

Arantia Rubra Mediterranean Wellness is the wellness center of the Four Points by Sheraton Catania: an oasis of well-being away from the chaos of the city, a place entirely dedicated to the care of the body and mind where forget the daily stress and be pampered by expert hands with high quality products.

MARIA GALLAND
PARIS

is the premium skin care brand that uses exclusive, 100% manual methods. The French company annually invests in research with a pool of experts who patent revolutionary and ultra-modern formulas to obtain the best result with the utmost skin physiological respect.

The holistic and revolutionary method of Maria Galland Paris offers highly effective and ultra-personalized treatments and products with immediately visible results after the first treatment.

We advise you to extend your experience by purchasing the exclusive Maria Galland Paris products for a personalized beauty routine.

FACIAL TREATMENTS

SOIN D-TOX PEAU NEUVE

For a more radiant and detoxified skin, we recommend the holistic D-tox by Maria Galland Paris. This 100% manual deep cleansing ritual is suitable for all skin types.

It combines highly effective innovative products to instantly remove dead cells, absorb impurities, free pores and promote cell renewal while preserving the integrity of the three great pillars of the epidermal ecosystem, that is a balanced microbiome to protect the skin from external invasions, a pH normal to preserve hydration and a strong and healthy hydrolipidic barrier. An exclusive beauty method that allows the skin to breathe again.

30 minutes € 50.00

SOIN DERMATOLOGIQUE

Our dermatological treatment programs free the skin of impurities, pigmentation, redness and dryness. These four skin conditions reveal the presence of a skin imbalance and can be treated with targeted remedies, restoring and strengthening the natural epidermal balance. Each treatment offers a treatment regimen tailored to the skin condition you want to counter. The highly calming and nourishing ingredients are the key to restoring harmony to your skin.

70 minutes € 90.00

SOIN THALASSO HYDRATANT

This algae treatment refreshes, revitalizes and gives the skin intense and concentrated hydration. Suitable for all skin types and for anyone who wants to receive a real recharge of energy from the bottom of the sea. Every trace of tiredness is like swept away, a perfect little holiday for the skin!

60 minutes € 80.00

SOIN RÉVÉLATION LUMIÈRE DE JEUNESSE

Do you have an intense life, full of energy and always give your best? In order for the skin to keep up with this dynamic and demanding lifestyle, we recommend this extreme shine treatment. It invigorates tired skin, minimizes the first signs of aging and gives a fresh youthful glow. Yes to skin and radiantly beautiful life!

60 minutes € 80.00

BODY TREATMENTS

SOIN EXFOLIANT D-TOX

The exfoliating treatment or scrub is essential before any treatment because it exfoliates and regenerates the epidermis in a gentle but energetic way and facilitates the absorption of the massaged products subsequently increasing their effectiveness. A thin Brittany salt mixed with a few drops of essential oil is applied to the skin and gentle circular movements are performed, insisting on the roughest and thickest areas such as elbows, knees and heels. In contact with the skin, the salt activates an osmotic process that improves microcirculation and drains excess fluids. The effect is a smoother skin and a complete purification of spirit and body.

30 minutes € 40,00 | 60 minutes € 70,00

SOIN JAMBES LEGÉRES

Aesthetic draining and toning bandage to relax the legs, leave them fresh and with a feeling of lightness and comfort. With this targeted express treatment there is always the prospect of a pleasant experience for scrambled legs and feet.

40 minutes € 45,00

SOIN INSTANT RELAXANT

D-tox and firming wrapping with seaweed mud to improve some skin imperfections and to stimulate microcirculation, promoting sweating and, consequently, promoting the drainage of interstitial fluids and the elimination of waste and toxins. The result is a deeply purified skin that is visibly softer and more compact.

45 minutes € 55,00

SOIN REMISE EN FORME

Devote precious time to yourself with this antioxidant and complete ocean journey. Thanks to the hydra-nutritive peeling with Brittany salt, the remineralizing marine wrap and the relaxing massage, it purifies and detoxifies, eliminates tension and restores the vital energy of the body and mind.

