

Almar Giardino di Costanza Resort & Spa – ultimate well-being @ Almablu Spa Wellness & Spa

After major renovations, Almar Giardino di Costanza is pleased to announce the opening of its brand new wellness area, the Almablu Wellness & Spa, inspired by the consolidated concept of the award-winning Almablu Wellness & Spa of Almar Jesolo Resort & Spa.

March 2023 *** - Almar Giardino di Costanza, the refined Resort located in western Sicily, has undergone important renovations to bring this exquisite new addition to its Guests.

Almablu offers more than just a typical spa experience, taking Guests on a multi-sensory journey through ancient Sicilian culture and tradition. The different paths of this elegant wellness oasis are reminiscent of the various dominations that have marked the island's history over the centuries.

As Guests enter the Spa, they are welcomed by a mirror of water surrounding tropical plants, leading them to an ancient **Roman thermal bath**. The area features various environments, ranging from the warmest to the hottest, including the **Tepidarium** with its luxurious hot water fountain and emotional showers, the **Calidarium** with its marble heated benches, and the **Laconicum** used for sweat baths with hot dry air. The **indoor swimming pool**, which is connected to this area of the Spa, features imposing marble columns. The view from the windows opens onto the amphitheatre and its 400 white roses.

As soon as Guests step into the Arab patio, they are immediately immersed in the authentic Arabian ambiance of the **saline Turkish bath**. This bath employs the renowned and characteristic salt from the ancient Culcasi di Nubia salt pan - a Slow Food presidium and the sole salt pan in western Sicily where the salt has been hand-harvested once a year for over a century. Using this salt for a body scrub enhances the steam bath's numerous benefits. To cap off this initial phase of the journey, the "Arab-Roman" zone also features a chic Tea Room.

The second area of Almablu Spa takes inspiration from the Norman domination period. It is characterized by the use of precious dark woods, a gentle atmosphere, and geometric architecture. This area spans over various environments and temperatures. In the **Bio-sauna**, the average temperature is set around 50-60°C, and the humidity rate never exceeds 70%. Essential oils of hay and dried herbs are diffused, which penetrate the epidermis and revitalize it. In the **Finnish sauna**, the scent of dark wood further stimulates the natural rebalancing of psychophysical conditions. After leaving the high temperatures of the sauna, Guests can move on to the invigorating **Ice Room**, featuring an ice waterfall and the "plunge," a typical tub of cold water. When used after the sauna, the plunge can improve blood circulation and increase energy levels. The "Norman" area also has a relaxation area, furnished with designer beds and precious dark woods.

Indeed Almablu Wellness & Spa represents the ultimate well-being experience. Its concept was exclusively developed for the renowned sister resort in Jesolo and has been fully adopted by

Almar Giardino di Costanza. Internationally, Almablu Spa is known for its unique rituals, inspired by the Traditional Chinese Medicine, which aim to restore harmony, balance, and serenity.

Even physical training becomes a moment of relaxation for the mind, an activity that contributes to achieving inner and outer balance. Almablu has dedicated a specific space to this activity, which includes an area dedicated to the practice of relaxing techniques such as Pilates, Hatha Yoga, Postural Gymnastics, and Yin Yoga, under the guidance of specialized instructors.

These disciplines focus on the balance between body and mind, each with its own specificity. **Pilates** focuses on strength, flexibility, and posture, with the goal of developing strong and lean muscles through controlled and targeted exercises. **Postural Gymnastics** also focuses on correcting posture, alignment, and body movement to prevent and alleviate muscle and joint pain, improve balance, and coordination. **Hatha Yoga** is instead one of the oldest branches of Yoga, based on the practice of postures (asanas), breathing (pranayama), and meditation. It aims to purify the body and mind, improve health, and develop self-awareness. **Yin Yoga**, on the other hand, is a passive practice that involves holding ground poses for a long period of time (3-5 minutes). This practice works on connective tissues, such as tendons and ligaments, to improve flexibility and joint mobility, as well as calm the mind and reduce stress. In summary, these disciplines offer a wide range of physical and mental benefits and can be adapted to the individual needs of each practitioner.

Almablu Wellness & Spa leaves nothing to chance, and invites to follow Lailah Gifty Akita's advice: "Make time to relax, refresh and refocus". Indeed, two or three days may be all it takes to find the right stimulus and recover the vigour needed to face daily life with renewed enthusiasm.

*Almar Giardino di Costanza Resort & Spa has 88 junior suites and suites, all equipped with private balconies and terraces. The large hall, decorated with white marble embellished with furnishings and finishes characterised by typically Sicilian notes, overlook the central courtyard of the Resort. A scenic waterfall leads to the swimming pool and sun terrace. The culinary offer of **AquaMadre Restaurant** is strongly inspired by local tradition and use only the best local raw materials. The main bar of the Resort is called **Turchinu Lounge & Terrace**, a name prompted by the turquoise colour of the Sicilian tiles of the terrace. Its **Almablu Spa** takes inspiration from the well-established concept of the award-winning Almablu Wellness & Spa of Almar Jesolo Resort & Spa and offers a wide range of body and face massages rooted in the Traditional Chinese Medicine. Just 15 km away and reachable with the Resort's shuttle is the **Lido di Costanza**, the Resort's private beach, equipped with catering services, sunbeds and umbrellas. The **Almablu Spa** – including an outstanding wet area, indoor pool, fitness area and 5 treatment cabins – takes up the well-established and award-winning concept of Almablu Wellness & Spa of Almar Jesolo Resort & Spa and offers a wide range of body and face massages inspired by Traditional Chinese Medicine. Among the activities organized by the Resort aimed at letting Guests experience the territory there are fishing trips accompanied by fishermen from Mazara, wine and olive oil tasting, and tours of the salt pans of Trapani, Marsala and Mozia.*

Reservations:
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