

Wellness



CARUSO

Contents

3	WELCOME	
6	SPA	
8		LOCALLY INSPIRED
10		MASSAGES
14		FACIALS
18		BODY
20		COUPLES
22		YOUNG SPA
24	SPA GUIDELINES	
30	FITNESS	
32		PROPERTY ACTIVITIES
34		CLASSES
35	CONTACT	

Welcome

When Ravello was created, it was as if a slice of paradise had come to earth. Reflecting this heavenly ambience, Caruso Spa is an Olympus of contemplation, beauty and peace. It invites you to reflect, engage with your surroundings, rediscover clarity and reconnect with your soul. The Spa is so much more than a space for health and beauty; it's your gateway to total immersion in the Amalfi Coast with its otherworldly atmosphere, glorious ancient heritage and relaxing, dolce vita spirit.





Spa

Locally inspired

Spa

For our sublime spa treatments, we use [comfort zone], a made-in-Italy brand that combines a sustainable and ethical approach to beauty with leading innovation and research in skin and body care.

Our spa now offers an incredible Face + Body ProLift 3.0 machine, which uses pulsed and infrared lights to enhance facials while body treatments benefit from exceptional lifting effects.

CARUSO SENSORIAL

110 MINUTES

Float on a sensory journey through the fragrances of the Mediterranean. The ritual begins with a complete exfoliation using volcanic ash and essential oils. Next follows a body massage with a tranquillity oil based on nourishing amaranth and an exclusive blend of essential oils designed to promote a feeling of deep wellbeing. The ritual ends with a customised Mini Facial Treatment.

SIGNATURE GARDEN MASSAGE

No walls, no doors, just the sun in the sky, our green gardens all around, and the scent of pine and lemon trees on the breeze. Welcome to the most relaxing experience of your life. A massage in the iconic, romantic gardens at Caruso is extraordinarily magical. Put your body under its spell and let nature be your healing magician. Select the massage of your choice and forget everything else.



Massages

MEDITERRANEAN RELAXING MASSAGE

50-80-90 MINUTES

Enjoy a full body massage designed to ease tension, soothe stress and induce a sense of wellbeing.

STRESS RELIEVING MASSAGE

50-80-90 MINUTES / ALSO AVAILABLE FOR COUPLES

We drizzle a blend of warm oils over the body and follow with a muscle-focused massage using intense strokes and flowing techniques to promote a calm and relaxed state.

AROMATHERAPY MASSAGE

50-80-90 MINUTES / ALSO AVAILABLE FOR COUPLES

This harmonising massage employs essential oils to enhance physical, emotional and mental wellbeing. Tension melts away, leaving you blissfully relaxed.

INDIAN HEAD MASSAGE

20 MINUTES

Enjoy a time-honoured Ayurvedic massage that works by stimulating pressure points on the face, head, scalp, neck and upper shoulders to induce deep relaxation and encourage beautifully shiny hair.

BACK NECK MASSAGE

40 MINUTES

Alleviate tension and stiffness in your back and shoulders and ease aches and pains in your neck. Through localised massage, areas prone to tightness through hectic or computer-based lives are targeted, relieved and soothed.

MUSCLE MELT

90 MINUTES

Correct any problems or imbalances caused by repetitive or strenuous activity. The treatment combines decontracting massage techniques with the healing effects of stretching. Feel the benefits as muscle fatigue melts away and flexibility is boosted.

MOTHER-TO-BE MASSAGE

50 MINUTES

Expert antenatal techniques are used to relieve stress, alleviate back aches and reduce water retention. A nourishing body oil, enriched with Persian rose, soothes even the most delicate skin. Pillows and bolsters make the treatment safe and comfortable for all expectant mothers after their first trimester.

FOOT MASSAGE

40 MINUTES

Ease aching feet with this deeply relaxing massage that focuses on specific areas of concern, from heels to arches, toe joints to ankles.

HOT STONE MASSAGE

80 MINUTES

Benefit from the decontracting, draining and relaxing actions of heated volcanic stones. Helping to reduce stress and anxiety, the massage is also an ally in psychophysical wellbeing.



Facials

THE FACE + BODY PROLIFT 3.0 FACIAL

Unique to Italy, [comfort zone] revolutionary skincare technology brings you a treatment experience with outstanding results. In combination with one of our spa facials, the ProLift 3.0 machine improves cellular function through improved blood flow and stimulates the production of collagen and elastin, which are known to improve skin texture and reduce fine lines.

