




THE WELLNESS MENU


	🕒	PRICE
AYURVEDIC MASSAGE Enveloping and fluid Massage that originates from the ancient healing techniques of Ayurvedic medicine. The hands slide on the body with continuous, fluids and enveloping movements, like a sacred dance. It permits the release of the energy, improving the blood and lymphatic circulation, giving a wonderful sense of lightness and well-being.	25'	48
	50'	82
CERVICAL HEAD-FACE AYURVEDIC MASSAGE Relaxing and anti-stress Massage involving head, face and neck. This treatment eliminates stress, fatigue and nervous stiffness. Gentle maneuvers and warm oils tone and relax the skin. Relieves symptoms as sinus and headaches, improves brain ability.	25'	48
HANDS-FEET AYURVEDIC MASSAGE Relaxing and distensive The hands allow us to get in touch at the sensory level with the surrounding world. Massage your feet and hands to massage the body, loosen tensions and relax.	50'	82
LIMPHODRENAGE AYURVEDIC MASSAGE Lightness Slow and light movements for the rebalancing of body and mind. It works by helping the elimination of waste from the body, especially useful in situations of particular overload as in the case of prolonged intake of medicines or a sense of general heaviness. The circulation of the lymphatic system is manually stimulated and conveyed to the lymph nodes that act as a filter for the elimination of toxins. It has an immediate effect on the feeling of heavy and swollen legs.	25'	48
	50'	82
PINDASWEDA Distensive and rebalancing Ancient Indian technique based on the application of heat through soft bags of medicinal herbs. The effect of the heat and the healing properties of herbs help the body to purify from toxins, prevent arthritis and muscle stiffness. Valid treatment to combat skin imperfections such as edema and cellulite.	50'	88
HAWAIIAN MASSAGE "LOMI-LOMI NUI" Relaxing and enveloping The sea which is considered by the Hawaiian source of life, is perceived in the Lomi-Lomi Nui by continuous and constant movements without pause. Let yourself be lulled by the undulating movements performed with sinuous and relaxing rhythm, let yourself be dragged into another dimension.	25'	48
	50'	82
BIO- ENERGETIC MASSAGE The reading of the body This massage allows you to unlock all the deep tensions in the muscles, joints and tendons, through acupressure advanced techniques. This treatment is combined with a conscious breathing technique that acts on the receiver's energy. All this is made possible thanks to the liberation movements from bioenergy and meditation.	25'	48
	50'	82
CANDLE MASSAGE Relaxing and nutritious From the gentle flame of a scented candle, a warm shea butter will envelop the whole body with relaxing and invigorating maneuvers. The benefits of this massage will be combined with feelings of warmth, softness and brightness of the skin.	50'	82

