

IDUME

MEDITERRANEAN SPA

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*Welcome to our Spa, a sanctuary
of tranquility and regeneration in the heart
of Lecce, where the charm of Salento meets
the art of wellbeing.*



There is an invisible water that has flowed through Lecce for centuries. It runs beneath the stone—silently, patiently, anciently. It is the Idume, a legendary hidden river, the fluid memory of the city's history and its bond with the Mediterranean.

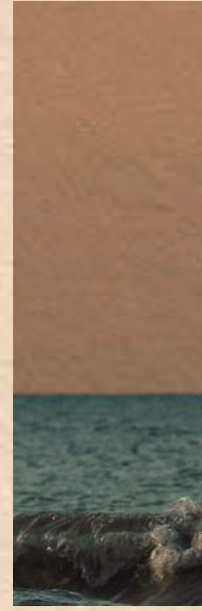
Our Spa is born from this discreet and profound presence: a place where water is not merely an element, but flows to accompany body and mind, far from time, into a state of essential calm.

An intimate, almost secret place, where natural materials, soft light, and stone surfaces invite you to slow down, to breathe, to reconnect with a more authentic dimension of wellbeing.

Inspired by the light, fragrances, and genuine beauty of the Mediterranean, we have created rituals, treatments, and exclusive journeys of pure harmony for body and mind.

Each one is the result of collaboration with prestigious cosmetic laboratories. We embrace an ideal of conscious luxury, selecting exclusively brands that embody sustainability, ethical integrity, and refined innovation. Natural, vegan, cruelty-free, and eco-friendly, our products respect both skin and planet, transforming every treatment into a sensory experience of wellbeing.





WELLNESS JOURNEYS

Each journey at Idume is designed as a ritual, where every phase prepares the next and guides the body towards a state of deep relaxation.

The warmth of the Laconicum (Bio-sauna) and the steam of the Calidarium open the pores and release tensions, preparing the body to listen. The cold of the Nivium (Snow Room) preserves and regenerates. The experience continues with water, in its different forms and temperatures, to stimulate, rebalance, and renew to continue in the Curatio Area dedicated to the most ancient wellness rituals. Finally, time expands in the Quietis Area, where the benefits settle and become a lasting sensation.

An essential, authentic experience, built on the harmony of water, heat, and silence.

Wellness Journey **MEDITERRANEO**

80 min. Single 100 € | Two guests 160 €

A sensory journey designed to regenerate both body and mind: the experience begins with the immersion pool, ideal for promoting relaxation, before moving into the Calidarium, where the enveloping heat and steam help purify and detoxify the body.

The journey continues in the Laconicum, a warm and dry environment that encourages deep wellbeing, and concludes in the evocative snow room, a revitalizing experience that brings freshness and vitality.

The ritual ends in the Quietis Area, where a facial mask is applied before a final moment of pure relaxation.



Wellness Journey

ILIAS

—
100 min. — Single 120 € | Two guests 200 €

A journey designed to regenerate both body and mind through the fragrances and Mediterranean aromas typical of the Peloponnese.

The journey begins in the Laconicum, where the warmth and the scents of mint and rosemary encourage deep relaxation. This is followed by a brief stop in the Nivium to awaken the senses with snow therapy, and an immersion in the pool to restore balance to the body.

The treatment continues with a citrus body scrub, followed by the application of white clay, and concludes with a hydrating massage using olive oil typical of Sparta, leaving the skin radiant, soft, and deeply nourished.

The experience ends in an atmosphere of tranquility in the Quietis Area, where an aromatic herbal infusion is served to prolong the feeling of wellbeing and inner harmony.



