



## Delve Deep into Relaxation at Paragon 700 Boutique Hotel & Spa, Ostuni, Italy

Once a Palazzo Rosso, the newly opened and lovingly restored Paragon 700 Boutique Hotel & Spa is a unique addition to Puglia's White City. Nestled seven meters underground, the palace's former water chamber has been transformed into an elegant bijou spa, home to a Turkish bath, Himalayan salt wall, multi-sensory shower and a natural whirlpool dug deep into the ground. Here, guests can indulge in a range of luxurious treatments to soothe and revitalise the body and mind.

From the Aromatherapy Rebalancing Massage to help aid sleep and stress, to the Shirodara Massage derived from the ancient Indian Ayurveda medicine, which uses warm, energy-infused oil poured slowly onto the forehead to calm the mind and alleviate muscle tension. With a rare and tranquil outdoor space in the heart of the city, guests staying at Paragon 700 Boutique Hotel & Spa also have the opportunity to book personalised yoga or Pilates classes in the hotel's outdoor open-air lounge or in a secluded corner of the verdant garden. Just a 30-minute scenic drive from Brindisi Airport, Paragon 700 Boutique Hotel & Spa offers an effortless and elegant escape with outstanding design and service coupled with unrivalled experiences.

The Spa is exclusively for use of hotel guests. 60-minute spa treatments start from €75. View the full spa menu here. Nightly rates at Paragon 700 start from €300 based on two people sharing a room on a bed and breakfast basis. [www.paragon700.com](http://www.paragon700.com)

- Art
- Blogger
- Business
- Culture
- Lifestyle
- London
- Mens
- Style
- Travel
- Valentine's
- Weddings
- Xmas

SHARE ON:



← A TENTED SAFARI EXPERIENCE LIKE NO OTHER

→ HARNESS THE HEALING POWERS OF THE PERTSHIRE LANDSCAPE ON A TWO-NIGHT ORGANIC MINDFULNESS RETREAT

VIEW THE LATEST ISSUE



ABSOLUTE Absolute Maga...  
Like Page

Absolute Magazine Online  
(UMV 10,170; Points 13) 17th  
October 2020