

# Massages

## 1. *Somnia Ritual*

### **Exfoliating body massage with silky skin effect.**

Based on pure argan oil and natural salt crystals. Eliminates flaking horny cells and stimulates cell renewal, making the skin wonderful to the touch. Exerts an osmotic action enriched with nourishing and multivitamin argan oil, menthol with refreshing and toning properties, astringent and normalizing hawthorn, hydrating and soothing honey and beeswax makes the skin smooth and receptive to subsequent treatments. it is good for all skin types and in particular for dry and sensitive skin.

**TOTAL 50 min. € 90,00**

## 2 *Ancient Roman Regenerating Massage*

Deep relaxing massage

A journey through relaxing and draining maneuvers that have their roots in ancient Roman tradition.

A delicate and enveloping aroma in synergy with precious ingredients to give new life and new energy to the whole body.

**PARZIAL 30 min.€ 50,00**

**TOTAL 50 min. €80,00**

# Massages

## 3. Energetic draining massage

We starts from the feet and then works its way up the legs and thighs, immediately giving a sensation of lightness and improving circulation.

the dorsal and lumbar area is freed from tension and total relaxation is perceived. the treatment ends with a facial massage.

This revitalization process also leads to the release of nervous and muscular tension and the rediscovery of one's psycho-physical balance.

**PARZIAL 30 min. € 50,00**

**TOTAL 50 min. €80,00**

## 4 Haemolymphatic massage

One of the best massages to book at a spa.

Thanks to the light movements performed on the body, in particular on the thighs, buttocks, ankles and abdomen, correct circulation, both blood and lymphatic, is reactivated.

**PARZIAL 30 min. € 50,00**

**TOTAL 50 min. €80,00**

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## 5. Decontracting massage

Intense and deep massage with a relaxing action on muscle and joint tension, pain-relieving, anti-stress and firming.

**PARZIAL 30 min. € 50,00**

**TOTAL 50 min. €80,00**

## 6 Massage parzial

It specifically treats legs, back and neck. You can choose the part to treat with the wellness operator.

**PARZIAL 30 min. € 50,00**

## 7. Hot Stone massage

It is a particular type of massage which is carried out through the use of hot stones, placed on the body to treat various symptoms and disorders, loosens muscle tension and relieves muscle stiffness by using heat.

**PARZIAL 30 min. € 50,00**

**TOTAL 50 min. €80,00**

# Massages

## 8 Candle Massage

It is an extremely relaxing massage, performed with 100% natural cosmetic candles, embellished with wonderful essences and is a concentrate of well-being for the body and mind.

The precise movements of the massage, strengthened by the beneficial action of the heat, relax the muscles and free them from contractures.

The vegetable oils and butters that glide over the skin hydrate and nourish it, making it smoother and velvety.

What characterizes the candle massage is the ability to reach a layer of total relaxation and serenity through a multi-sensory journey.

The relaxing power of the colors of candle lights (chromotherapy) blends with the sensation of harmony and balance transmitted by the inebriating scents of essential oils (aromatherapy).

Melodies represent a further ally against stress thanks to its beneficial effects (music therapy).

**PARZIAL 30 min. € 60,00**

**TOTAL 50 min € 90.00**

# Massages

## 9 Chocolate Massage

Chocolate is an excellent natural antioxidant containing polyphenols, theobromine and tannin. Chocolate massage hydrates the skin like the best anti-aging products, but above all it produces beneficial effects on mood as it stimulates the production of endorphins, feel-good hormones.

The chocolate treatment starts from the back, massaging from the shoulders up to the calves. Apply the chocolate cream in small doses with slow and circular movements, with constant and deep pressure, so that the chocolate cream is absorbed in the best way.

**PARZIAL 30 min. € 60,00**  
**TOTAL 50 min € 90.00**

## 10 Massage Anticellulite

Anti-cellulite massage, gentle and light with a draining, toning action on body fluids (blood and lymph), relaxing, anti-cellulite, revitalizing for the skin.

**PARZIAL 30 min. € 50,00**  
**TOTAL 50 min. € 80,00**