



BORGIO LA PIETRAIA

PAESTUM

EXPERIENCES

WELLNESS

You can book a wonderful relaxing massage on your terrace, with a Mediterranean Sea view, or comfortably in your room.

Relaxing Massage helps to unwind the muscles and promote total relaxation. The essential oils used during the massage hydrate and nourish the skin, leaving it soft and silky.

50 minutes € 90

Scrub Massage is an exfoliating treatment that combines relaxing massage techniques with the use of natural exfoliating products to remove dead skin cells, stimulate blood circulation, and leave the skin smooth and rejuvenated. Next, the client can take a refreshing shower to remove the exfoliant and product residues, the treatment concludes with the application of a moisturizing cream or nourishing oil.

90 minutes € 130 (includes additional massage time deeper relaxation)

COOKING CLASS

Discover how to prepare the most traditional dishes of Cilentan cuisine (around 3 hrs including theory and practice)

Price: € 150 per person (lunch included – you will enjoy what you learned to make!)

YOGA OR MEDITATION IN NATURE

Reconnect with yourself surrounded by greenery. You can request a private instructor or simply borrow a mat for free and enjoy a solo session.



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