<p>✿ PERSONALIZED MASSAGE Relaxing, stimulant or draining</p> <p>Personalized massage studied on the needs of the single person. A synergy between various manual techniques to meet specific needs.</p>	25'	42
	50'	72
<p>✿ LINPHO-MASSAGE Linfodrainage</p> <p>Mild and rhythmic manuality that stimulate the lymphatic circulation facilitating the reabsorption of excess fluids. Very effective in the treatment of imperfections caused by cellulitis and venous insufficiency. It fights heaviness, swelling, stimulates the body's immune defenses giving a feeling of lightness.</p>	50'	72
<p>✿ BALINESE MASSAGE Relaxing and decontractural</p> <p>Balinese massage comes from a combination of techniques from different ethnicities of the island of Bali. Its properties stimulate the blood flow and reactivate the energy, in order to lead the body to a deep well-being and relaxation. It is characterized by prolonged and gentle movements, alternating more or less strong pressure on the muscles of the whole body. This technique is very effective for drainage, cell renewal and tension decontraction on a dorsal and cervical level.</p>	25'	42
	50'	72
<p>✿ FOUR ELEMENTS MASSAGE Harmony of the energies</p> <p>This massage is based on the traditional Thai concept of massage intended as a cure, focused on the principles of the philosophy of the 4 elements of the universe: wind, water, earth and fire. The properties of natural aromatic oils, carefully mixed, harmonize the unbalanced elements in the body, to return to flow to the natural rhythm.</p>	50'	72
<p>✿ ZEN MASSAGE Relaxing and balancing</p> <p>Zen massage, of Japanese origin, is a relaxing massage. There are many advantages: more energy, less tiredness due to stress, better intestinal function and a more relaxed sleep.</p>	50'	72
<p>✿ CALIFORNIAN MASSAGE Emotional</p> <p>Psycho-body massage where the operator makes sweet, long, harmonious and superficial movements inviting the person to listen and discover his own body towards a sensory balance, allowing a return to themselves, thanks to a sweet moment of abandonment and deep contact.</p>	25'	42
	50'	72
<p>✿ INDONESIAN MASSAGE "SEA-MALAY" Relaxing and decontractural for the neck</p> <p>"Queens' massage". The Sea-Malay takes elements of Indian and Chinese medicine. Warm and fragrant oils, sweet and enveloping pressures. Treatment indicated in the presence of shoulders and cervical contractures. For all those who want to immerse themselves in a "pampering storm" from head to toe.</p>	25'	42
	50'	72
<p>✿ AROMATIC MASSAGE Alchemical relaxation</p> <p>Slow, gentle and deep movements accompany the skin with a blend of essential oil, relaxing, stimulating the olfactory memory towards an energetic and emotional awakening.</p>	25'	42
	50'	72
<p>✿ THAI CLASSIC MASSAGE</p> <p>Thai massage is a dance, a meditation in motion. This massage is old, that has been handed down from 2500 years, through a gentle passive stretching, yoga and work pressures of energy meridians, improves posture, the functionality of the nervous system, circulatory, lymphatic, relaxes and creates a generale sense of well being by stimulating the vital energy.</p>	25'	42
	50'	72
<p>✿ SHIATSU Relaxing and regenerating</p> <p>The Shiatsu (finger pressure) is the primordial touch based on tractions and digito-pressions, without the use of oils or creams. Touching the energy points with the right intensity and quality, the tensions are dissolved and the muscles are relaxed giving a sense of freedom and lightness to the person in all his being.</p>	25'	42
	50'	72
<p>✿ IOKAI Relaxing and regenerating</p> <p>Master Shizuto Masunaga has developed a shiatsu methodology based on the energetic vision of the receiving as a person. This massage is characterized by the static pressure that is brought perpendicular to the surface of the body. The pressures go deep and produce a stimulus to which the organism of the receiving person "responds", recovering and manifesting vital resources from the deep.</p>	25'	42
	50'	72

