

RELAXATION
AND
WELL-BEING




SUSAF

The time has come to let yourself be pampered by the expert hands of our therapist: treat yourself to a relaxing massage by choosing the one that best meets your needs.

CHOOSE YOUR TREATMENT

L'Oro Verde di Susafa | 50' Eur 90,00

The heart of our production for silky-smooth skin. Surrender to the velvety caress of the extra virgin olive oil produced on our estate. This massage, characterized by slow and rhythmic movements, harnesses the antioxidant properties of the oil to deeply nourish your skin. A silent dance on the body that regenerates the mind, bringing it back to the peace of our centuries-old olive groves.

Benefits: deep hydration, antioxidant protection, and total relaxation.

Sinfonia delle Madonie | 50' Eur 100,00 | 80' Eur 150,00

A balance of essences and expert touch to help you rediscover your center, in a rejuvenating journey that embraces the entire body from head to toe. A special blend of techniques fuses an enveloping touch with targeted movements to melt away daily tensions, flowing harmoniously from your extremities to the core of your well-being. Enriched with essential oils from Susafa's own aromatic herbs (natural, cold-pressed lavender or rosemary), this treatment soothes the nervous system like a sunset over the valley: a holistic experience that relaxes your features and restores lightness to your step, bringing balance back where stress once reigned.

Benefits: Mental relief, energetic rebalancing, and stress reduction.

Madre Terra | 50' Eur 100,00

Gentleness and protection for new life. Inspired by the fertility of our fields, this treatment is a caring embrace for mothers-to-be. We use the purest sweet almond extracts to promote skin elasticity. Gentle, draining techniques alleviate heaviness in the back and legs, cradling both mother and baby in an oasis of pure well-being.

Benefits: lymphatic drainage, skin elasticity, and relief for back and legs.

Il Soffio del Maestrale | 50' Eur 120,00

Inspired by waves of wheat swaying in the wind, this ritual uses the silkiness of coconut oil to allow the forearms to create long, continuous movements that envelop the entire body. It is a "massage for the soul" that dissolves energy blocks, accompanied by the deep, relaxing notes of Hawaiian music that evoke the dance of the tides. Just as the Mistral wind clears the Sicilian sky, this fluid touch sets the spirit free, leaving a sensation of absolute lightness and freedom.

Benefits: releasing energy flows, fluidity, and deep relaxation.

Risveglio di Susafa | 50' Eur 100,00 | 80' Eur 150,00

A ritual of strength and deep regeneration. Much like the resilience the sun bestows upon the ears of wheat, this massage acts on the muscular structure using sweet almond or coconut oil, allowing the hands to glide with precision through acupressure and passive stretching. The nourishing action of the oils accompanies intense work that releases even the most deep-seated tensions, restoring vigor and flexibility. Ideal for those seeking immediate relief and a recharge of pure energy.

Benefits: intense deep-tissue relief, flexibility, and muscle recovery.

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Respiro di Sicilia | 70' Eur 130,00

A total regeneration experience celebrating the treasures of our land. The ritual begins with a deep body massage, enhanced by delicate lymphatic drainage techniques with a highly draining action. Performed with precious grape seed oil, an invaluable ally that smoothes the skin, reduces puffiness, and releases muscle tension, this treatment stimulates microcirculation and promotes the elimination of excess fluids, restoring new life and an immediate sense of lightness to the tissues. The heart of the treatment then shifts to the face, with a warm wildflower compress. The soothing properties of chamomile and calendula work in synergy to relax facial features and restore a natural radiance to the face, while the scent of the meadow envelops the senses. A perfect balance between the strength of the vine, the purifying power of drainage, and the sweetness of flowers, for a deep well-being that blooms from within.

Benefits: draining and lymphatic drainage action to promote circulation, reduce puffiness, and combat water retention, antioxidant protection from grape seed oil, silky and deeply nourished skin, profound mental relaxation, and a beautifully regenerated, radiant face.

In-room massage

The treatment lasts about an hour and includes a massage of your choice from our offerings in the privacy of your room.

Available daily upon request, subject to availability

Massage under the carob tree

The white curtains and glass walls, perfectly in harmony with the tall hedges and carob tree, make the area intimate, offering you maximum comfort and privacy. The treatment lasts approximately one hour and includes a massage of your choice from our selection. The treatment will take place in an area adjacent to the rooms, in our garden.

Available daily on request from June to September

Experience subject to weather conditions.

Final Ritual

To prolong the benefits of your treatment and gently awaken the senses, every massage concludes with our signature wellness ritual:

Organic herbal tea: a curated selection of herbs, leaves, and flowers chosen for their relaxing, draining, or energizing properties.

Artisan Sicilian pastries: a selection of local delicacies, including Perciasacchi ancient grain shortbread made with olive oil, soft almond pastries, or candied citrus peels.

Cancellation policy

Free cancellation up to 6 hours before the scheduled treatment.

Within 6 hours of the treatment, or in case of no-show, 100% of the total amount will be charged.

