

# WELLNESS

## *Hot basaltic or volcanic stone massage*

The therapeutic action of this massage is through basaltic or volcanic stones that slowly release heat.

*60 min € 100.00*

## *Lymphatic drainage leg massage*

It is based on slow and gentle movements, performed in the direction of lymphatic circulation with variations in pressure. It is used to eliminate swelling, edema and cellulite.

*45 min € 130.00*

## *Oriental massage*

It is based on Shatsu techniques to stimulate energy flow along the meridians. This includes foot reflexology, energy channelling, use of essential oils and conscious yogic breathing.

*45 min € 80.00*

## *Toning detoxifying body massage*

It produces smoother and healthier skin by removing dead skin cells, stimulating pores, improving nutrient absorption, elasticity and skin comfort.

*45 min € 80,00*

## *Relaxing anti-stress massage*

It is an excellent way to leave behind fatigue and the stresses of the daily grind. It is a kind of treatment designed to help the body and mind release tensions accumulated in everyday life.

*45 min € 80,00*

## *Total body massage*

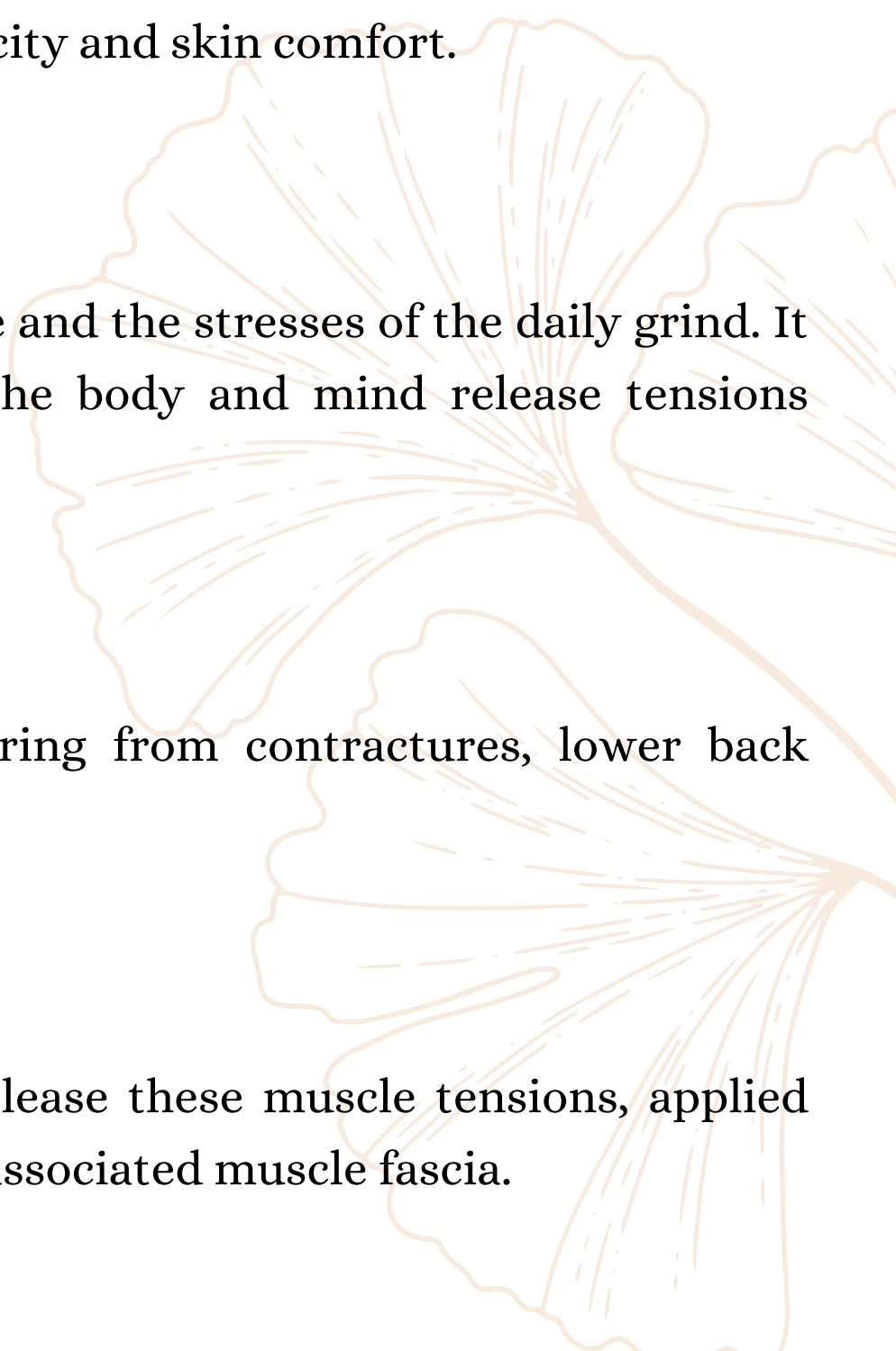
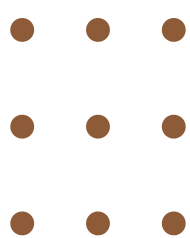
It is specifically suitable for people suffering from contractures, lower back problems and stress.