Day-Spa packages: ✿

BERBER MASSAGE Purifying Moroccan massage for the purification of the body. Through the use of natural Argan oil, rich in vitamin E, it gives light and freshness to the skin using its anti-aging properties. The Berber massage has the characteristics of being relaxing, anti-stress and of dissolving any muscular tension.	25'	48
	50'	82
BERBER RITUAL Treatment with perfumes and essences that emulates the stages of the pre-wedding Berber purification ceremonies. Turkish Bath - Water Path - Scalp massage and restructuring mask for hair with Argan Oil.	60'	88
ANCIENT ETRUSCAN SPA MASSAGE Delight of body and mind The Etruscan Thermal Massage involves body and mind. The scrub, made of vegetable oil and sea salt, cleans and smoothes the skin, stimulates the drainage of tissues and prepares the body to receive the personalized massage based on creams enriched with thermal water.	60'	88
THAI OIL Rebalancing The Thai Oil Massage, in a gentle form of treatment of Thai origin, performer with essential oils. Combining techniques of clutch and moderate stretching, this massage touch and harmonizes points that lie on invisible lines, placed under the skin, stimulating and harmonizing the internal organs. Also very effective in the muscle and lymph, thanks to particular pressures and movements are rebalanced the energy channels.	50'	82
MAORI Relaxing and invigorating The Maori Massage, intense and profound. Prepares the individual to face life, physical effort and overcoming fear. In addition to the hands are used tools similar to those used by the priests in the ancient rites, to increase the courage and strenght of the Warriors. Is a technique that allows you to work deep shaping the body, making it more harmonious, strong and toned.	50'	82
HOT STONE MASSAGE Soothing Massage that originates from the customs of the Arizona Indians. Smooth volcanic stones have the power to retain heat and release it slowly in contact with the skin. The alternation of heat / cold stimulates the circulatory system, tones and decongests. Recommended treatment in cases of panic attacks, emotional trauma and muscle contractures.	60'	88
SPORTIVE MASSAGE Muscular and intense The massage is rich in vascularizing, draining, joint mobilization, traction and stretching maneuvers, focusing attention on the muscles used during physical activity. It can be useful to relieve pain in case of contractures or other light traumas.	25'	48
	50'	82
MYOFASCIAL Decontracting - Muscular and articular Based on a manipulative technique that allows to identify and deactivate the "trigger-points" (points of maximum muscle contraction) acting on precise areas to relieve muscle tensions and pains. Combines massage techniques (stretching) and joint mobilization, facilitating the functionality of walking and postural, dissolving the stress of muscle physiology. Great for sportsmen.	25'	48
	50'	82
CONNECTIVAL MASSAGE Aesthetic for imperfections of cellulitis and fat Treatment of the connective tissue bands, performed with deep pressures that act on localized adiposity and cellulitis imperfections, stimulating diuresis and the consequent elimination of toxins with visible and perceptible changes. It acts on the muscles for a toning effect, helping the elimination of lactic acid.	50'	82
LIMPHATIC MANUAL DRENAGE "VODDER" metod - draining and depurative Rhythmic movements, sweet and rotating, in harmony with the breath, for a pleasant sensation of lightness. Manual Lymphatic Drainage helps the reabsorption of excess liquids, has a deep detoxifying action and strengthens the immune system. This treatment stimulates cellular activity and tissue regeneration for optimal anti-cellulitis and anti-aging action.	60'	88
	120'	162
REFLEXOLOGY This technique of Oriental origin is based on the stimulation of specific parts of the foot. It acts on the various organs of the body by restoring balance, relaxation and correct functioning. By Stimulating the "reflex points" it is possible to work on the entire individual	25'	48
	50'	82

THE WORLD OF BEAUTY - FACE		PRICE
FACIAL REGENERATING TREATMENT Deep cleansing of the skin. (Cleansing - Scrub - Personalized mask - Cream application massage).	60'	88
HALICE REVITALIZING AND ANTI-AGING TREATMENT Highly professional treatment of products with CAS, with a high protein content and anti-aging, revitalizing and regenerating properties. (Cleansing - Scrub - Mask - Revitalizing serum - Cream application massage).	60'	98
BIO-FACE Relaxing and anti-aging This massage is performed on the face, neck and décolleté, combining various manipulative techniques, acting on connective tissue, muscular and lymphatic, with specific functions and physiological effects. In addition to being very relaxing and invigorating, it drains and decontracts. Subjecting to weekly intervals, it is also a anti-aging treatment that gives to the skin a better elasticity and brightness.	25'	42
FACE LIGHTING TREATMENT Anti-aging Non-invasive manual stimulation of the face that allows the outflow of the lymph and the activation of the microcirculation. This anti-aging massage technique promotes skin relaxation with an immediate gloss effect.	25'	42
AROMATIC WATER MASSAGE HEAD-FACE Anti-stress The "Aromatic Waters" are born from the distillation of essential oils. The head-face treatment is a pleasant anti-stress and anti-aging massage that relaxes the skin, gives brightness and tone. The effects of this treatment are felt throughout the body, the sweet scent of the water acts positively on mood and emotions.	25'	42
MANUAL LYMPHATIC DRAINAGE HEAD-FACE Rejuvenating (with personalized face mask) Facial treatment that acts in cases of stagnation, edema, acne, rosacea and couperose. Loving manual skills help the skin to regenerate and come back fresh and elastic. The mask is freshly prepared, based on essential oils.	60'	88

THE WORLD OF BEAUTY - BODY		PRICE
BODY EXFOLIATION Body scrub with the ancient Etruscan salt - Shower - Body cream application massage.	30'	52
BODY TREATMENT Specific personalized treatment: toning, stimulating, draining or detoxifying. (Scrub - Shower - Body mask - Cream application massage).	60'	73