SEC. XVI

PALAZZO
SENECA

WELLNESS TREATMENTS

"Where every gesture is care, every treatment a ritual."

RELAIS &
CHATEAUX

SWEDISH RELAXING MASSAGE

Using stroking, friction, kneading, tapping, pressure, and vibrations, this classic Western massage brings beneficial effects to the entire body and reaches deep into the muscles.
It rebalances the body's energies.
Benefits: Relaxing, toning, muscle-relaxing and draining.

50 minutes 110.00 Euro

HOLISTIC MASSAGE

The practitioner draws from various massage techniques, from classic Swedish to Shiatsu, to create a personalized experience tailored to the person's bioenergetic and anatomical characteristics.
A treatment that considers the person as a whole—indeed, "holistic" means "whole."
Benefits: Relieves muscle tension, relaxes, and restores the natural energy balance.

50 minutes 115.00 Euro

AYURVEDIC MASSAGE

A deep holistic treatment originating from ancient Indian medicine. It uses warm medicated oils and slow, enveloping, rhythmic movements to rebalance the doshas (vital energies), aid in detoxification, stimulate circulation, and deeply relax the mind.
Benefits: Ideal for those seeking to regain vitality, release physical and emotional tension, and reconnect with their inner center.

50 minutes 115.00 Euro

CALIFORNIAN-EMOTIONAL MASSAGE

Long, smooth, harmonious movements open and expand the body and mind, while gentle rocking and stretching induce a sense of letting go.
Helps to reconnect with the body and find a new sense of balance.
Benefits: Relaxing and soothing, draining, promotes mental and physical well-being.

50 minutes 110.00 Euro

LYMPHATIC DRAINAGE MASSAGE

A gentle, rhythmic technique designed to stimulate the lymphatic system, promoting the elimination of excess fluids and toxins. Through light and precise movements, it helps reduce swelling, improve circulation, and provide a pleasant feeling of lightness.
Especially recommended for water retention, swollen limbs, fatigue, or as a complement to beauty and detox treatments.

50 minutes 120.00 Euro

PHYSIO-CIRCULATORY & ANTI-CELLULITE MASSAGE

Acts on systems responsible for the overall revitalization of the body, increasing energy and improving the appearance of the skin. Stimulates both the lymphatic and circulatory systems.
Feel more beautiful and energized.
Benefits: Tones, sculpts, detoxifies, relaxes, nourishes, and oxygenates.

50 minutes 120.00 Euro

DECONTRACTING MASSAGE

A customized treatment aimed at resolving and preventing muscle tension.
Healing the body to heal the spirit.
Benefits: Helps eliminate toxins, improves muscle tone and joint mobility, reactivates blood circulation.

50 minutes 115.00 Euro

SPORTS MASSAGE

An energetic and targeted treatment designed for both amateur and professional athletes.
Through deep movements and specific techniques, it helps prepare muscles for exertion, reduce post-workout tension, and prevent injury.
Promotes tissue oxygenation, speeds up recovery, and improves flexibility.
Ideal before a competition, after intense training, or as part of a maintenance program.

50 minutes 115.00 Euro

CUPPING THERAPY

Cupping is a traditional Chinese practice that uses special glass or silicone cups applied to the skin to create a vacuum effect. This stimulates blood and lymphatic circulation, promotes muscle tension release, and aids in detoxifying the tissues.
Recommended for muscle pain, stiffness, fatigue, cellulite, or as a detox treatment—it brings a deep sense of lightness and well-being.
An ancient technique serving the modern body.

50 minutes 115.00 Euro

OILS USED IN THE TREATMENTS

CARRIER OIL: Almond oil
ESSENTIAL OILS: Rosemary, lavender, bitter orange, sweet orange, mandarin, lemon, tea tree, grapefruit, patchouli, ylang ylang

RELAIS &
CHATEAUX

CASA BIANCONI WELLNESS CENTER
INFORMATION & REGULATIONS

The Wellness Center is open daily from 3:00 PM to 8:00 PM.

To avoid inconveniences, please respect the scheduled times of wellness treatments.

In case of late arrival, the treatment duration may be shortened without any refund, so as not to affect the next guest.

To ensure availability of access to the wellness center and treatments, we recommend booking several days in advance.

If you have health issues or are pregnant, we advise consulting your doctor before making an appointment.

Cancellations are free of charge if made at least 24 hours in advance. After that period, or in case of no-show, the full price of the booked treatments will be charged.

RELAIS &
CHATEAUX