

OPENING
Wetland
Monday - Sunday
hours

09:30 - 11:30
10:00 - 12:00

14:30 - 16:30
16:30 - 18:30

Guests Hotel € 30,00

External guests € 40,00

V.I.P. Spa 18:30-20:30
(€ 55,00)

Times may vary
depending on the season

Relax
Enter the world of silence
to find yourself.

Karma
Spa

OPENING
Beauty treatments & Wellness
treatments

Monday - Sunday
hours
09:00 - 12:00

14:00 - 19:00

Times may vary depending
on the season

ENTRANCE TO THE WELLNESS
PATH

(duration 120 min)

sauna

steam room

mediterranean bath

emotional showers

water paradise

ice fountain

halotherapy room

sea cave

courtesy kit :

towel, bathrobe and slippers
available during the stay at the Spa

HOTEL GUESTS

individual admission € 30,00

EXTERNAL GUESTS

individual admission € 40,00

BEAUTY & WELLNESS AREA

Manicure

Pedicure

Epilation

Facials

Treatments Body

mud therapy

Scrub

Massage

bandages

Hen parties

Private parties

Monday to Sunday

Info and Reservations :0185480855
whatsapp message 3453526031

To feel at home...

Our goal is to make your stay in the spa
as relaxing as possible

We therefore invite you to respect the privacy and
peace of mind by moderating the use of mobile phones and using a proper conversation
tone.

We recommend that you report to reception 15 minutes before the booked treatment.

Reservations and cancellations

You can book your treatments or routes by calling the hotel reception or by contacting the
Spa Manager who will satisfy you
your every request.

In case of any cancellation of treatments, please advise us with an advance of 24 h (in case
of delay it will not be possible to extend the duration of treatments).

The courtesy kit to access the spa includes bathrobe, slippers, towels that will be delivered
and returned at the end of the tour at the reception.

At the entrance of the Spa you will find at your disposal an expert in the field who for the
duration of your stay will accompany you and your wellness path.

We wish you a good time
the Staff

*Our Philosophy is as follows:
Your Flow*

*Karma
Spa*

Who among us has never felt the feeling of being well ? When we enter a Spa we look for a warm and welcoming place where we can find ourselves , where time manages to enchant to stop.. and it's magic now.

Our philosophy translates into a few words : FEEL GOOD.

It sounds like a rhetorical phrase but beyond a few words there is the concept of the whole.

Let's try to break down the phrase ...

MAKE

Do .. a continuous frenetic movement of life to which we are forced to give so many hours a day .. Doing is never enough .. but doing is not only aimed at a materialistic end is also a means to achieve a goal that gives us well-being ...

STAY

Stop, take time and listen in silence to our needs and those of those around us ...enjoy the stillness and stasis ..

WELL

.It is the adverb corresponding to the adjective good, and therefore means in a good, right, just way, so as to give full satisfaction: A condition of guarantee that, who we love, we

There are so many things that do us good, but very few that make us feel good. Everything is spent in terms of time. We can make ourselves feel good if we take the time. And we can make someone feel good if we give them time.

A fair time, our time,

that has the size and intensity of the part of the heart that we want to give. To make a person feel good means to carve out a corner of peace, a moment of freedom in which to feel oneself without the fear of being judged or feeling selfish. The feeling good is peace. The feeling good gives us a love and a respect for what we really have of immeasurable...our time. This is our philosophy, this is our way of seeing the Guest of our Spa .. a way that goes beyond materiality'. The most beautiful gift that we can receive from those who use our services is the smile that is given to us at the end of a treatment or a sensory journey , is the proof that we donated all our knowledge, all the love we feel for our profession ...this is our philosophy ... Make others feel good to make ourselves feel good ... an explosive combination of sensations that envelop the five senses in a holistic approach .

THE CHOICE OF MATERIALS AND THE CONCEPT OF GREEN LIFE

Our philosophy is identified in the world of natural, our products are true phyto-aromatic elixirs, without added perfumes and paraben-free, where the aromas of essential oils that

They release pleasant scents that make them extremely pleasant.

Products that are used for the production of sludge , poultices

,peeling , face and body masks derive from a long search for excellent raw materials that, mixed by the expert hands of our operators, create a real immersion in nature seen as a lifestyle and care of body and soul . The massage oils and phitoterapici oleoliths used by us are the best allies to repair, protect and restructure damaged or stressed skin , as they are rich in vitamins and active ingredients that nourish the skin protecting it from external agents and from the physiological reproduction of free radicals .

Our facial and body beauty treatments, used for remise en forme programs, are entrusted to cosmetic brands with international awards that formulate their products based on the highest cosmetic and cosmeceutical technologies more and more

cutting edge in the age control & remise en forme sector .

