

## Swedish Body Massage

A traditional body massage customized according to the needs of each individual. It relaxes the muscles and stimulates circulation thus improving the overall health.

50 min. € 80,00 - 80 min. € 110,00

## Deep Tissue

Deep, decontracting massage. Performed before sporting activity tends to increase performance. After training has a relaxing effect on joint pain and tension.

50 min. € 90,00 - 80 min. € 120,00

## AromaTherapy Massage

Manual skills aimed at promoting complete relaxation and psychophysical rebalancing thanks to the power of the Essential Oils you have selected.

50 min. € 90,00 - 80 min. € 120,00

## Hot Stone

The massage with lava stones, dating back to an ancient art of the American Natives and spread all over the world, exploits the heat released by the stones to loosen muscle tension.

50 min. € 80,00 - 80 min. € 110,00

## Candle

A warm relaxation: candles, made with precious vegetable butters, melting give off a great ointment to massage, nourish and hydrate the skin.

50 min. € 90,00

## Draining Massage

Performed with slow and rhythmic movements designed to promote lymphatic circulation and drainage of liquids and toxins.

50 min. € 80,00

## Hawaiian Massage "Lomi Lomi"

Also called "soul massage", based on the transmission of positive energy. It runs under ideal enveloping movements to combat stress and give peace of mind.

50 min. € 80,00

### PARTIAL MESSAGES:

BACK MASSAGE: 25 min - € 55,00

LEGS MASSAGE: 25 min - € 55,00

Customized according to customer requirements



## Body Exfoliating Treatment

Peeling with a nourishing and energizing action. Following the application of a cream.

25 min. € 55,00

## Reducing Mud Body Treatment

Stimulating and warming body wrap based on Cannabis.

50 min. € 80,00

## Facial Treatments

- Repairing treatment with anti-age action, 50 min. € 90,00

- Sebum-regulating purifying treatment, 50 min. € 70,00

- Soothing treatment with nourishing action, 50 min. € 80,00

## Ayurvedic Massage Abhyanga

Indian massage with warm medicated oils derived from ancient "knowledge of life": Ayurveda. The goal is to harmonize the "Doshas" the biological principles that make up every human being, and eliminate "Ama", the physical and mental toxins, create a positive emotional flow and elevate the spirit.

It has a preventive action on degenerative processes, insomnia and depression, enhances the immune system and resistance to stress.

80 min. € 130,00

## Shiatsu Massage

Japanese acupressure Massage based on the Namikoshi method. It removes muscle tension and eliminates blockages on energy meridians, restoring the mind-body balance.

80 min. € 110,00

## Plantar Reflexology

Finger pressure technique dating back to the ancient Egyptians. Through the stimulation of reflex points in the feet allows you to exert a preventive action and to intervene on any imbalances of the body, bringing it to a state of psychophysical wellbeing

25 min. € 55,00.

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