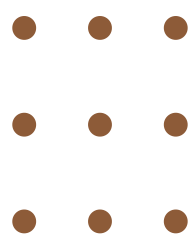
*60 min € 180,00*

## *Back decontracting massage*

Various massage techniques are used to release these muscle tensions, applied both on the specific contracture and on the associated muscle fascia.

*45 min € 85,00*





### *Candle massage*

Total body massage which involves the use of aromatic candles that generate a warm oil. It combines the benefits of an intense relaxing massage with deep hydration of the skin.

*60 min €100,00*



### *Ayurveda massage with Tibetan bells*

Massage combining sound massage frequencies with techniques used working on meridians and energy points for psychophysical balance, using essential oils.

*30 min € 60,00*

### *Energy balancing Bars treatment*

It is performed on the head, temples, forehead and nape of the neck. It focuses the 32 points with the aim of releasing the excess electromagnetic charge formed as a result of emotional blockages arising from anxiety, stress.

*45 min € 80,00*

### *Moisturising massage*

The operator uses a special handpiece that favour the absorption of the creams used on the skin and connective tissue, giving elasticity and tone to the tissue itself.

*60 min € 200,00*

### *Relaxing circulatory massage*

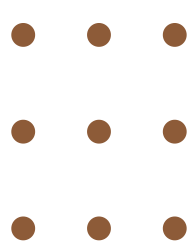
Its aim is to increase lymphatic and blood circulation with consequent decongestion and elimination of toxins.

*50 min € 160,00*

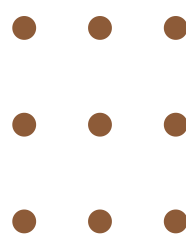
### *Kobido treatment*

An ancient Japanese massage technique, it blends together different massage techniques such as those traditionally used to treat deep muscles or even superficial acupressure touches.

*45 min € 80,00*







### *Bamboo massage*

It acts in depth using Bamboo cane draining and toning eliminates toxins water retention.

45 min € 90,00

### *Tibetan ku nie massage*

Ancient massage of traditional Tibetan medicine using essential oils acts through meridians and acupuncture points, helping to regain psychophysical well-being.

60 min € 170,00

### *Hawaian lomi lomi massage*

The massage has manipulations with various oils that simulate being rocked by the waves of the sea combined with breathing techniques and energy restoration; they have a soothing effect on the body.

60 min € 120,00

### *Sweden massage*

Decontracting effect, serves to release tension and relaxes the muscles.

45 min € 90,00

### *Anti-aging facial massage*

gives the skin elasticity, promotes the absorption of small wrinkles and has a lymph-draining effect.

30 min € 80,00

### *Myofascial massage*

works deep into the muscle strips and connective tissue.

45 min € 90,00

### *Foot reflexology*

Chinese foot massage technique from which every part of the body corresponds. It is a relaxing detoxifying and pain-relieving treatment.

30 min € 80,00