The technologies adopted by us are aids to the use of manual arts on the dormant muscle bundles , reactivating the micro circle and stimulating the fibroblasts (the cells responsible for the production of collagen and elastin) to a greater activity .

Hotel Miramare & Spa

SESTRI LEVANTE

They say about our Spa...

Karma Spa



MARISOL MILITELLO
4 MESI FA SU GOOGLE
5/5
ESPERIENZA DA RIPETERE
ASSOLUTAMENTE! STAFF SUPER OLTRE LE
5 STELLE! SIMPATICHE E COLLABORATIVE!
MOLTO PROFESSIONALI E SUPER
ACCOGLIENTI!... NON VEDO L'ORA DI
TORNARE!
TIPO DI VIAGGIO/VACANZA: COPPIA
CAMERES: 0SERVIZIO: 5,0POSIZIONE: 5,0

CARLO SANTAMBROGIO
6 MESI FA SU GOOGLE
5/5
HOTEL MOLTO CURATO E
PULITO... SPA, A DIR POCO
FANTASTICA... CRISTINA E LE
SUE COLLABORATRICI SONO
BRAVISSIME, GENTILI E
MOLTO PROFESSIONALI.
FATTO MASSAGGIO
RELAX... ED È STATO
FANTASTICO!!!
CONSIGLIATISSIMO....
TIPO DI VIAGGIO/COPPIA
CAMERES: 0SERVIZIO: 5,0POSIZIONE: 5,0



ALESSANDRO DORI
3 MESI FA SU GOOGLE
5/5
LA SPA È BELLA CHE POTRETE
TROVARE IN SESTRI LEVANTE E
NELLA BAIÀ DEL SILENZIO.
PERSONALE MOLTO GENTILE E
CORDIALISSIMO OVVIAMENTE
TUTTO CURATO NEI MINIMI
DETTAGLI, IL MIGLIOR POSTO
OVE RILASSARSI E STACCARE DA
TUTTO
TIPO DI VIAGGIO/VACANZA
SERVIZIO: 5,0POSIZIONE: 5,0



MONICA CERVI
9 MESI FA SU GOOGLE
4/5

BELLA ESPERIENZA, ALL'INTERNO DI UNA LOCATION RAFFINATA ED ELEGANTE,
PERSONALE PROFESSIONALE E MOLTO CORDIALE ALLA RECEPTION, AVEVAMO
PRENOTATO UNA CAMERA SUPERIOR VISTA MARE, TUTTAVIA ALL'ARRIVO, CI HANNO
ASSEGNATO PER ERRORE UNA STANDARD, LA RECEPTIONIST CI HA IMMEDIATAMENTE
ASSEGNATO UNA JONIA SUITE VISTA MARE SENZA COSTI AGGIUNTIVI,
CONFORTEVOLE E DOTATA DI BUONI SERVIZI. HO APPREZZATO MOLTO LA
POSIZIONE: L'HOTEL SI AFFACCIA DIRETTAMENTE SULLA BATA DEL SILENZIO, UNO
SCORCIO DI MARE STUPEFENDO, DI QUELLI CHE ALLETTANO VISTA E CUORE. MOLTO
ACCOGLIENTE, INTIMA E BELLIOSA LA SPA, COMPRESA LA PRESTAZIONE DI
GUENDALINA SUL MIO VISO, CON IL SUO TOCCO FORMIDABILE, LEGGERO E
PIACEVOLE.

ANNE CZICHOWSKY
4 SETTIMANE FA SU GOOGLE
5/5

CHE POSTO MERAVIGLIOSISSIMO! SIAMO
STATI MOLTO BENE AL HOTEL MIRAMARE.
CHE OFFRE UN SERVIZIO FANTASTICO. IL
PERSONALE AL RISTORANTE, CAMERIERI
E SOMMELIERS DI UN LIVELLO
STRAORDINARIO, CUCINA INCREDIBILE E
SOPRATTUTTO, IL KARMA SPA CON LA
GRANDE MANAGER CRISTINA CI HA
FATTO STARE BENE - ASSOLUTAMENTE
RACCOMANDABILE DI ANDARCI PER
DIVERSI MASSAGGI ED ANCHE IL
AMBIENTE MERAVIGLIOSO DELLO SPA.
GRAZIE HOTEL MIRAMARE & KARMA SPA,
CI RIVEDEREMO SICURAMENTE! -:-
TIPO DI VIAGGIO/VACANZA



