

# 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*

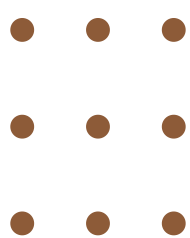
It is specifically suitable for people suffering from contractures, lower back problems and stress.

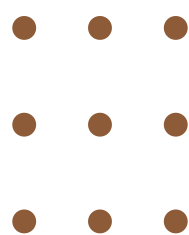
60 min € 180,00

## *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*

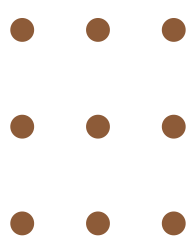
Its aim is to increase lymphatic and blood circulation with consequent decongestion and elimination of toxins.

50 min € 160,00

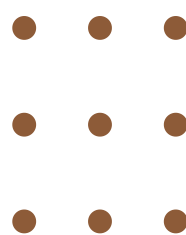
### *Kobido treatment*

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*

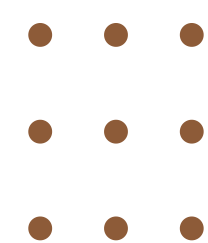
works deep into the muscle strips and connective tissue.

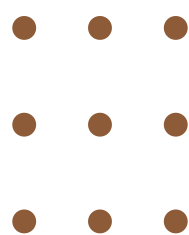
*45 min € 90,00*

### *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*





### *Bach Flower Massage*

A deeply energy-releasing massage. It is a very pleasant and gentle massage, yet at the same time, it is also an effective and refined method of overall rebalancing, working on the emotional, mental, and physical levels.

50 min € 130.00

### *Ginger Butter Massage*

Reactivates circulation and promotes the elimination of excess water from the body.

45 min € 90.00

### *Chocolate Massage*

This massage has nourishing and protective powers. The result is softer, more nourished skin.

60 min € 120.00

### *Taoist Happy Belly Massage*

The therapist decodes the language of the belly to bring happiness, focusing on the organs that need it the most. Through five phases—water, fire, earth, metal, and wood—the body is set free.

45 min € 100.00

### *Himalayan Salt Massage*

Promotes relaxation and stimulates a sense of well-being.

45 min € 100.00

### *Aromatic Herbs Massage (Lavender, Rosemary, Sage, Mint)*

Works deeply by releasing the soothing properties of the herbs.

45 min € 100.00

### *Balinese Massage*

Starts with slow and elegant movements using warm, scented oil. The skilled hands explore every tension in the body, loosening muscle knots and inducing a profound sense of relaxation. The movements are fluid and harmonious.

50 min € 130.00

