



THE SALT ROOM

AT THE MONTENOTTE



A place to escape the noise and take time for yourself. Come in and let us guide you on a journey, to calm your body and mind. Our massage therapies are designed to harmonise your body and soul, relieve tension, and help you relax. Facial therapies are fully customised to treat every skin condition, to nourish and regenerate skin cells.

A visit to The Salt Room is a must. It is a sanctuary built to offer healing and rejuvenation. The Salt Room promises an experience that transcends the ordinary, providing a haven for both body and soul and a 40-minute wellness experience is inclusive for all guests, post your spa treatment.

MASSAGE THERAPIES

Treatments by Grown Alchemist

- ✿ Body release massage
- ✿ Urban de-stress

60 minutes: €120

- ✿ Deep tissue massage

60 minutes: €120 | 80 minutes: €150

- ✿ Indian head massage

60 minutes: €115

BODY THERAPY

- ✿ Full body scrub with scalp massage 60 minutes: €110

FACIAL THERAPIES

Treatments by Grown Alchemist

- ✿ Defence
- ✿ Detox

60 minutes: €130

- ✿ Regenerator

60 minutes: €140

Treatments by Grown Alchemist

- ✿ Customised skin solution
- 60 minutes | €120

PREGNANCY THERAPIES

- ✿ Maternity full body massage
60 minutes | €120

- ✿ Maternity back, neck, and
shoulder massage with
mini facial
75 minutes | €135

SALT THERAPY at THE SALT ROOM

- ✿ Salt Therapy – A standalone
wellness treatment:
Monday – Sunday 10am-5pm
40 minutes | €45 per person