NIGOLETTA UCCELLO
3 MESI FA SU GOOGLE
5/5

SPA FANTASTICA E
PERSONALE GENTILE E
PROFESSIONALE...
OMAGGIO SUPER GRADITO
NELLA LORO SPLENDAIDA
TERRAZZA IN BAIÀ.
TIPO DI VIAGGIO/VACANZA
COPPIA
SERVIZIO: 5,0POSIZIONE: 5,0

ELENA BATTISTELLO
1 MESE FA SU GOOGLE
5/5
ABBIAMO ORGANIZZATO UN
ADDIO AL NUBILATO PRESSO
LA SPA DELLA STRUTTURA
CON UN APERITIVO SERVITO
IN VERANDA SULLA
SPIAGGIA! SIAMO STATE
SEGUITE E COCCOLATE IN
OGNI MINIMO DETTAGLIO
CON UN SERVIZIO
IMPECCABILE! LA SPOSA È
RIMASTA ENTUSIASTA DELLA
SORPRESA! DA NON
SOTTOVALUTARE L'OTTIMO
RAPPORTO QUALITÀ PREZZO!
TIPO DI VIAGGIO/AMICI
SERVIZIO: 5,0POSIZIONE: 5,0

DAVIDE ZOFFOLI
5 MESI FA SU GOOGLE
4/5

LOCATION VERAMENTE BELLA ED IN
OTTIMA POSIZIONE. SPA MOLTO
BELLA E CON UN OTTIMA GESTIONE...
SOLO ALCUNI CHIARIMENTI CHE
HANNO PORTATO A DARE UN VOTO
SU SERVIZIO PIÙ CONTENUTO...
OTTIMO POSTO PER VEDERE LE
CINQUE TERRE...
TIPO DI VIAGGIO/VACANZA: COPPIA
CAMERES: 0SERVIZIO: 3,0POSIZIONE: 5,0

MERAVIGLIOSO SOGGIORNO.
HOTEL IN POSIZIONE MAGNIFICA, BEN TENUTO.
PERSONALE PROFESSIONALE E ALTAMENTE
DISPONIBILE. SPIAGGIA ESTREMAMENTE CURATA DA
PERSONE GENTILI E PROFESSIONALI.
CUCINA IMPECCABILE CON SERATE SULLA SPIAGGIA
DEGNE DEI MIGLIORI RESORT.
CHE DIRE DELLA SPA? UN ANGOLO DI PARADISO PER
UNA COCCOLA INDIMENTICABILE.
GRAZIE INFINITE A TUTTI PER LA BELLISSIMA
VACANZA. TORNEREMO E LO CONSIGLIAMO A CHI
CERCA UNA SPLENDA VACANZA.
FEDERICA



MANICURE

manicure + nail polish OPI € 20,00

manicure SPA € 30,00
(manicure + mask + massage)

semi-permanent enamel
Shellac CND € 20,00

only enamel removal
semi-permanent € 10,00

enamel application
without manicure or pedicure € 10,00

PEDICURE

aesthetic and curative pedicure
€40,00

care only ingrown nail
€ 10,00

callus cure
€ 10,00 each

nail clipping
€ 10,00

nail filing € 5,00

CND
SHELLAC™
brand

SCEGLI L'ORIGINALE

CND SHELLAC™
CND SHELLAC™
CND SHELLAC™

EPILATION
WITH COLD WAXING
For Him and Her

- half leg € 20,00
- whole leg € 30,00
- partial groin / total € 10,00/20,00
- full leg + groin € 40,00 / 45,00
- armpits € 10,00
- arms € 15,00 / 20,00
- abdomen € 30,00
- gluteus € 10,00
- back € 30,00
- eyebrows € 8,00
- face € 10,00
- upper lip € 5,00



*Your Face ...
The mirror of the soul*

*Karma
Spa*

Osmotic Peel Off Mask

Osmotic masks in addition to containing specific micronized active, contain stem cells of the Rosa Alpina. This sophisticated active ingredient protects the regeneration systems of the skin, restoring its functions properly. The skin is visibly renewed with the first application. Duration 25 min € 50.00

Full facial cleaning €80,00

Karma Experience :

Anti-aging facial 60 € 110,00

Restorative moisturizer 50 min
€ 90.00

Rebalancing 50 min € 90,00

Super lifting anti-age soin
75 min € 190,00

Face mask
combined with Manicure or
Pedicure € 20,00

Eye Special

The eye area deserves special attention and this treatment has been specially designed for an immediate illuminating effect, lifting and to eliminate any dark circles or signs of fatigue. After the specific manual skills with products based on wild argan oil, silicon and alfalfa, the treatment is completed with a pack of pure wild aloe juice that refreshes, refreshes and regenerates. Localized Duration 30 min €80.00'

VIP EMOTION
FOR THOSE WHO WANT TO CELEBRATE A SPECIAL
ANNIVERSARY ALONE OR IN COMPANY ENJOYING
THE BENEFITS OF THE SPA + APERITIF IN TUB MAX 12
PEOPLE.

