

AgriSpa Frà Viaco

modern spa with ancient mud therapies

AgriSpa self care

Bagno di Mezzano

The “ Mezzano Bath ” is an aromatic ritual which strengthens the microvasculature activity and therefore eliminates any present toxins. This begins with a relaxing aromatic bath in a jacuzzi tub, then a self massage with exfoliating and reactivating crude salt. The skin will then be cleansed in an emotional shower with warm water. The following step is a steambath in which you can relax for 12/15minutes. It is now time for the refreshing emotional shower. The combination of hot and cold completes the circulatory and vascular reactivation procedure. Now you can relax in the designated area with a herbal tea or a drink of your choice.

Sentiero della Sauna

The “ Sauna Path ” has been especially studied for the more sporty people with muscular temperament. The goal is to restore the correct elasticity by relaxing the bands of muscle. This path always begins with an intense hydration by drinking the specific energizing herbal tea. Cleansing with natural foam and hot water in the emotional shower is the next step after which you get into the sauna for the first part of warming the body (5/ 8 minutes). Now it is time to stretch the body in the futon area for 2 minutes wearing a dressing gown. Then it is time for the refreshing phase in the emotional shower (or bath) starting from the feet and finishing with the head. A second cycle of warming/relaxing/refreshing is repeated, with the sauna phase lasting an extra 2 minutes. As soon as the sauna path is finished you get to relax in the designated area while drinking a specific mineralizing herbal tea.

Bagno nel Tempo

The “ bath in time “ is a therapy that has been created for those who need some time to contemplate and relax. The goal of this treatment is to restore the right harmony by relaxing the muscles and the mind. This begins in the jacuzzi tub, preferably out in the open, and lasts at least 15 minutes. Once out of the jacuzzi you can relax in the futon area for five minutes with a herbal tea. The next step is the sauna to warm up (5/ 8 minutes). After this we advise you to take a cold emotional shower wetting first your feet and last your head. You then repeat the steps starting with the jacuzzi but replacing the sauna with the steam bath. You then proceed to the shower to refresh your body. Once you have finished you may relax in the designated area with a specific relaxing herbal tea.

The entry fee for the AgriSpa is 25 euros, each treatment lasts 2 hours.