

Reset programs

Whether you're seeking a brief respite from the demands of modern life or a longer-term wellness journey, we invite you to embark on this transformative experience with us. Let us be your sanctuary of relaxation, rejuvenation and personal growth.

Get ready to embark on a path of self-discovery, as you immerse yourself in the healing powers of our spa program and wellness offerings 3-,5- and 7-day reset program. Recharge, refresh and restore your mind, body and spirit, and emerge as the best version of yourself. Welcome to a world of wellness and renewal.

Day 1: Blissful Indulgence (85 minutes)

- Steam room
- Signature scrub
- Wrap
- Head massage experience
- Herbal Tea
- Lunch - Insalata Capresa

(Fresh tomato, burrata & Basil) (V) (GF)

For further details, pricing information and inquiries, kindly contact us.

A decorative pattern of small, light-colored dots arranged in a grid, located in the bottom left corner of the page.

Book now: myoka@saliniresort.com

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Day 2: Revitalizing Herbal Detox Retreat (85 minutes)

- Welcome Drink
- Heat therapy, sauna session
- Full body Detox herbal compress massage
- Gold antiaging mask
- Lunch - Fresh Fish tartare

Seasonal Fish Tartare, Marinated yellow cherry tomatoes & toasted focaccia

Day 3: Luminous glow (85 minutes)

- Personalized skin consultation
- Brightening facial
- Oriental head massage
- Lunch Spaghetti Vongole

Fresh Clams, Garlic, White wine & Parsley

Gluten free options

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Day 4: Energizing Escapade (85 minutes)

- Ice cubed Whiskey or Prosecco
- Jacuzzi
- Deep tissue full body massage
- Reflexology
- Lunch - Pinsa

Roman Pizza - Fresh Tomato salsa, burrata cheese & prosciutto crudo

Day 5: Glamorous nail and toes (85 minutes)

- Glass of Prosecco
- Manicure and pedicure experience
- Hand and foot paraffin
- Lunch - Insalate alla Capricciosa

Mixed leaves with Mushrooms, artichokes, red peppers, olives and basil.

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Day 6: Panchakarm detox (85 minutes)

- Herbal tea
- Ayurvedic detox scrub
- Abhyanga full body massage
- Lunch - Crudo di Manzo

Hand chopped rump beef crispy capers, raw onion & lemon

Day 7: Custom care retreat (85 minutes)

- Glass of Prosecco
- Personalize facial consultation
- Back, neck and shoulder massage
- Customized facial
- Lunch - Grilled Calamaretti

Baby Calamari grilled with Garlic, herbs & lemon.

Book your reset

3 days - 320 euro per person

5 days - 500 euro per person SAVE 100 euro

7 days - 690 euro per person SAVE 150 euro

2 hours of spa facilities on every visit