DURATION 120 MIN € 400,00
LUXURY APERITIF € 15,00 EACH.





For an optimum skin, for progressive results
BODY & FACE RF
RADIOFREQUENCY

Perfect RFP
Face and Body

The capacitive and monopolar radiofrequency plays an active action on soft tissues, rich in water (muscles, vascular system) and ensures greater effectiveness because it penetrates the dermis and reaches the superficial muscle fascia, along the fibrous septa of the hypodermis.

It has a toning and lifting action on the face, visibly reducing wrinkles and compacting the complexion

but it is also a valid ally to counteract the imperfections caused by cellulite and relaxation of the skin tissue.

Duration 30 min € 60,00



SPA DOLCE VITA

Let yourself be enveloped by the essential oils of sweet orange and lemon for this special treatment that will restore a unique brightness and compactness to the skin, thanks to the synergy of the refined Spa products. The treatment begins with the special Dolce Vita scrub with sugar microspheres, followed by an elasticizing massage made with Balance oil based on citrus essential oils. Thanks to the final touch of the silky cream Sweet Orange you will enjoy unforgettable moments of well-being.

Duration 50 min
€ 100,00

BOTANICAL

Detoxifying and elasticizing to green clay and horsetail

A special treatment to eliminate toxins that are deposited daily on the skin.

Made with the Regenerating Peeling Botanical, based on green clay, from the absorbing power and oil Relax based on horsetail, elasticizzant, and completed with the wonderful action of the Botanical Body Cream with calendula flower extract, with a deep moisturizing and nourishing power. Ideal to renew and detoxify the skin and feel immediately toned and regenerated.

Duration 50 min
€ 80.00

Only For Us .

A holistic total body path in which different massage techniques are combined.

The postural massage relieves tired back; the circulatory massage promotes the drainage of fluids; the acupressure on the head relaxes the "control unit". A complete massage that allows mom and baby to relax.

Duration 50 min € 100,00



The Specials : **Karma**
The Vinotherapy **Spa**



Note Divine

anti-aging facial treatment
to the polyphenols of grapes
duration 50 min
€ 90,00

The anti-age treatment
face and body
autumn - winter
Vinotherapy, suitable for the whole body, exploits all the benefits of
grapes, has anti-aging, exfoliating and calming properties.
The vinotherapy treatments act as an energy boost for the skin,
helping to firm, exfoliate, smooth and give elasticity to the skin.

Attimi Di-vini

Vinotherapy of couple
with
with tasting created by
our Chefs ,
Barman and
sommelier

duration 75 min
€ 250,00

Wine experience
Grape seed and red fruit
scrub ,
must compress,
aromatic massage.
A complete treatment
to find again
the brightness and tone of
the skin

duration 50 min
€ 120,00

The Coffee Therapy

exploits the energizing properties of coffee, decongesting ,
reducing stress in the orbicular area.

The body treatments based on coffee, reactivating the venous and lymphatic circulation, contribute to counteract the effects of cellulite or edematous forms

Coffee facial treatment
revitalizes the skin with a whitening peeling +
face mask decongestant
duration 40 min € 60,00

Hair Care
a regenerating
treatment
for dehydrated hair,
exploited and
damaged by
atmospheric agents
duration 20 min €
30,00



Treatment with
energizing coffee

Sweet exfoliation with
coffee beans + Massage
with Ayurvedic oils
and pindas

duration 50 min €
90,00

A miracle for the skin and for the spirit: chocolate is in fact rich in beneficial substances such as theobromine and caffeine that have a draining effect on water retention and also help the nervous system, improving concentration and stimulating endorphins, responsible for a good mood.

Cocoa - equipped with dermocosmetic and pharmacological functions and rich in vitamin A - stimulates blood circulation, as well as having an antioxidant and vasotonic action.

Chocolate therapy reduces cellulite and is the ideal ally for the face, thanks to its nourishing and emollient properties.

Face and body pack
with dark chocolate
and aromatic
butters
duration 50 min
€ 90.00



greedy face mask
theobromine and
head massage
duration 30 min
€ 50,00

Couple massage
with the scents of
Madagascar
with tasting of
cioccoexperience
of our Chefs and cocoa
energizing drink
duration 75 min
€ 260,00 per couple

SCRUB SLUDGE AND POULTICES

Pamper and nourish your skin during your Spa journey...
Studied and composed at the moment to enhance its potential

Their effect is enhanced by Mediterranean vapors for a toned and remineralized skin

€ 20,00 each.

