

Almar Giardino di Costanza Resort & Spa: Autumn Retreat

A vacation in the autumn allows to unwind and truly appreciate Sicily's enchanting allure during this time of year.

August 2023 *** - It's time to start considering an autumn getaway. As the bustling energy of summer vacations wanes and the intense heat releases its grasp, it becomes easier to gather strength to face everyday life and spiritually prepare for the forthcoming winter. A stay at **Almar Giardino di Costanza Resort & Spa**, nestled within the lush nature of western Sicilian countryside just a stone's throw from Mazara, promises an unforgettable experience.

The Resort, designed in the style of an ancient Sicilian noble "baglio," is enveloped by the verdant embrace of a lush Mediterranean park, adorned with palm trees, ancient trees, ornate fountains, and playful water features. The **Lido di Costanza**, the resort's **private beach**, is conveniently located just a short distance away and is accessible to guests through a shuttle service that's always at their disposal. It's an authentic Sicilian seaside spot that mirrors itself in the crystal-clear waters of this Mediterranean corner, offering captivating vistas.

This sanctuary presents itself as an ideal haven for tranquil getaways, cultural explorations, or culinary escapades. Its strategic location proves advantageous due to its close proximity to both **Mazara del Vallo**, where a coastline of dunes and charming coves bordered by Mediterranean flora awaits, and the **archaeological sites** of Segesta, Selinunte, and Erice. **Mazara del Vallo** enchants with its Arabesque ambiance, earning its moniker as the city of a hundred churches, while housing the famous **Dancing Satyr** statue at the Sant'Egidio Museum, among other archaeological treasures retrieved from the depths of the Sicilian Channel.

Journeying from Mazara leads to **Marsala**, renowned for its historic wineries including **Donnafugata**. Travelling onward to **Trapani** unveils the captivating **Salt Road**, adorned with white salt flats and iconic windmills, showcasing shifting hues that dance in the play of light and season. The Resort's dedicated concierge services stand ready to offer valuable insights, suggesting captivating activities to fully embrace the region's offerings. Guests can engage in everything from fishing escapades guided by local Mazara fishermen, to indulging in tasting tours of local vineyards or olive oil producers, and even embarking on visits to the salt pans of Trapani, Marsala, and Mozia, accompanied by immersive excursions throughout the surrounding landscapes.

The Resort features expansive spaces dedicated to **Almablu Wellness & Spa**, offering a sensory journey that unfolds across two sophisticated thematic areas, each drawing inspiration from the historical dominations that have left their mark on Sicily. The initial path, currently in the final stages of refinement and soon to be unveiled in all its splendor, harks back to the Arab-Roman tradition, commencing at the **hammam** and winding through the **tepidarium** adorned with marble finishes and a travertine mosaic. It then continues to the **caldarium** and the **laconicum**. Passing through the Arab courtyard, guests enter the **saline Turkish bath**, where salt from the ancient Culcasi di Nubia salt pans is employed. These salt pans, a recognized Slow Food presidium, are the solitary salt source in western Sicily where the harvesting process is carried out manually once a year.

The second thematic zone pays homage to the Norman era and boasts a bio-sauna infused with essential oils derived from dried herbs and imported hay sourced from Northern regions. This area also highlights the presence of a **Finnish sauna**, an invigorating **ice waterfall**, and a refreshing **water plunge pool**. Collectively, these elements contribute to the distinct character of this space, characterized by Nordic design and geometric architecture that together forge an inviting and evocative ambiance.

At the heart of the **Almablu SPA** experience lies its holistic wellness programs. Derived from its renowned counterpart at **Almar Jesolo Resort & Spa**, this concept is celebrated globally, primarily for the exclusive rituals inspired by Traditional Chinese Medicine that aim to restore harmony, equilibrium, and serenity. These immersive journeys seamlessly blend massages, treatments, and activities, all orchestrated to detoxify, rejuvenate, or fortify the immune system.

For instance, the **regenerating programs** and **detox programs** encompass treatments designed to purify and illuminate the complexion, accompanied by invigorating or detoxifying body massages. These experiences are enhanced by **moxibustion** techniques, harnessing heat to stimulate acupuncture points, tailored to the body's energetic needs. Whether it's the path of rejuvenation or detoxification, this practice targets specific points along the urinary bladder or liver and kidney meridians, facilitating the expulsion of accumulated toxins.

Prices for rejuvenating programs start from €1103, while detoxifying programs begin at €1786.

One particularly captivating program is crafted for **Immune System Strengthening**. Through specialized massages and treatments such as reflexology, the program seeks to reignite the body's defence mechanisms while infusing a renewed sense of energy. A distinctive aspect of this program lies in the private instruction on the **Six Healing Sounds of Qi Gong**, a technique rooted in China. It marries fluid movements, mindful breathing, and harmonious vocal sounds to invigorate the body's vital energy.

According to Chinese medicine, certain emotional excesses like joy, restlessness, sadness, or fear can be triggers for illness. The practice of the Six Healing Sounds of Qi Gong aims to harmonize these emotions, ensuring that they do not stagnate and disrupt the flow of Qi, the essential life force. Uttering six distinct sounds, each attuned to a specific organ such as the liver, heart, spleen, lungs, and kidneys, harnesses their harmonizing vibrations to restore balance. Regular incorporation of the Six Healing Sounds into one's routine can foster the realignment of internal energy, bolster organ health, and cultivate enhanced harmony within both body and mind.

Spanning two days and featuring morning and afternoon sessions, this immersive program requires a minimum stay of three nights. Prices start from €1657.

No matter how brief the autumn respite, it promises days of complete well-being, wrapped in the luxuries of **AquaMadre Restaurant**'s exquisite cuisine and the cocktails of **Turchinu Lounge & Terrace**. Every facet of Almar Giardino di Costanza Resort & Spa has been meticulously curated to shape an oasis for rejuvenation of both body and mind, where moments of pure serenity are woven into the fabric of the experience. Each stay unfolds as a bespoke journey, seamlessly fusing modern elegance with age-old traditions, allowing guests to immerse themselves in an authentic odyssey of the senses and the soul.

***Almar Giardino di Costanza Resort & Spa** is one of the flagship properties of the HNH Hospitality Group, the leading independent Italian hotel operator in the 4 and 5-star hotel and resort segment. The Resort 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.*

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