80 minutes € 130,00

MASSAGES

LOCALIZED WELLNESS MESSAGE

Treat yourself to this moment of gestures carried out by expert hands that work on a specific part of the body to give inimitable comfort. The treated area relaxes and the daily stress disappears. You can choose between an anti-wrinkle and anti-stress face-head massage to regenerate, firm and lift the contours of the face and to give immediate relief even to those suffering from headaches, a cervical-back relaxation to relieve muscle tension, an anti-fatigue legs for reduce swelling and the feeling of tiredness and heaviness that can occur after a hectic day or a pleasant foot reflexology to give well-being to the subject treated in its entirety.

30 minutes € 45,00

BEAUTY MESSAGE

Personalized aesthetic total body massage (draining or anti-cellulite or toning) carried out with different manual techniques that are adopted according to the morphological characteristics, needs and sensitivities of the person. With the help of essential oils and specific rapidly absorbed products, it improves skin and subcutaneous imperfections because it stimulates microcirculation with a consequent reduction in water retention and cellulite and also tones the tissues, preventing skin aging. The result is a visibly firmed and reshaped silhouette.

50 minutes € 70,00

DEEP RELAXING MESSAGE

Relaxing par excellence, this massage has the power to put you in contact with yourself, refining the listening to your body and emotions. Indicated in all situations where peace and serenity are needed because it stimulates the production of endorphins and because it dissolves psycho-physical tensions, even improving the quality of sleep and promoting a perfect reunion between mind, body and soul.

30 minutes € 45,00

45 minutes € 65,00

60 minutes € 80,00

DECONTRACTING MESSAGE

Its goal is to dissolve contractures, which can occur for many causes (posture, incorrect movements, physical effort or intense training). The commonly affected areas are the back, shoulders, neck and legs. The massage is based on muscle pressure and stretching that improve the elasticity of the tissues, reduce lactic acid and promote the flow of blood to the muscles, giving a feeling of immediate relief.

NECK AND BACK

25 minutes € 50,00

TOTAL BODY

45 minutes € 80,00

60 minutes € 100,00

EMOTIONAL CALIFORNIAN MASSAGE

The Californian massage helps to find and maintain the balance between these different realities that are part of our being. The maneuvers are performed in a slow, fluid and enveloping way following the energy points and the centers of the nerve endings. A relationship of "trust" is created with one's body and senses, thus also increasing self-esteem and the relationship with others. For this reason it is recommended in cases in which there are states of psycho-physical tension, anxiety of non-pathogenic origin, insomnia, difficulties in relating and accepting one's body, especially on a psychological level.

60 minutes € 90,00

DAY SPA PACKAGES

JUST FOR US

Personalized facial treatment and intoxicating couple massage

The couple's massage is a real ritual that allows you to share an unforgettable experience with a person close to us. It helps to stretch and relax the muscles and to regain the energy lost after a demanding period. The personalized facial treatment with exclusive high-performance products gives an extraordinary sensation of freshness, compactness and immediate relaxation. You can let yourself go in the certainty of being in good hands and having a wonderful holistic experience that will revitalize your skin and your body.

50 minutes € 150,00 for two people

BUSINESS TRAVELLERS

D-tox face, body scrub and decontracting massage

After the stress of traveling or after long hours of work, there is nothing you want more than this special package: a purifying and regenerating facial treatment that counteracts irritation caused by stress, overwork, pollution, inadequate lifestyle and wrong diet. It is carried out with relaxing maneuvers and products made to obtain maximum effectiveness, giving new radiance to dull and tired skin. The exfoliating body treatment with its slight abrasion, removes dead cells from the surface layer of the epidermis and the final decontracting massage lasting 45 minutes is a real cure-all able to reduce muscle tension and stiffness.

90 minutes € 150,00

SEA BREEZE

Thalasso anti-age face-eyes and body remise en forme

A real recovery of the psycho-physical form for anyone who decides to fill up on pure energy obtained from the seabed. The richness of the active ingredients of the land of Brittany, enclosed in precious elements such as the refreshing algae mask, pure salt, mud and flavored oil for an ocean journey that purifies, hydrates and revitalizes totally. This treatment promotes the natural balance of the soul and body and the unconditional abandonment to a pleasant experience of pampering and lightness.

