

THE ROCABELLA SPA

Above all, it's about surprising and satisfying you!

A place specially dedicated to your well-being, a peaceful moment of relaxation, a little break, a let go in the heart of our universe.

OUR EQUIPMENT

The hammam :

- Improves circulation
- Eliminates toxins
- Clears the respiratory tract and cleanses the skin
- Recommended duration of a session : 10 - 15min

The sauna :

- Restores joy of living and tone
- Improves circulation
- Eliminates toxins and cleanses the skin
- Recommended duration of a session : 10 - 15min

Swimming pool with massage jets :

The hot water combined with the whirlpool helps relax the muscles and acts against joint pain: ideal after physical exertion.

Hot tub :

Relaxation, improves blood circulation, relieves joints and back problems.

OUR CARE PARTNER



For your well-being, the Rocabella spa has selected a brand of products made in Corsica, artisanal, organic and respectful of the environment. All formulated with Corsican plants such as myrtle, clementine, immortelle and many others.

TREATMENTS FOR FACE AND BODY :

Isula scrub :

- 15 minutes of hammam 1h15 / 80 €
- Body scrub scented with monoi

Mare & Monti scrub :

- 15 minutes of hammam 1h15 / 90 €
- Body scrub scented with monoi
- Facial scrub with wild myrtle chips
- Rehydration of face and body

SCRUBS & MESSAGES PACKAGES :

Plage de Saleccia :

- 15 minutes of hammam 1h45 / 180 €
- Body scrub scented with monoi
- Relaxing massage with organic sweet almond oil

Complete reflexology :

Sylvie Bereni, expert and passionate, will be happy to transport you into a zen attitude through complete reflexology (plantar, neck, face, skull, etc.) Let it happen !

1h00 / 120 €

Zen Massage :

- 30 minutes of relaxing massage
- 30 minutes of plantar or palmar reflexology 1h00 / 120 €

By our expert Sylvie Bereni

MASSAGES :



ORIU : Sublimating and relaxing massage :

Let yourself be carried away ... A field of immortelle flowers, an old sheepfold, Corsican singing and the magic happens.

1h00 / 120 €

AGRIATES : Draining & relaxing massage :

A seaside path

A little warm air

The embalming scent of wild rosemary, breathe in ...

1h00 / 120 €

TERRA : Captivating & voluptuous massage :

An orchard shaped by man where lemon and grapefruit bloom with the seasons and there, like a drop of rain, vanilla unites with them, smell...

1h00 / 120 €

GR 20 : Sports, detoxifying & recuperative massage :

Returning from a summit, a lake or a refuge ...

Come and admire the beauty of our mountains ... Dream ...

1h00 / 120 €

Our Spa and Fitness Room are open every day from 10.30 am to 8.00 pm.

Completely free for Rocabella guests (children admitted over 16 years old).

Massages must be booked at the 24-hour reception in advance.

Our qualified and experienced masseuses will be happy to welcome you with the sole objective of bringing you satisfaction and well-being!

“The greatest gift you can give yourself is a little bit of your own attention”

See you soon !