SKIN TEST

Using a combination of 7 tests, this technology evaluates the wellbeing and health of your skin to identify the most suitable treatment for your needs.

ANTI-AGEING SUBLIME FACIAL 80 MINUTES

Repair, regenerate and revitalise your face, neck and décolletage with this luxury pro-youth treatment. An antioxidant botanical complex and the innovative Regenerlift Massage combine to achieve immediate toning.

REGENERATIVE HYDRA FACIAL

50 MINUTES

Enjoy a treatment using moisturising and regenerative organic ingredients. A unique 7-step ritual revitalises and brightens the complexion to extraordinary effect.

ANTI-STRESS LONGEVITY FACIAL

50 MINUTES

Rejuvenate stressed skin while combating the effects of pollution, stress and lifestyle, which can cause premature or accelerated ageing. Emerge with a brighter and more luminous complexion.

SOOTHING REMEDY FACIAL

50 MINUTES

Boost the health and beauty of your skin with this renewing, fortifying and soothing facial, perfect for sensitive, fragile and redness-prone complexions. An exclusive massage inspired by physiotherapy and osteopathic techniques includes jade spheres, renowned for their detoxifying properties.

SUBLIME SKIN EYES

Fight dark circles, puffiness and fine lines with this triple-action treatment. Look forward to illuminated, rejuvenated eye contours.

HIGH PERFORMANCE FACIAL FOR MEN

50 MINUTES

Specially designed to enhance male complexions, this treatment acts synergistically on three levels: it hydrates, purifies and soothes.

PRO-LIFT FACIAL MACHINE REJUVENATION

50 MINUTES

A deluxe facial treatment with an innovative combination of laser, radiofrequency and dynamic vacuum in one unique treatment. The efficacy of these skincare technologies is enhanced thanks to powerful anti-ageing active ingredients, providing immediate visible results and perfectly sculpted contours.

HOT STONE FACE MASSAGE

20 MINUTES

Should you wish, you can have a hot stone massage added to your facial.



THE FACE + BODY PROLIFT 3.0 BODY TREATMENT

Unique to Italy, [comfort zone] revolutionary skincare technology brings you a treatment experience with outstanding results. In combination with one of our spa facials, the ProLift 3.0 machine improves cellular function through improved blood flow and stimulates the production of collagen and elastin, which are known to improve skin texture and reduce fine lines.

AROMASOUL SCRUB 50 MINUTES

Nourish your skin and give your body an all-over silky feel. The volcanic scrub and blended aromatherapy oils leave you delightfully smooth.

DEEP BODY RENEWAL

80 MINUTES

Nurture mind and body with this tension-relieving ritual. Beginning with a deep body exfoliation using fruit acids, it continues with a nourishing wrap based on organic tamanu and a scalp massage and mask that relieve stress and promote pure relaxation.

PRO-LIFT BODY SCULPTING MACHINE

50 MINUTES

Powered by a combination of laser, radiofrequency and dynamic vacuum, this deluxe body treatment includes new generation actives and massage modalities to provide full systemic stimulation and leave you with a firm, toned and sculpted silhouette.

Couples

ELIXIR TREATMENT FOR COUPLES

80 MINUTES

Whisper, breathe and relax as one with this sensuous ritual. It begins in the Turkish bath with a scrub to eliminate impurities and prepare the skin for the next stage. Move into the garden to enjoy a soothing, deeply nourishing full body massage, side by side. Finally, unwind with chilled champagne and fruit and take time to luxuriate in the blissful moment.

BRIDE OR GROOM PRE-WEDDING TREATMENT

130 MINUTES

Expect enchantment as you prepare for the most important day of your life. This selection of pampering treatments is designed to regenerate body and soul and leave you at your radiant best. An invigorating total body scrub starts the ritual, which is followed by a relaxing aromatherapy massage. Finally, a facial with products customised to your individual needs ensures a glowing you for your big day.



Young Spa

LEGACY RITUAL

150 MINUTES

A delightful beauty treatment for mother and daughter to share. Mother enjoys a Hydra nourishing facial, manicure and pedicure, while daughter is treated to a 50-minute Remedy facial, manicure and pedicure tailored to young people.

BALANCE MASSAGE

50 MINUTES

This relaxing aromatherapy massage is designed for parent and child to enjoy together.

