

MASSAGE PRICE LIST

PARTIAL TREATMENTS ½ HOUR

€ 45,00

Back and Neck (relaxing treatment focused on the back and neck)

Draining (specific treatment for areas with liquid stagnation)

Cervical (specific treatment performed on a chair, aimed at loosening the cervical area)

COMPLETE TREATMENTS 1 HOUR

€ 70,00

Holistic (complete treatment involving the use of multiple techniques, performed according to the recipient's condition)

Relaxing (relaxing full body treatment)

Decontracting (complete treatment aimed at resolving existing contractures, particularly suitable for athletes)

€ 80,00

Bamboo Massage (deep massage carried out with bamboo canes with a draining, toning and decontracting effect. Very suitable after physical activity and to combat cellulite)

Californian Massage (deep relaxation massage, performed on the whole body, performed with the use of aromatherapy essences and warm oil)

Hot Stones Massage (complete massage performed on the entire body, with the use of specially heated stones, which give a feeling of relaxation and well-being)

WE INFORM YOU THAT OUR PROFESSIONAL OPERATORS WILL BE ABLE, UPON REQUEST OF GUESTS, TO CARRY OUT ADDITIONAL TREATMENTS AT A COST OF €90 WITH SPECIFIC TECHNIQUES DESCRIBED AS FOLLOWS

OUR COLLABORATORS:

BRUNA - Holistic Personal Trainer - Meiso Shiatsu Practitioner - Reiki Practitioner

Additional Specific Techniques:

Shiatsu: The Shiatsu treatment is a Japanese acupressure method and, coming from a land so fertile in tradition, ritual, sense of the sacred, it is a technique full of meaning and potential, close to those that are at the basis of the do-in, the ancient massage, acupuncture, osteopathy and chiropractic.

Duration 1 hour.

Reiki: The Reiki treatment takes place through the simple laying on of hands, in this way the operator transfers the Reiki energy to the recipient, which will rebalance, unblock and charge the parts that need it with energy.

Any physical and emotional imbalance corresponds to energetic imbalances. Thanks to this rebalancing operation, the correct energetic conditions are recreated so that our bodies (physical, mental and spiritual) can be balanced again and consequently reactivate the intrinsic capacity for self-healing. Duration 1 hour

FEDERICO - Naturopath - Holistic Master Trainer - Ayurvedic Practitioner

Additional Specific Techniques:

Kobido: Facial treatment with anti-aging effects from the ancient Japanese tradition. Furthermore, the Kobido treatment, by working on the reflex zones, gives total relaxation of mind and body.

Ayurvedic Massage: Ayurvedic massage is a particular type of massage carried out to promote and stimulate the psychophysical well-being of the individual. According to Ayurvedic philosophy, the manipulation technique used to perform the massage in question represents the means through which it is possible to achieve balance and perfect harmony between body and mind. Duration 1 hour.

MARINA - Holistic Personal Trainer - Meiso Shiatsu Practitioner - Reiki Practitioner

Additional Specific Techniques:

Thai Oil Massage: a particular massage technique which, unlike the traditional Watpo massage, performed on the Futon without the use of oil, involves the use of special massage oils. For this reason, Thai Oil massage is very relaxing and delicate, which is not suitable for those who do not like soft treatments and instead want massages with deep pressure, typical of the traditional technique.

Duration 1 hour.

Shiatsu: The Shiatsu treatment is a Japanese acupressure method and, coming from a land so fertile in tradition, ritual, sense of the sacred, it is a technique full of meaning and potential, close to those that are at the basis of the do-in, the ancient massage, acupuncture, osteopathy and chiropractic.

Duration 1 hour.



CLAUDIO – Holistic personal trainer – Shiatsu operator

Additional Specific Techniques:

Sound bath with Tibetan bells: A treatment that uses sound waves to harmonize the physical and mental condition, promotes better quality sleep and provides relief in case of fatigue, headaches, digestive disorders and mood swings. This type of treatment can be carried out on a single person, or as a couple. It is also possible, upon request, to organize group sound baths.

Duration 1 hour.

MARZIA – Holistic personal trainer

Additional Specific Techniques:

Candle Massage: Treatment indicated to deeply calm the mind and give a state of well-being and relaxation, promotes circulation and releases tension and contractures.

Duration 1 hour.

Swedish Massage: A treatment which, by reducing stress and nervousness, promotes relaxation, exerts a decontracting and toning action on the muscles and helps reduce joint and muscle pain. Duration 1 hour.

MASSIMILIANO – Naturopath – Holistic Master Trainer – Bowen Operator

Additional Specific Techniques:

Bowen: The Bowen method, even if it involves light manipulations, has a very strong action on the organism: it stimulates blood circulation, lymphatic and venous drainage, the assimilation of the main nutritional factors and allows rapid elimination of toxins. Furthermore, it minimizes muscle tension and acts effectively in recovering joint mobility. Duration 1 hour.

Japanese Head and Foot Massage: From the ancient art of Japanese Massage, the head and feet are specifically massaged, areas of great accumulation of tension and rich in nerve endings. It gives deep relaxation, reduces stress and stimulates the internal organs thanks to acupuncture on their reflex points. Duration 1 hour.

NATASCIA – Personal Trainer Olistico – Operatrice Reiki – Operatrice MTC

Additional Specific Techniques:

Crystal Therapy: Holistic discipline focused on the use of crystals, stones and minerals of various shapes and colors in order to achieve and maintain a state of psycho-physical well-being by stimulating an individual's natural energy resources. Crystal therapy is based on the assumption that each body has a peculiar energy field, which interacts with external events.

Duration 1 hour.

TCM treatment: The Traditional Chinese Medicine treatment is a type of energy massage, which, based on the energy meridians, can also include the use of crystals to provide relaxation, dissolve existing contracture conditions, and prevent the onset of different energy blocks. Duration 1 hour.