Wellness Journey

ATLAS

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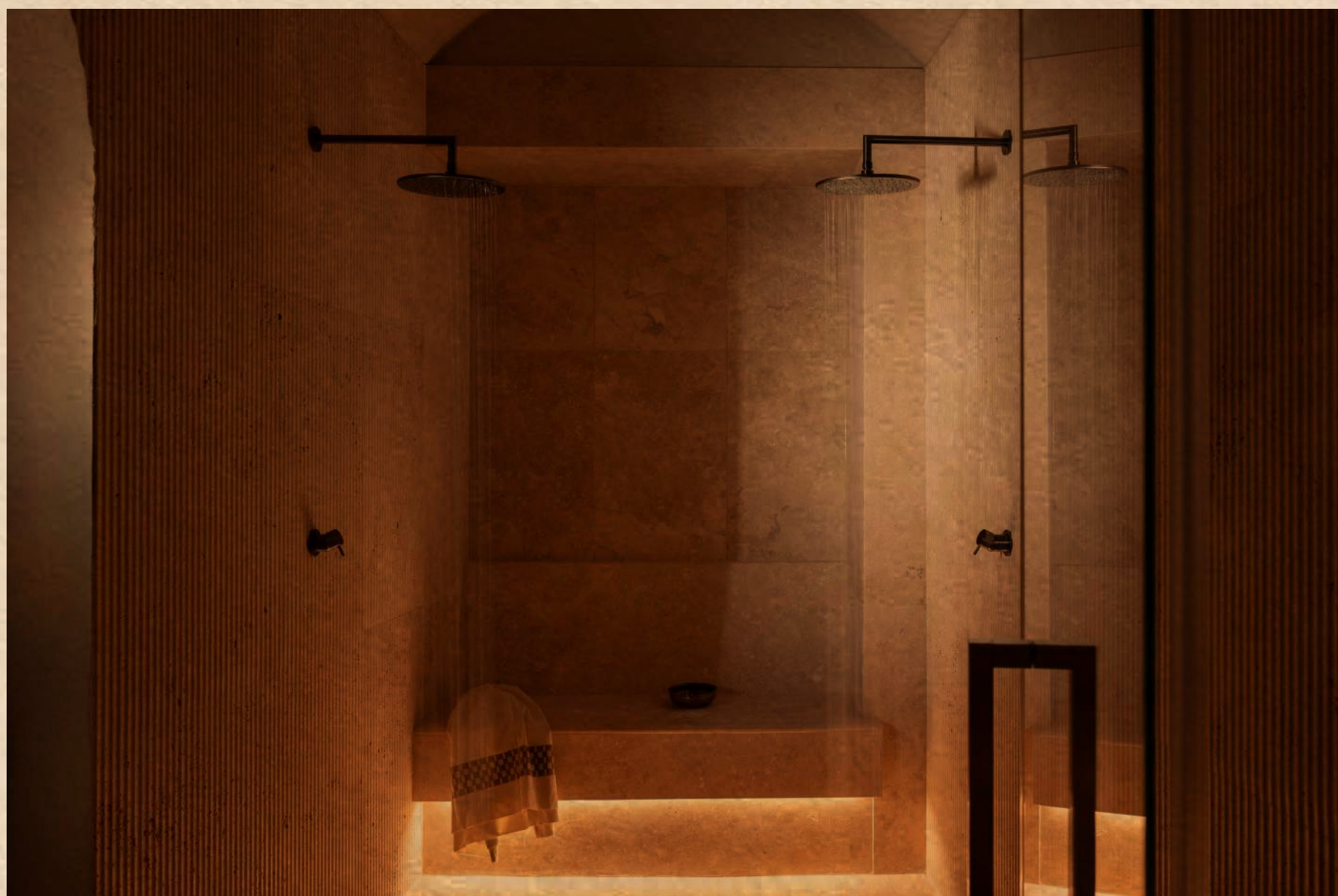
130 min. — Single 150 € | Two guests 250 €

A traditional Moroccan ritual designed to regenerate both body and mind, offering an authentic Mediterranean wellness experience.

The journey begins with a salt foot bath and purification using pumice stone, followed by a nourishing sesame oil hair treatment and the traditional savonage with black soap, before continuing into the Calidarium. After a shower, an intense exfoliation with a kessa glove is performed, restoring radiance and vitality to the skin. This is followed by a traditional Berber foam treatment and the application of rhassoul clay.

The ritual continues with a relaxing moment in the immersion pool before a hydrating argan oil massage.

The experience concludes in the Quietis Area with traditional Moroccan mint tea.