THALASSO SPA

Our Bio and Mud Scrubs .. pure essences of the sea with invigorating properties remineralizing ,draining to reactivate the cellular metabolism and give a boost of well-being to our body

Duration 50 min € 100,00



REGENERATION

A special treatment to eliminate toxins which are deposited daily on the skin.

Made with peeling based on green clay oleolita rosemary from power recomposing and reactivating the venous and lymphatic circulation . Ideal to renew and detoxify the skin and feel immediately toned and regenerated

Duration 40 min € 80,00 each.

NUVOLA EXPERIENCE

Cloud Experience combines the benefits of weightless buoyancy with those of stimulating and relaxing treatment without the need to come into direct contact with water.

Duration : 25 /50 min
€ 20.00/ 50.00

GRAVITATIONAL
RELAXANT

Face and foot massage
with hot butters
on a water bed
Puff

Duration 45 min € 90,00



FACE MASK
AND FLOTATION IN THE
CLOUD
25 MIN € 60,00

LA SALINA

detoxifying treatment
with a very high drainage
effect

in cloud windings
Duration : 50 min
€ 90.00

RITUAL

MARINE PAMPERING

Hygroscopic and relaxing mud
therapy . Gluteal legs and
abdomen massage with
phitocosmetic extracts with
toning and slimming action

Duration 50 min
€ 100,00

The Massage

Anti-stress
feather maneuvers to help rest
50 min € 90,00

Oceanic shell massage
50 min € 100,00

Lymphatic drainage
50 min € 120,00

Stone therapy
50 min € 110,00

Pindas sweda
50 min € 100,00

Foot massage
30 min € 60,00

Localized partial
25 min € 60,00

Scalp
25 min € 40,00

Back & neck
25 min € 50,00



Together ...
our proposals for the couple

Relaxing
50 min € 180,00

Deluxe
50 min € 200,00

Candle Massage
50 minutes €220,00

Luxury
50 min + aperitif € 260,00

ARNICA WELLNESS

Neck, cervical, back and lumbar area are often sore spots.

Thanks to the decontracting massage with warm Wellness oil and final wrap with Arnica Cream, we can immediately find relief and regain the lost elasticity.

Localized Duration: 30 min
€ 60,00

SPORTY

The sports massage is carried out with the specific energizing oil for an action defatic and anti-inflammatory of muscle tissues

Duration: 30 min € 60,00
50 min € 110,00

MUSCULAR
RELAXATION

Lavender, chamomile and wild yarrow, only the best of nature in this massage with a powerful decontracting effect to forget stress and leave behind muscle tension, thanks to the effect of lemon oils, cloves and wild herbs

Duration: 50 min
€ 100,00

TOTAL BODY PERSIAN ROSE

A very precious ritual for face and body, based on essential oil of wild Persian rose. A soothing and extremely illuminating effect, a caress that envelops the skin thanks to the harmonious techniques of massage, enhanced and enriched by natural products. The result is a flourishing skin for face and body, as well as a unique sensory immersion celebrated by the aromatic rain of floral water of wild Persian rose buds.

Duration: 100 min

€ 180,00



RELAXING AROMATIC MASSAGE

The ideal massage to dissolve tensions and indulge in the effect of the special synergy of activated oil with absolute food grade - 100% natural - of lemon, cloves and wild ylang ylang.

Total body Duration: 50 min

€ 100,00

ACQUA SINGOLA

Movement in the tank
with an operator
duration 30 min
€ 30,00



UNDERWATER
RELAX
Durata 25 min
€ 60,00

ACQUA SPA :

by reservation
Muscle Awakening
from 08:30 to 09:00
max 3 people
€ 8.00



It is said that Il tritone Tigullio falls in love with the beautiful Segesta.... Neptune jealous, hinders their love and one night when Tigullius comes to kidnap Segesta, Neptune decides to make it stone and will create the isthmus that divides the two seas.

On one side the bay of fairy tales
on the other hand the Bay of Levante , the Bay of Silence .

This enchanting bay is overlooked by the Hotel Miramare, a jewel wanted by the Carmagnini family in 1976.

A magical place where you can breathe the air of home that meets the art and modernity of the high hotels ...where our guests every night can feel the sea that embraces his land ... and it's Magic !

Hotel
Miramare
& Spa
— SESTRI LEVANTE —

Karma Spa

Enter the world
of silence
for
rediscover
yourself

