

ENTRANCES

Special edition

ASTORIA NATURAL FEELING YOGA

Entrance for 2 Hours to the Natural Feeling Spa with a self-treatment in the wet area and a private, personalised one-hour Yoga lesson of your choice of three different types.

CHOOSE YOUR UNIQUE EXPERIENCE FROM:

HOT VINYASA

A physical and intense yoga, an energetic and vibrant sequence of positions, inside a soundproof room in the spa, with high temperatures.

IN(SIDE) YOGA

IN YOGA is yoga that leads to greater awareness of one's own limits. You hold the positions for a long time, thus testing your ability to remain in uncomfortable situations, learning to relax your body and mind through breathing.

SENSORY DEPRIVATION

This discipline is called Pratyahara, or the withdrawal of the senses from the outside to bring all awareness inside. Practice yoga nidra and meditation, as well as slow, mindful movement, for a dive inside yourself.



monday-thursday	1 person: € 75,00
	couple: € 110,00
weekend - holiday	1 person: € 80,00
	couple: € 120,00

PRIVATE SPA NIGHT

Imagine a convivial evening at our spa, transformed into an oasis of tranquillity and sharing. While the sun paints the sky in warm shades, the pool and wet area come alive with soft, welcoming lighting.

PRIVATE WELLNESS NIGHT

8 p.m.-10 p.m.

Private whirlpool with essential oils
Pool heated to 32 degrees for private use
Turkish bath with salt exfoliation and aromatic oils in self-treatment
Finnish sauna with vitamin facial mask
Aromatic water, herbal tea and fresh seasonal fruit

MAX. 6 PEOPLE | 2 HOURS | € 180,00

MASSAGE AND PRIVATE WELLNESS NIGHT

7 p.m. - 10 p.m.

50-minute Candle Massage
Private whirlpool with essential oils
Pool heated to 32 degrees for private use
Turkish bath with salt exfoliation and aromatic oils in self-treatment
Finnish sauna with vitamin facial mask
Aromatic water, herbal tea and fresh seasonal fruit

MIN. 2 PEOPLE | 3 HOURS | € 150,00 PER PERSON

Contact us:

spa@astoriaresort.it 

Call the number 0039 0464 576657 