ALPHA SPA MANICURE

40 MINUTES

ALPHA SPA PEDICURE

45 MINUTES



Spa guidelines

Spa *guidelines*

Please enjoy complimentary use of our fitness centre and steam room during your stay.

ACCESS

Find the Caruso spa on floor -2 and the hairdresser salon on floor 2.

RESERVATIONS

Call ext 860 or press the spa button on your room phone.

OPENING TIMES

Treatments

Daily

10:00 – 20:00

HAIRDRESSER

Available on request.

FITNESS CENTRE

Daily

24/7



We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain a peaceful ambience by speaking in a soft voice and turning off your cell phone.

APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival. Appointments for minors (children under 18 years of age) must be made by a parent or guardian, who must also check them in. Minors booked in for closed-door spa treatments must have a guardian in the room for the duration of the service.

CANCELLATIONS

We ask that you make any cancellation or change to treatments at least four hours before your appointment. If you cancel less than four hours in advance, you'll be charged 50% of the fee. If you cancel without notice, you'll be charged 100%.

ARRIVAL

We invite you to arrive 10 minutes before your appointment to allow adequate time to change. For your comfort we provide a robe, towel, slippers and other amenities. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time.

The full cost of the treatment or service will still be charged.

WELLBEING

For your comfort and safety, we ask you to mention any conditions you may have, such as injuries, illnesses or allergies, when booking your appointment as certain treatments may not be advisable. In addition, before your treatment begins, please let your therapist or aesthetician know of any medical concerns.

PRECAUTIONS

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa treatment or exercise class. If you need to shave (particularly beardless men receiving a facial), please do so at least two hours before your appointment. Please don't shave your legs prior to a body scrub treatment. Sunburn may limit enjoyment of your spa treatments; please be vigilant and use sun protection.

JEWELLERY AND VALUABLES

Most therapies flow more easily without the interference of jewellery. We recommend removing neck and wrist ornaments. Please leave all valuables in your room safe.



Fitness

Fitness

Start your morning with an energising yoga session or an invigorating walk through the pathways of Ravello. Work out with a view in our open-air fitness centre, absorbing uplifting panoramas of the coast. Enhance your workout with the latest Technogym equipment or hire one of our personal trainers to help meet your goals. Perfect your tennis skills with our resident coach or, for a more sedate experience, simply do gentle laps in the infinity pool.

Property activities

PRIVATE YOGA

Reconnect body and mind through a bespoke yoga practice, set against the breathtaking panorama of the Amalfi Coast. Guided breathwork, mindful movement and gentle stretches culminate in a deeply restorative experience within an unparalleled serene outdoor setting.

PERSONAL TRAINING

A meticulously crafted one-to-one training session, designed to transcend your personal fitness aspirations. Elevate your strength, mobility or endurance with the expert guidance of a professional trainer, whether within our exclusive fitness studio or amidst the inspiring outdoor vistas surrounding the estate.

PRIVATE TENNIS COACHING

Hone your skills or discover a new passion on our exquisite clay court, nestled among lush Mediterranean gardens. Benefit from personalised instruction by our resident tennis professional, tailored to elevate your game, whether you are a novice or an experienced player.

Classes

MORNING YOGA

AVAILABLE AS A COMPLIMENTARY GROUP CLASS EVERY MONDAY, WEDNESDAY, AND FRIDAY AT 07:30.

Commence your day with a revitalising yoga practice, embraced by a tranquil outdoor ambience. Graceful flows, refined breathing techniques and mindful stretching awaken the body as the dawn light paints the majestic Amalfi Coast.

STEP UP RAVELLO

AVAILABLE AS A COMPLIMENTARY GROUP CLASS EVERY TUESDAY, THURSDAY, AND SATURDAY AT 07:30.

Join us for an invigorating morning promenade through the enchanting thoroughfares and panoramic pathways of Ravello and its captivating environs.

TENNIS CLASS

AVAILABLE AS A COMPLIMENTARY GROUP CLASS EVERY SUNDAY AT 08:00.

Experience the joy of playing on our stunning clay court with a complimentary group session. Perfect for guests looking to enjoy a casual game or refine their technique in a social setting.

Contact

CONCIERGE
CARUSO, A BELMOND HOTEL

Telephone (from room) Call ext. 860 or press the
spa button on your room phone.

