skin and hair, while aromatherapy relieves tension in the neck and shoulders, promoting an intense sense of lightness.

BOTANIAFOOT & LEG RECOVER 50' 130 €

This special treatment gives immediate relief to the legs and tired feet. Relaxation begins with stretching the joints, followed by a scrub that prepares the skin to receive a relaxing massage from the toes to the knees. The treatment ends with the bandage cold that give anti-inflammatory effect on the legs.

ULTIMATE CANDLE TOUCH 80’ 200€

A unique sensory experience that begins with a gentle yet effective exfoliating treatment, made with micronized green tea and sesame oil. Its exfoliating action removes dead cells, leaving skin smooth and luminous, while its hydrating and regenerating properties deeply nourish the body and face. This is followed by an enveloping massage with a warm, scented candle., promoting muscle relaxation. Its enveloping fragrance creates an atmosphere of total serenity, while the skin is nourished and hydrated, leaving a soft and silky touch.

TREATMENT DETOX 60' 150 €

A targeted and intensive treatment**,** designed to promote a draining and toning action visible from the first applications. The ritual involves a detoxifying cranberry rub followed by application of a cold mud on the area’s most subject to accumulations, stimulate microcirculation and reduce water retention. After the pose, the treatment continues with Anti-cellulite gel with enhanced elasticizing and refreshing action, with well-known purifying and stimulating properties. Ideal as a single treatment or in cycles for long-lasting results.

Massages

BOTANIA SERENITY FLOW 50' 130 €

An experience of pure relaxation that envelops you from the first moment. Using high quality natural essential oils, this treatment aims to restore psychophysical harmony through slow, enveloping maneuvers. The techniques, designed to dissolve the tensions, concentrate on the points of greatest stress, promoting deep relaxation. Perfect for those who need to unwind and rediscover their physical and mental well-being.

BOTANIA ENERGY FLOW 50' 140 €

An invigorating ritual that combines physical energy and inner balance. Decontracting maneuvers at the back relieve deep tension, while the relaxing leg massage stimulates circulation and gives lightness. Ideal for those who want to regain vitality or recover after a long journey. A treatment that recharges the body and mind with harmony and intensity.

THAI OIL 70' 170 €

Thai Oil Massage is a delicate form of body treatment performed on a massage table with high-quality vegetable oils., expertly blended with essential oils. Includes clutches, pressure and moderate stretching positions that serve to normalize any alteration and any painful state on a physical level, psychic, emotional and energetic. On the body there are 10 invisible lines called Thai or 10 Sen. These lines during the massage are worked and stimulated to be able to intervene on all the internal organs and rebuild the harmony of our body often altered by strong stress and voltage.

AYURVEDICABYANGAM 70' 150 €

It is a traditional treatment based on the ancient philosophy of Ayurveda, the Indian natural medicine system that aims at overall well-being of the body and mind. This deep and regenerating massage uses specific oils, warm and enriched with herbs, chosen based on individual needs, to re-establish the harmony between body, mind and spirit. During treatment, the operator performs slow, rhythmic movements, applying adequate pressure on the body's energy points, promoting the flow of doshas (vital energies) and improving overall vitality, helping you reconnect with yourself and find your natural balance.

FACE & HEAD 30' 100 €

A sensory journey designed to dissolve tensions, free your mind and induce a state of deep relaxation. The slow and enveloping maneuvers and concentrate on the scalp, total, neck and shoulders. The expert touch, fluid and almost hypnotic, stimulates circulation, relaxes the features and promotes an immediate rebalancing of the nervous system. A perfect ritual to find inner harmony and mental lightness.

FOOT REFLEXOLOGY 40’ 120€

An ancient healing technique that views the foot as a complete map of the body. Through targeted pressure on specific reflex zones, we stimulate the body's natural self-healing abilities. A deeply regenerating treatment that promotes energetic balance and overall well-being.

PINDASWEDA 60’ 150 €

Traditional Ayurvedic massage combines heat and the therapeutic benefits of aromatic herbs. We use prized herbs from our botanical garden, selected according to the principles of Ayurvedic medicine, which are warmed and applied to the body in fluid, rhythmic movements. This age-old practice promotes deep relaxation, stimulates circulation, and purifies the body, restoring natural energy balance.

LYMPHATIC DRAINAGE 50’ 140 €

A specialized massage that stimulates the lymphatic system with light, rhythmic, and sequential movements. It promotes the drainage of excess fluids, reduces edema and swelling, and purifies the body of toxins. Ideal for those suffering from water retention or seeking a deep detox and regenerating effect. A gentle yet extraordinarily effective treatment.

AROMATHERAPY MASSAGE 60’ 150€

A gentle massage with natural essential oils that promotes deep relaxation and mental and physical well-being. Ideal for reducing stress and regenerating the mind and body with natural scents.

CIRCULATORY MASSAGE 30' 90 €

Full body massage relaxing which reactivates blood circulation by eliminating toxins and improving tissue oxygenation.

THERAPEUTIC MASSAGE 30' 100 € | 50' 150 €

Decontracting massage, designed to relieve muscle tension and reduce pain through targeted maneuvers. This treatment dissolves contractures, promoting relaxation and improving joint mobility. Ideal for those seeking relief from physical stress and for optimal recovery after sports activities. A regenerating experience and therapeutic.

EMOLYMPHATIC 50' 130 €

Lymphatic massage is used to stimulate blood circulation and lymphatic circulation. The manual skills are designed to encourage the outflow of the interstitial fluids of the venous microcirculation-lymphatic, and they act mostly with the aim of preventing or intervening in the normal processes of senescence and on the formation of blemishes due to water retention.

COR'A CORE 50' 250€ | 70' 290 €

It is an exclusive message for couples, celebrating the deep connection between two hearts. Carried out in the same cabin this treatment is designed to promote total relaxation and connection between you, thanks to delicate techniques that release tension and regenerate body and mind. An exclusive moment of serenity and complicity, where every gesture and designed to enhance the special bond that unites you.

WAITING SWEETLY50' 140 €

Massage for pregnant women, a safe and delicate treatment designed to offer a total wellness experience during such a special moment. Using products free of essential oils that are harmful to the baby**,** this massage is performed by expert hands who will be able to adapt to the specific needs of the future mother, even in the most advanced stages of pregnancy. Thanks to delicate and relaxing maneuvers, the treatment relieves muscle tension, promotes deep relaxation and improves circulation, giving a sense of lightness and serenity. A ritual thought to cuddle and protect, in total safety, body and mind.

IN NATURE 60’ 180 €

Massage in the heart of the garden, an exclusive experience that envelops you in the benefits of nature. Carried out outdoors, surrounded by the beauty and tranquility of our garden, this treatment allows you to reconnect with the energy of the earth while expert hands dissolve tension and stress. The delicate sound of the wind and the scent of nature create the perfect atmosphere for deep relaxation and regeneration. A luxury ritual that combines the pleasure of a massage to the serenity of a natural context without equal.

BEAUTY TREATMENTS

Spa Manicure	**30’ 60 €**
Spa Pedicure	**30’ 80 €**

WAXING

Eyebrows	**15 €**
Mustache	**15 €**
Back - Chest	**40** €
Arm	**30** €
Half Leg	**30** €
Whole leg + Bikini	**80 €**
Bikini	**30 €**

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