Wellness Journey
SIGNATURE IDUME

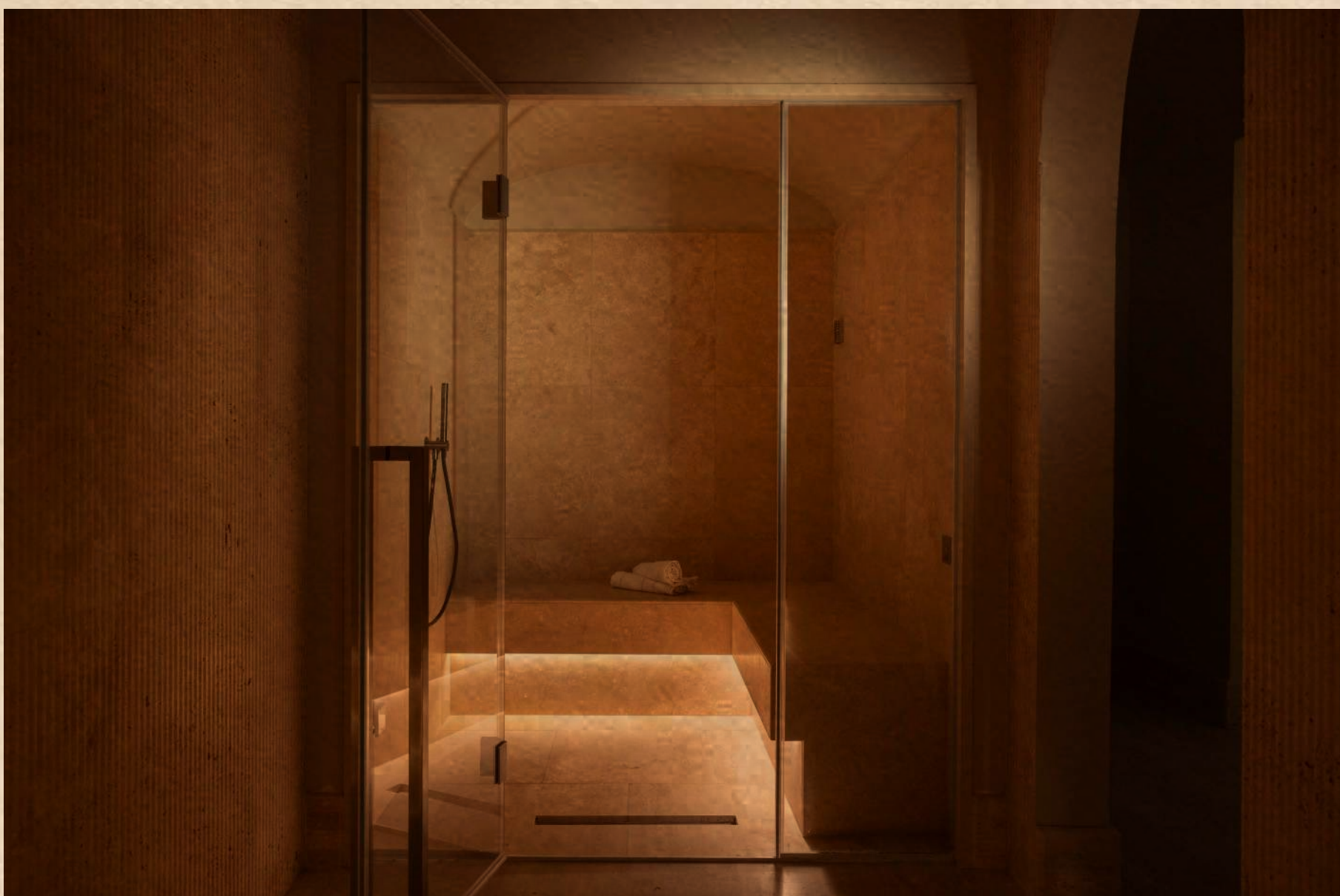
100 min. — Single 180 € | Two guests 320 €

An exclusive experience designed to envelop the senses and provide deep regeneration for the body.

The journey begins with a foot bath and an immersion in the pool to encourage immediate relaxation, before entering the Calidarium, where heat and steam help the body detoxify.

After a regenerating shower, the experience continues with the dry heat of the Laconicum, accompanied by sensory showers and the invigorating contrast of the Nivium.

The ritual concludes with a personalized 50-minute massage performed in a private treatment room.









SIGNATURE RITUALS

Crafted in our unique Curatio Area, in collaboration with ALQVIMIA, our Signature Rituals are the most complete and holistic wellness experience.

Each ritual begins with a moment of relaxation in the whirlpool Bath followed by a revitalising body scrub, a detox mud treatment, a regenerating massage, and a facial treatment designed to restore radiance, balance, and vitality to the entire body.

Ritual of flowers

THALIA

—

90 min. — 200 €

Inspired by the delicacy of floral essences and the authentic sensuality of the Mediterranean, this evocative ritual invites energy to awaken and bloom.

The treatment begins with a body exfoliation based on Dead Sea salt and red clay, which smooths the skin and gradually releases tension.

Slow, enveloping massage techniques guide the body into deep relaxation, enriched by the velvety notes of rose and jasmine, while sensory brushes and warm stones enhance the feeling of lightness and well-being.

