

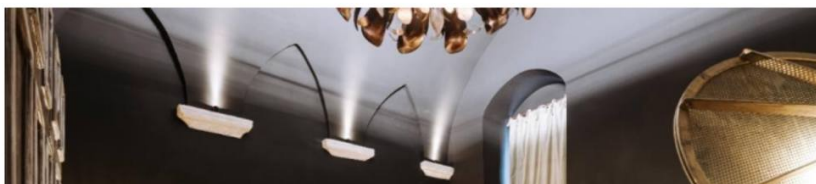
## Winter Well-Being in Puglia

8:00 AM 22nd  
October 2020



Once a Palazzo Rosso, the newly opened and lovingly restored Paragon 700 Boutique Hotel & Spa is a unique addition to Puglia's White City in Italy.

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.





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Here, guests can indulge in a range of luxurious treatments to sooth 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, the property offers an effortless and elegant escape with outstanding design and service coupled with unrivalled experiences.

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The Spa is exclusively for use of hotel guests. 60-minute spa treatments start from €75. 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)

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(IMAGE 3 OF 3)

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