



Trust yourself and your body to skilled hands, because expertise and knowledge make all the difference

## MASSAGES

### AYURVEDA

Inspired by ancient Ayurvedic tradition, this wonderful massage uses warm oils to restore harmony between mind and body, focusing on stimulating the body's vital energy centers. A full-body treatment from head to toe that releases life energy and helps melt away the symptoms of stress.

Duration 60 minutes. Euros 80,00

### DEEP TISSUE

Ideal for relieving muscle tension, reducing pain caused by it, and speeding up recovery. It begins with slow, friction-based strokes designed to gently warm up the targeted muscles, then evolves into deeper, more decisive techniques that work to reach and dissolve built-up tension — leading to a profound and enveloping sense of well-being.

Neck and Back Duration 40 minutes. Euros 60,00

Total Body duration 60 minutes. Euros 90,00

### DRAINAGE

Originating in Brazil, this massage is the result of a refined combination of various protocols. It is based on firm pressure and a fast-paced rhythm, combined with pumping techniques and exclusive maneuvers that deliver immediate results. This technique helps reduce fluid retention (edema), stimulates blood circulation, and enhances the function of the body's complex network of vessels responsible for moving fluids. It effectively targets and reduces cellulite. The result is a lighter, more sculpted body and a deeply enveloping sense of total well-being.

Duration 60 minutes. Euros 80,00

### ANTI-CELLULITE SCULPTING

A massage that uses specific manual techniques on targeted areas to restore healthy blood and lymphatic circulation.

It reduces fluid retention and reactivates the tissues by increasing the supply of oxygen and nutrients.

This process breaks down cellulite build-ups and promotes proper circulation.

The result is a delightful sensation of lightness and an overall feeling of deep well-being throughout the body.

Duration 60 minutes. Euros 80,00

### RELAX MASSAGE

Developed by blending ancient techniques from various cultures, this massage uses deep, flowing stretches to promote harmony between body and mind. It helps relieve muscle pain, relaxes the entire body, and offers an immediate sensation of well-being and lightness.

Available also as a couple's experience, this massage is always customized, with unique touches to make it perfect for each individual.

Single, duration 60 minutes. Euros 80,00

Couple, duration 60 minutes. Euros 160,00



## SPECIAL MESSAGES

### HOT STONES MASSAGE

Discover the Power of Hot Stone Massage! This unique experience combines the soothing warmth of basalt stones with relaxing massage techniques to relieve tension and melt away stress.

The hot stones are placed on strategic points of the body to improve circulation and gently release muscle tightness, bringing a deep sense of well-being. Thanks to the heat and the gentle exfoliating action of the stones, the skin is deeply cleansed, and the body's natural detoxification process is stimulated. Treat yourself to a moment of pure relaxation and let yourself be embraced by this gentle harmony.

**Duration 75 minutes. Euros 90,00**

### BAMBOO MASSAGE

A technique that uses bamboo canes of various sizes to stimulate both superficial and deep tissues of the body. It promotes circulation, encourages relaxation, helps release muscle tension, supports drainage, and assists in body contouring. But that's not all, because bamboo is naturally rich in silica, potassium and betaine, which are released during the massage and help keep the skin firm, elastic, and toned.

**Duration 75 minutes. Euros 90,00**

### CANDLE MASSAGE

An incredibly relaxing, tension-relieving, and deeply engaging massage performed by melting a special massage candle directly onto the body, offering a truly profound multisensory experience. The warm wax softens the massage movements, easing tension and relieving pain while promoting deep relaxation. At the same time, the gentle fragrances released by the candle—such as argan oil and vanilla—wrap both body and soul in a state of pure well-being, awakening all the senses.

**Duration 60 minutes. Euros 85,00**