The experience continues with a brightening and lifting facial treatment, designed to bring luminosity to facial features.

The ritual concludes with Moxa Alqvimica and tuning fork vibration therapy, which promote energetic rebalancing and deep relaxation, leaving a lasting sensation of wellbeing, harmony, and inner calm. An immersive journey dedicated to slowing down, rebalancing the senses, and reconnecting deeply with oneself, like after a long immersion in the stillness of nature.

Ritual of the roots

NEMUS

—

90 min. — 200 €

A refined and powerful ritual designed to reconnect with our deepest energy, enhancing inner strength, presence, and natural magnetism.

Warm notes of cedarwood, rosewood, and citrus accompany the sensory journey, helping release tension, restore vitality, and promote focus and inner balance.

The treatment begins with a body exfoliation using salts, enriched with jade clay and aromatic oils, which prepares the skin for a deep, continuous, and enveloping massage. The techniques gradually release muscular tension, restoring a sense of stability, energy, and presence.

The experience continues with a gentle facial exfoliation followed by a lifting and brightening treatment, designed to bring tone and harmony to facial features. Moxa Alqvimica and tuning fork vibrations complete the ritual, transforming it into a deeply sensory and regenerative experience, capable of promoting wellbeing, centering, and renewed inner energy.

Ritual of the desert

MYRRA

—

90 min. — 200 €

An enveloping ritual inspired by the ancient Mediterranean routes of resins, spices, and precious oils, designed to guide body and mind on a deep and regenerative sensory journey.

The treatment begins with a body exfoliation based on Dead Sea salt, red clay, and fragrances with delicate exotic notes, which smooth the skin and prepare the body for a moment of total relaxation.

This is followed by a deep massage with warm basalt stones, which slowly release tension, stimulate circulation, and provide a pleasant sensation of lightness and widespread well-being.

During the ritual, the face is pampered with a gentle exfoliation followed by a brightening treatment, designed to restore luminosity to facial features. Intense notes of myrrh, incense, and rose accompany the entire experience with a warm, deep, and lingering fragrance, transforming the treatment into an intimate, immersive, and profoundly balancing ritual.

Ritual of vitality

CHARA

—

90 min. — 200 €

A ritual inspired by the vitality of Mediterranean citrus fruits, the light of South, and the energy of water. A sensory journey designed to restore energy and a diffuse sense of wellbeing.

The treatment begins with a body exfoliation based on Dead Sea salts, botanical oils, and lemon and orange peels, which—through deep and enveloping massage techniques—smooth the skin, stimulate microcirculation, and restore a pleasant feeling of lightness and vitality.

The face is gently treated with an exfoliation followed by an oxygenating treatment, designed to bring freshness, radiance, and renewed energy to facial features.

The ritual concludes with an energizing, reactivating full-body massage that releases deep-seated tension and leaves the skin with a lasting sensation of vitality, light, and wellbeing.

Citrus notes accompany every phase of the treatment with a fresh, sunny, and vibrant olfactory signature, evoking the brightness and authentic energy of Mediterranean summers.

Ritual of serenity

EIRENE

—

90 min. — 200 €

A deep and enveloping ritual designed to slow down, lighten the mind, and guide the senses toward a state of inner harmony.

The experience begins with a body exfoliation using Dead Sea salts and warm botanical oils, followed by a detoxifying jade clay wrap that helps relax the muscles, release accumulated tension, and rebalance the body in depth.

The journey continues with a slow, fluid, and enveloping massage, followed by tuning fork vibrations that promote deep physical and emotional relaxation, guiding the body toward a pleasant sensation of calm and widespread serenity.

During the ritual, the face is pampered with a nourishing and hydrating treatment composed of a gentle exfoliation, a nourishing mask, and a relaxing massage.

The ritual concludes with the harmonic sound of a Tibetan singing bowl, whose delicate vibrations accompany body and mind into a state of deep calm, in a long moment of inner regeneration.





BODY TREATMENTS



Each treatment is an exclusive sensory journey, designed to meet a specific need of both body and mind.

Treatment

PURA ESSENZA

—

75 min. – 180 €

A regenerating treatment designed to prepare the skin for sun exposure and promote the elimination of toxins, leaving the body with a pleasant sensation of lightness and vitality.

The treatment begins with a Dead Sea salt scrub enriched with essential oils known for their detoxifying and purifying properties, ideal for removing dead skin cells, smoothing the skin, and stimulating cellular renewal.

