

# ALMAR

JESOLO

FIVE STAR RESORT & SPA

## Almablu Spa: much more than a Spa

*With the fast-approaching opening for the new season, the award-winning Spa is launching a more substantial wellness menu.*

February 2018 \*\*\* - On March 22, Almar Jesolo Resort & Spa and its Almablu Spa will reopen its doors for the new season. The refined award-winning wellness centre will feature a wider and innovative list of treatments. In addition, its signature skincare line, formulated with natural seaweed and plant extracts and known for its pleasing broom fragrance, will launch new products, including bath oils, a lifting serum and the new Sport line specifically created for lovers of outdoor sports.

The wellness menu, inspired by traditional Chinese medicine to promote a deep psychophysical and energetic rebalancing, will showcase moxibustion and specific treatments for golfers, together with sleep therapy, all highly received by the resort's guests during last season.

### Moxibustion and new rituals

Moxibustion is an ancient practice of traditional Chinese medicine based on the application of heat on energy meridians. It is a pleasant treatment and capable of reactivating the flow of vital energy (Qi). Heat is provided by a cigar-shaped stick of mugwort, a medicinal plant. The leaves are harvested in spring, then dried, pressed and pulverized. Almablu experts have designed two different rituals with moxa: the regenerating massage, which helps to deliver a renewed excitement for life, and the detoxifying 'Across the border' massage, which uses the body to act on the deepest sphere of self. These rituals are also key elements of two specific programmes extending over one or more days and including private Tai Chi lessons, additional body and face treatments and reflexology. In the **regenerating programme**, energy recovery occurs through three stages: restoring skin vitality through exfoliating body treatments and illuminating facials; reactivating energy through heat stimulation on the two points of the bladder meridian known for their regulatory effects; contributing essential energetic properties with specially created herbal teas. The **detoxifying programme** aims at rediscovering the value of feeling well, experiencing the flow of a new energy and purifying the spirit. The moxibustion heat therapy and the energy massage applied in this programme stimulate the liver and kidney meridians to restore the body's natural detoxifying functions, freeing it from toxins and blocks, allowing a new brightness and balance.

### Golf treatments

"We aim to understand and anticipate the needs of our Guests; with this in mind we have decided to devote particular attention to golfers," says Giulia Selero, Spa Operation Manager of Almablu. "The Veneto region is home to many renown courses, such as the Jesolo Golf Club, located just 5 km from our resort; many of our Guests are also golf lovers. After a day on the green, they need to receive targeted massages and therapies".

Almablu has therefore dedicated to golfers an entire section of its wellness menu, with various energetic massages, such as the **Golf Swing Relax** which relieves tensions through a pleasant passive muscle stretching and induces deep relaxation and the return to a perfect degree of mobility thanks to the stimulation of specific meridians. The golfers' menu also includes 80 minute long body treatments, which combine massages, body wrappings and hydromassage for an intense decontracting and anti-inflammatory action. Specific facial treatments are also featured to protect facial skin from aggressive external agents, prolonged sun exposure and adverse weather conditions. Entirely dedicated to golfers is the "**Golf Passion**" package, which as well as accommodation and gourmet breakfast, includes one green fee at the Jesolo Golf Club, one Golf Swing Relax massage, access to the wellness center, beach and partially covered outdoor pool, private garage. Minimum 2-night stay. Rates from: € 420 per room in double occupancy.

### Sea-facing location

Facing the sea, Almablu Spa spreads over 2,000 square meters. Its design is characterized by pure and essential lines, with large windows filtering the natural light. Its striking wet area includes, in addition to different types of saunas, steam baths, emotional showers and relaxation areas, a seafront whirlpool tub of over 48 cubic meters and heated to

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32°C. From here, through an impressive glass tunnel, guests can directly access one of the iconic features of the resort, the 70-meter-long outdoor pool. This veritable turquoise-coloured body of water is partially covered by a spectacular glass structure and heated from 27 to 30°C.

## Awards

In 2017, Almablu Spa received a number of prestigious international awards: **Southern Europe Best Luxury Wellness Spa** by the World Luxury Spa Awards, **Best New on the Scene Luxury Spa** by Condé Nast Johansens, **Luxury Spa Resort Country winner** at the World Luxury Hotel Awards. It has recently been nominated for the **Italian Spa Award** in the Destination Spa category.

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