100 minutes € 230,00

WELLNESS WITH 4 HANDS

Anti-stress facial treatment, sublime cocoon for feet and four-hand massage

The feeling of feeling "four hands" allows you to relax and let your mind go. This massage, lasting 40 minutes, is like a harmonic dance on the body interpreted by two operators who act in synchrony on the five senses and offer double physical and mental relaxation. Prolonged well-being with the personalized facial treatment and with the soft cocoon foam that intensely hydrates and regenerates the feet immersed in an enveloping cocoon that gives an extraordinary feeling of protection, as if they were "Feet in the Clouds".

70 minutes € 170,00

SWEET WAITING

Dermatological facial treatment, sublime foot cocoon and prenatal massage

The program, specially designed for the expectant woman, starting from the 4th month of pregnancy, takes into account the peculiarities and the different changes that occur in the expectant mother. The facial treatment, selected for you, balances the altered skin and improves any imperfections that could occur due to the action of pregnancy hormones. The sublime cocoon on the feet and the 45-minute massage promote relaxation, invigorating both physically and mentally.

100 minutes € 150,00

MARIA GALLAND SIGNATURE

Méthode Mosaïque Modelante and d-tox face, anti-aging eye treatment, sublime cocoon hands and deep relaxation massage

A 360° wellness solution for the face and body. With the iconic Méthode Mosaïque Modelante you can indulge in the luxury of an ultra-personalized anti-aging treatment par excellence. Once the skin needs are identified, the face is treated with exclusive 100% manual remodeling techniques which, combined with the sculptural properties of the inimitable mineral-based thermo-active mask, will make your skin more radiant, revitalized and with an immediately visible lifting effect. Thanks to the sublime cocoon moisturizing and regenerating treatment, the hands are placed in a soft foam that gives a pleasant sensation of comfort, as if they were "Hands in the Clouds". Finally, a deeply relaxing 45-minute body massage to end a truly luxurious experience for yourself.

130 minutes € 260,00

BEAUTY SERVICES

HAND AND FEET

Manicure

€ 18,00

Aesthetic pedicure

€ 30,00

Pedicure Complete

60 minutes € 40,00 – 90 minutes € 50,00

Add an extra pampering:

Semi-permanent hand or foot gel + € 18,00

Soin Cocoon Sublime Maria Galland hands or feet + € 35,00

EPILATION

Eyebrow arch restyling

price from € 12.00

Upper lip

€ 5.00

Armpits

€ 12.00

Arms

€ 18.00

Half leg

€ 20.00

Full legs

€ 35.00

Partial groin

€ 15.00

Total groin

€ 22.00

Buttocks

€ 12.00

Total legs + partial groin

€ 45.00

Total legs + total groin

€ 55.00

Man back or back

€ 35.00

SPA POLICY

Etiquette

To live your experience in complete relaxation, please respect the Arantia Rubra regulations, silencing the cell phone ringtone and keeping a low tone of voice within the entire area. Small safety deposit boxes and lockers in the changing rooms are available to you free of charge. The Management will not be liable for valuables forgotten or left unattended.

Reservations

To best meet your request and time preference, a 24-hour advance booking is required by contacting Arantia Rubra during opening hours or directly at the hotel reception.

Delays

We recommend that you arrive 10 minutes before the agreed time and we invite you to understand that any delay may result in, out of respect for the next customer, a reduction in the duration of the treatment, for which the full amount must be paid. The minutes indicated in our price list correspond to the actual duration of the treatment in the cabin.

Cancellations

Please notify us of any cancellation of the appointment up to 24 hours prior to the scheduled time, otherwise we will reserve the right to charge you the full amount of the treatment booked.

Age restrictions

According to the Maria Galland Paris guidelines, some beauty treatments are not recommended for children under the age of 14. As for the body massage, however, there are no age limits provided that minors are accompanied by a parent in the cabin.

For your well-being

Before each treatment, the staff will invite you to fill in a self-certification of suitability to carry out treatments. We invite you to carefully communicate your health conditions (allergies, hypertension, heart disease, pregnancy, post surgery or other pathology) to the staff, so that we can give you the best possible advice.