This is followed by the application of a remineralizing clay, rich in minerals and trace elements, which helps purify and rebalance the skin deeply.

The experience concludes with a circulatory massage designed to encourage fluid drainage, reactivate microcirculation, and leave the body relaxed, radiant, and rejuvenated.

Treatment

PROFUMI DEL SALENTO

—

50 min. – 120 €

75 min. – 180 €

A tailor-made massage based on the use of personalized oils and essences, carefully selected to evoke purity, harmony, and a deep emotional connection with the surrounding territory.

Choose the fragrance and massage techniques according to your emotional needs:

Energizing

— with vibrant notes of red wine

Relaxing

— with notes of rose, amber, and golden crystal

Draining

with marine essences and sea salt aromas

Balancing

— with aromatic herbal essences

At the end of the treatment, a herbal tea in perfect harmony with the chosen experience will be served, accompanied by a local sweet treat.

Treatment

CALMA INTERIORE

—

30 min. – 90 €

50 min. – 120 €

A personalised treatment that combines aromatherapy and traditional massage techniques to relax the body, rejuvenate the mind, and transform stress into balance.

Choose from a selection of essential oil blends to enhance relaxation, relieve tension, and restore overall wellbeing.

Treatment

ESSENZA DI LEGGEREZZA

—

30 min. – 90 €

50 min. – 120 €

A body treatment designed to promote fluid drainage and restore a feeling of lightness.

Gentle, flowing massage techniques stimulate the lymphatic and circulatory systems, helping to release tension and reduce water retention.

Treatment

ARMONIA OLISTICA

—

50 min. – 120 €

A unique massage using two Bian stone Gua Sha tools to release negative ions, helping to neutralize free radicals and reduce stress caused by electromagnetic exposure.

The result is regenerated skin, renewed energy, deep relaxation, and a restored sense of balance and wellbeing.

Treatment

RILASCIO MUSCOLARE

—

50 min. – 120 €

A targeted treatment designed to release deep muscular tension and provide immediate relief to contracted areas.

Rosemary helps relax the muscles and prepares the skin to better absorb active ingredients. Ideal for athletes, for those experiencing physical stress, or for anyone seeking relief from tension and muscle fatigue.

Trattamento

DOLCE SONNO

—

50 min – 120 €

A relaxing massage designed to promote deep sleep and relieve jet lag.

Gentle movements on the body and face, combined with soothing essential oils, release tension, while the vibrations of a Tibetan singing bowl guide you towards calm, harmony, and deep relaxation.

Treatment

SOLLIEVO SCHIENA E COLLO

—

30 min. – 90 €

An exclusive massage to release tensions and restore comfort to this designated part of the body, normally subjected to stress.

Spoil neck and shoulders to a treatment which the whole body will feel the benefit.

Treatment

FORMA PERFETTA

—

50 min. – 120 €

An exclusive holistic treatment that visibly sculpts and reshapes the body, enhancing the silhouette in a natural and harmonious way.

The experience is fully personalised through techniques such as maderotherapy and cupping, combined with natural active ingredients including algae, sea salts, and purifying oils. Two treatment options can be combined to create a tailor-made programme based on specific needs: Slimming and Toning.

Treatment

GAMBE LEGGERE

—

50 min. – 120 €

A unique treatment ideal for reducing pain, water retention, and chronic inflammation.

A natural synergy of essential oils and active ingredients helps energy flow and circulation, promoting wellbeing and leaving a sensation of complete lightness.

Treatment

BENESSERE GAMBE PER DONNE IN GRAVIDANZA

—

50 min. – 120 €

ALQVIMIA has designed a natural, safe, and effective treatment for this special period. Using Dead Sea salts, sesame oil, and red clay, it stimulates circulation, relieves leg congestion, purifies, and oxygenates the body.

Treatment

CURA DOLCE PER BAMBINI

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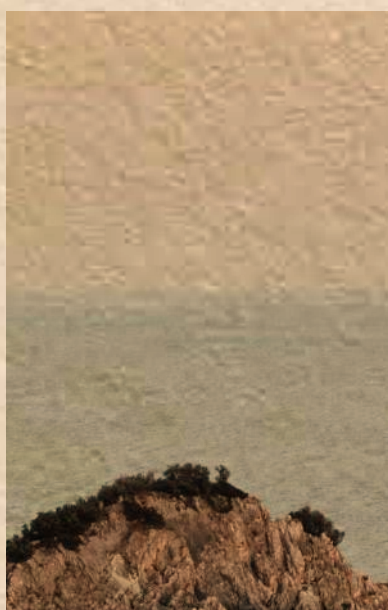
30 min. – 90 €

A gentle infant massage helps improve sleep quality, reduce restlessness, and support physical and emotional development.

