

# MASSAGGI E TRATTAMENTI

## MASSAGES AND TREATMENTS



### **HOLISTIC ANTISTRESS MASSAGE - duration min 80**

It is one of the most effective ways of using hand wisdom combined with the power of aroma therapy, to deal with body health and psychophysical balance. Relaxing.

### **RELAXING MASSAGE - duration min 60**

Relax body and mind with enveloping maneuvers that improve nervous system activity.

### **LYMPHATIC DRAINAGE (VODDER) MASSAGE - duration min 60**

Draining massage that stimulates the elimination of excess fluids with fluid and relaxing movements. It frees the body from toxins, re-oxygenates the tissues and awakens the circulation.

### **ANTICELLULITE MASSAGE - duration min 60**

Designed to shape the body, firming and fighting cellulite and connective tissue alterations. The specific essential oils penetrate deeply through more intense maneuvers, resulting in a soft, firm skin, visibly more toned and lighter legs.

### **DECONTRACTING MASSAGE - min duration 50**

A deep massage that gives well-being and energy for connective tissues. It acts on muscle contractures, relaxes and releases tension.

### **DECONTRACTING + TAPING HOLISTIC MASSAGE - duration min 60**

Adding the tape according to the needs and in addition to the Decontracting Massage to continue its function even after sitting.

### **AYURVEDIC MASSAGE - duration min 60**

A highly therapeutic holistic treatment that combines blends of oriental oils and movements inspired by traditional oriental therapies. Massage that acts on mind, body and spirit.

### **U MOR MASSAGE (Lomi Lomi Nui on the beach at sunset) - duration min 80**

Let yourself be lulled by the incessant rhythm of the waves of the sea, in a context of peace and serenity. The technique recalls the Hawaiian dances and the firmness of Lua martial arts. Rhythmic manoeuvres, long and harmonious, in which forearms and hands are used, mimic the movements of water that awaken deep serenity and security, and encourage the dissolution of tensions and blocks, giving relaxation and well-being.

### **FACE LUXURY TREATMENT - duration min 50**

Facial lymphatic drainage treatment that restores radiance and shine to the skin. Precious essential oils to the rose, long known for their rejuvenating qualities, help to keep the skin in good condition, nourishing it in depth. Among the aromas of rose, the therapist performs a massage of the scalp, arms and hands to complete the relaxation.

### **DETOX & BRUSHING TREATMENT - min duration 60**

Body brushing, exfoliation and nourishing massage to stimulate the lymphatic system, remove dead cells and remineralize the skin.