



BODY EXPERIENCE

- **Luxury Bandino Experience** €120

A ritual entirely dedicated to you: perfumes, aromas and colors overwhelm you, dragging you into another dimension where aware hands, in absolute harmony, between ancient Eastern and Western wisdom, dissolve the tensions of the soul and body to sublimate in a total and enveloping sensation of well-being.

Duration: 90min

- **Talea massage** €90

Treatment with an exfoliating, cleansing and nourishing action to regenerate the skin and relax body and mind cradled by the scent of precious oils and melodic notes that blend them into a single harmony. Warm gloves surround the skin with slow and harmonious movements to remove dead cells and restore smooth and silky skin. Always perfect, in every season of the year: ideal for preparing for the summer season as well as for nourishing the skin after sun exposure and preparing to face the winter.

Duration: 80min

- **Rebalancing moisturizing ritual** €90

This ritual is able to give an incomparable brightness, elasticity and compactness to the tissues (face - body). Thanks to the synergistic action of avocado oil, olive oil, collagen and panthenol.

Indicated after exposure to the sun, slimming diets and in the presence of skin irritations.

Duration: 80min



BODY TREATMENTS

- **Mud - Fanghi** €75

Treatment with white mud, composed of sweet shine, a wax rich in lipophilic active ingredients, combined with zinc oxide: the mud thus mainly performs an occlusive action, as well as having an emollient and soothing action

It is preceded by a sequence of functional cosmetics and the alternation between hot and cold.

It increases microcirculation through the alternation between hot and cold which acts on the vasoconstriction and vasodilation of blood and lymphatic capillaries giving an immediate benefit both in terms of perception and result. Posing with electric blanket.

Duration: 60min



MASSAGE

- **Ayurveda Pindasweda** €80

Dall'antica tradizione Ayurvedica un meraviglioso massaggio effettuato con oli caldi e speciali fagottini caldi contenenti erbe, sali e polveri terapeutiche che inducono un processo di purificazione dovuto all'eliminazione di scorie in eccesso. Dal punto di vista più sottile si ha un equilibrio energetico generale da cui deriva una sensazione di benessere e una profonda distensione fisica e mentale.

Durata: 60min

- **Drecontratturante**

Ideale per allentare le tensioni muscolari, ridurre il dolore da esse indotto e velocizzare i tempi di recupero.

È caratterizzato da manualità dapprima lente, definite di frizione, atte a riscaldare la muscolatura interessata, per trasformarsi poi in manualità più profonde e decise atte a raggiungere e sciogliere le tensioni presenti per raggiungere un totale ed avvolgente benessere.

Durata cervicale schiena: 40min - 60€

Durata Total body: 60min - 90€



MASSAGE

- **Draining** €80

It was born in Brazil from the union of various protocols.

It is based on firm pressure and a fast pace, as well as exclusive pumping and maneuvers that guarantee immediate results.

The technique reduces edema, activates blood circulation and enhances a complex network of vessels that move body fluids, reducing the dreaded cellulite. The result is a less swollen and defined body, with a more accelerated metabolism giving an enveloping and total feeling of well-being.

Duration: 60min

- **Remodeling – anti cellulite** €80

It is a massage which, through specific manual techniques, in dedicated areas, allows you to restore correct blood and lymphatic circulation. It reduces edema and reactivates the affected tissues thanks to a greater supply of oxygen and nourishment, dissolves cellulite blocks, restores correct circulation, accelerates the metabolism by stimulating it to burn more fat. Gives a very pleasant sensation of lightness and total well-being to the whole body.

Duration: 60min

- **Massaggio relax** €80

Developed by elaborating ancient techniques drawn from different cultures, through deep stretching movements, the Relaxing massage promotes balance between body and mind, reduces muscle pain and relaxes the body, sublimating itself in an immediate sensation of well-being and lightness.

Duration: 60min

- **Couple relax massage** €160

An experience to do with the person you love to give yourself an hour of pure relaxation immersed in the relaxing notes, in the aromatic and inebriating scents, in the colors and warmth of our land.

A couples massage with different nuances and always personalized for a perfect massage for each of you.

Duration: 60min

- **Prenatal massage** €70

It's a gentle massage to follow the needs of the woman's body in the months preceding the birth.

Duration: 60min

- **Californian massage** €80

The Californian massage is a relaxing massage technique with long, fluid and harmonious movements, effleurages and pressures that glide over scented oils. It includes a large variety of massage methods from the world, to eliminate stress and release muscle tension.

Duration: 60min

- **Thai** €100

Thai massage is characterized by the execution of different types of manipulations, including pressure and stretching which are associated with so-called passive Yoga techniques. It benefits the person physically and mentally.

Duration: 60min

- **Foot reflexology** €80

This wonderful massage technique is based on the stimulation of the reflex zones on the foot sole to restore energy, stimulate and rebalance the metabolisms, blood circulation, the immune system and dissolve the tensions that express the deepest suffering. Used since 4000 BC. in China, Egypt and India. Scientific research has proven its validity up to accepting its use even in conventional medicine. An example of this is the Gemelli Polyclinic in Rome.

Duration: 60min

- **Balinese** €80

A massage with a strong impact on the emotional sphere. Performed with wide and deep movements on the whole body and with the help of warm bundles to relax the muscles and regenerate mind and body.

Duration: 60min

- **Purifying body scrub** €60

Discover your beautiful and soft skin with a natural scrub. It's used to remove dead cells, favoring the formation of new skin cells. In this way your skin will recover light and freshness.

Duration: 40min