N♥24

MEDITERRANEAN SPA

There are places that simply invite you to slow down. Nestled in the heart of Monopoli's historic centre, N24 Mediterranean Spa is a peaceful retreat where stone, water and light come together in perfect harmony. Inspired by the Mediterranean, every experience is designed to restore the body, ease the mind and reconnect you with the pleasure of taking time for yourself.

Wellness Journey

Treat yourself to a sensory journey through natural elements, intimate spaces and restorative rituals. The wellness journey unfolds among evocative stone walls, a rock-carved whirlpool, an emotional shower and a salt room, where every space is designed to guide the body towards deep relaxation. Water, warmth, aromas and silence come together in an experience to be savoured slowly, allowing wellbeing to unfold in every form.

The wellness journey includes: Herbal tea corner | Welcome kit (towel and slippers)

60 MINUTES: 50 EURO PER PERSON (WEEKENDS) | 40 EURO PER PERSON (WEEKDAYS)
90 MINUTES: 60 EURO PER PERSON (WEEKENDS) | 50 EURO PER PERSON (WEEKDAYS)

Body Rituals: Massages

✦ BREZZA MARINA

A multisensory ritual inspired by the scents and colours of Puglia. The experience begins with a relaxing foot bath enriched with sea salts and Mediterranean citrus, followed by a full-body massage using warm prickly pear oil, renowned for its nourishing and antioxidant properties. A treatment that promotes deep wellbeing, leaves the skin silky smooth and restores a lasting sense of harmony.

DURATION: 60 MIN, 120 EURO PER PERSON

Body Rituals: Massages

✦ LUCE DEL SUD

When your skin still holds the warmth of the sun and the sea, this ritual restores nourishment and comfort through a relaxing massage and an intensely hydrating hand and foot treatment with whipped pomegranate butter. Ideal for restoring softness, radiance and delicately scented skin.

DURATION: 60 MIN, 130 EURO PER PERSON

✦ ULIVO SACRO

A personalised massage tailored to your needs: choose a deep tissue treatment with aromatic oils or a deeply nourishing massage using Apulian extra virgin olive oil, naturally rich in antioxidants.

DURATION: 60 MIN, 110 EURO PER PERSON

✦ TRAMONTO ADRIATICO

A full-body massage performed with slow, flowing movements or deeper techniques, depending on individual needs. Warm notes of vanilla, sweet orange and Mediterranean woods accompany the treatment. Ideal at the end of the day to restore calm and balance and promote a restful night's sleep.

DURATION: 50 MIN, 100 EURO PER PERSON

✦ SOSTA IN PIAZZETTA

A wellness break to enjoy a moment of relaxation during a day spent wandering through the streets of the historic centre. It combines a relaxing back, neck and shoulder massage with a revitalising express facial ritual.

DURATION: 30 MIN, 80 EURO PER PERSON

✦ VENTO DI MAESTRALE

An elegant Cold Stone ritual using chilled stones to stimulate circulation, relieve muscular tension and leave the body feeling refreshed, light and perfectly balanced.

DURATION: 40 MIN, 90 EURO PER PERSON

✦ ABBRACCIO MEDITERRANEO

An invitation to unwind during a massage, surrounded by the sweet, velvety notes of chocolate and fragrant aromatherapy essences. Like a gentle breeze caressing the Apulian coastline, every movement guides the body towards deep relaxation, while the scents evoke the warmth of the southern sun, the tranquillity of olive groves and the timeless charm of Mediterranean villages.

DURATION: 50 MIN, 100 EURO PER PERSON

Rituali Corpo: Massaggi

✦ A SPASSO TRA I BORGHI

A ritual dedicated to foot care, designed to restore a pleasant feeling of lightness. Cleansing, a nourishing mask and massage come together in a treatment that soothes and offers a moment of genuine relief. Ideal for taking a break after long walks exploring the villages of Puglia or simply enjoying a moment of relaxation away from everyday routines.

DURATION: 30 MIN, 75 EURO PER PERSON

✦ BAGLIORE TRA I VICOLI

A ritual inspired by Ayurvedic tradition, set in the historic heart of Monopoli. The soft light reflecting off the ancient pale stone walls meets the warmth of a shea butter candle, whose nourishing properties leave the skin smoother, more radiant and toned. An enveloping, fluid and harmonious massage inspired by the principles of Ayurveda.

DURATION: 60 MIN, 140 EURO PER PERSON

Facial Ritual

✦ LUCE DEL BORGO ANTICO

A brightening and soothing facial ritual that restores freshness and radiance to the skin. Following a gentle cleanse, a prickly pear and hyaluronic acid mask prepares the face for a lifting massage performed with chilled stones, leaving the skin instantly smoother, firmer and beautifully luminous.

DURATION: 50 MIN, 80 EURO PER PERSON

Couple's Ritual

✦ DIMORA MEDITERRANEA

An experience designed for two, to be shared with someone you love. The journey begins in the spa area with access to the whirlpool, emotional shower and salt room, before continuing with a relaxing couples massage using warm citrus-infused oils. To complete the experience, enjoy a toast with fine sparkling wine accompanied by a selection of fresh local fruit. An ideal choice for anniversaries, honeymoons, special occasions, a relaxing moment with friends, or simply for sharing a memorable wellness experience together.

DURATION: 110 MIN, 180 EURO PER PERSON

SPA ETIQUETTE

The Spa is a place dedicated to wellbeing, tranquillity and the pleasure of slowing down.
To preserve the intimate and relaxing atmosphere we wish to offer every guest,
we kindly invite you to share a few simple courtesies with us.

Time for Wellbeing

We recommend arriving at least 15 minutes before your scheduled appointment. This will allow you to begin your wellness journey at a relaxed pace and fully enjoy every moment of the experience.

Late Arrivals

To ensure that subsequent appointments can begin on time,
late arrivals may result in a shortened treatment.

The Value of Silence

Silence is an essential part of the spa experience. We kindly ask you to keep conversations discreet and switch electronic devices to silent mode, allowing every guest to enjoy a peaceful atmosphere.

Wellbeing & Comfort

Swimwear is required to access the wellness journey. Before entering the whirlpool,
we kindly ask you to use the foot sanitiser provided and take a shower,
a small gesture of care for yourself and for fellow guests.

A Tailored Experience

If you have any health conditions, allergies, specific requirements or are pregnant, we kindly invite you to inform our team. We will be delighted to recommend the most suitable wellness journey and treatments, ensuring you enjoy your experience in complete comfort and peace of mind.

Caring for Our Spaces

Every space has been thoughtfully designed.We kindly ask you to treat our facilities and equipment with the same respect, and to refrain from bringing food, alcoholic beverages or glass items into the wellness area.

Reservations

To ensure the best availability, we recommend booking at least 24 hours in advance.
Appointments may be modified or cancelled up to 24 hours before the scheduled time.
In the event of late cancellation or no-show, the full treatment fee will still be charged.

Time is our first ritual.
Thank you for choosing N24 Mediterranean Spa.