



## **Treatments Upon Advance Reservation**

**Relaxing Massage:** performed with slow and intense manual movements, it helps relieve stress and fatigue and offers relaxation to the muscle groups. It is a combination of techniques that involves touches, stretches and light pressures which leads to a final sensation of well-being and lightness.

**Duration: 50 min Euro 50.00**

**Total Body Relaxing Massage:** The technique applied in the relaxing massage is extended to the entire body.

**Duration: 50 min Euro 50.00**

**Anti-stress massage:** The anti-stress massage works on the muscle groups, relaxing them and harmonizing them, removing tensions due to stress. Thanks to the stimulation and relaxation of certain particular points, the body and mind relax and "break contact" with the feverish vortex of problems and concerns.

**Duration: 50 min Euro 50.00**

**Californian Massage:** very gentle massage methodology, with apparently simple gestures intuitive but have a profound and effective action. Promotes relaxation of the body and mind, calms the nervous system, releases muscle tension, improves blood circulation uniformizing body temperature in a positive way, also causing a decrease in pain due to incorrect posture, poor circulation and arthrosis.

**Duration: 50 min Euro 50.00**

**Lymphatic drainage:** Massage with lymphatic drainage effect, which prevents the accumulation of lymphatic fluid. The massage involves small pressures and slow circular movements on specific points of the body and reactivating the natural elimination of body fluids that stagnate in adipose tissues.

**Duration: 50 min Euro 50.00**



**Sports Massage:** It is performed on specific body regions in order to improve the athletic performance. Particularly suitable before and after sporting activity.

**Duration: 30 min Euro 50.00**

**Plantar Reflexology:** through particular stimuli and compressions that are carried out on certain areas of the feet, allows you to intervene on any ailments and carry out an action of general well-being.

**Duration: 25 min Euro 40.00**