Light and reassuring techniques are used, together with natural ALQVIMIA products.







FACIAL TREATMENTS

Our holistic facial treatments are designed to offer a unique sensory experience, using specialised manual techniques combined with natural products from the INSIUM skincare line.

Soothing comfort facial
VISO ARMONIOSO

—

50 min. – 120 €

An exclusive facial ritual designed to restore comfort and balance to the most sensitive and reactive skin.

Enriched with sea chamomile extracts, prebiotics, and hyaluronic acid, this soothing treatment deeply hydrates, helps reduce redness, and calms skin prone to sensitivity and couperose.

Through delicate slow-touch techniques and precious textures, the skin appears softer and enhanced with refined radiance.

Hydra glow facial
VISO LUMINOSO

—

50 min. – 120 €

A hydrating and illuminating facial ritual, designed to enhance radiance and reveal a sophisticated glow.

The treatment includes deep cleansing, gentle exfoliation, and the use of refreshing, decongesting ice globes that enhance the effectiveness of a highly hydrating mask, applied to support skin health and microcirculation.

From the very first session, the skin appears deeply hydrated, relaxed, and naturally luminous.

Timeless facial

VISO SENZA TEMPO

—

75 min. – 180 €

A powerful and luxurious facial treatment for mature skin that deeply stimulates the skin's natural renewal process.

Thanks to the exclusive INSIUM Booster Complex, it offers a complete anti-ageing action, helping to reduce wrinkles, loss of firmness, and dullness. Its advanced formula, enriched with biotechnological actives and botanical extracts, supports collagen production and skin renewal, leaving the complexion smoother, firmer, and more radiant.

Results are immediate and long-lasting: the skin appears younger, luminous, and revitalised.



SPA ETIQUETTE

To preserve the beauty of silence, the gentleness of every gesture, and the harmony that make our Spa a truly unique place, we kindly invite you to follow a few simple guidelines, designed to ensure a pleasant and regenerating experience for all our Guests.

OPENING HOURS

The Spa is open daily from 10:00 AM to 8:00 PM.

RESERVATIONS AND CANCELLATIONS

To ensure an impeccable welcome, we kindly recommend booking your treatments in advance. Appointments may be cancelled or modified up to 24 hours prior without any charge. For cancellations made after this time or in case of no-show, the full amount of the reserved treatment will be charged.

PUNCTUALITY

We kindly invite you to arrive at the Spa at least 10 minutes before your scheduled appointment time, so you can begin your treatment in complete relaxation.

SILENCE AND DISCRETION

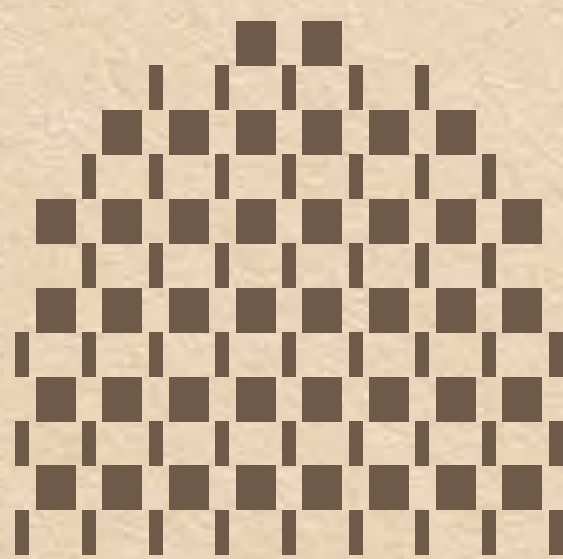
The Spa is a sanctuary of tranquility: we kindly request that you keep your voice low and switch off or silence electronic devices, in respect of every Guest's wellbeing experience.

DRESS CODE AND COURTESY GUIDELINES

Swimwear is required to access the wellness path. We invite you to wear our soft bathrobes and slippers provided, and to leave personal belongings and valuable jewelry in your room, to enjoy the experience in total comfort and ease.

ACCESS AND SAFETY

Spa access is reserved for Guests over 18 years of age, unless otherwise specified and authorized. Glass items, alcoholic beverages, or unauthorized substances are not permitted.



THE ART OF WELLBEING