






Wellbeing Spa Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.30-12.30PM	2-3 PM	10-11 AM	10-11 AM	10-11 AM
Thai Stretching	Face Lifting Massage	Functional Training	Treat Yourself	Intelligent Movement
	<p>With Aurora, you'll discover how to sculpt and enhance your facial features through lifting massage techniques—self-massage gestures designed to minimise signs of aging and fatigue, while revitalising the skin and restoring its natural glow and firmness. For the best experience, we recommend arriving with a cleansed and makeup-free face.</p>		<p>Deborah, Spa Treatment Supervisor, will guide you on a self massage path aimed at improving circulation and relieving tension accumulated during the day, promoting deep relaxation of the neck, shoulders, arms, hands, face and head.</p>	
<p>LESLIE</p> <p>Thai massage works on a physical as well as an energetic level, configuring itself as a meditative time of regaining contact with one's body, breath and inner peace. Leslie, Spa Therapist, will guide you in the stretching exercise proper to Thai couple massage.</p>	<p>AURORA</p> 	<p>GIACOMO</p> <p>Try Functional training with Giacomo, Sports & Adventure Manager. This is the perfect training, combining free-body exercises to tone the muscles and improve body awareness. You will feel energized till the end of the day.</p>	<p>DEBORAH</p> 	<p>GIOVANNI</p> <p>Our professional physiotherapist, Giovanni, will help you to move better with this session, aiming to soften and release tension in the body. Dynamic stretching can increase flexibility and posture, giving you more energy throughout the day.</p>

For bookings and information, please call the spa at the +031 32 51 3030 or write to mocmo-spa@mohg.com