

CUDDLES and... MASSAGES

Holistic Rites and Techniques derived from Eastern and Western Cultures are combined with massages to neutralise physical tensions and restore balance through stones and the Kingdom of Phytocosmetics, providing you with relaxation and well-being.

NUTRITION AND WELL-BEING.....

.....MASSAGES FROM NATURE

with products from the val d'Orcia



Antioxidant and Nourishing with "Casanova" Olive Oil 50' Anti-ageing – Regenerating the antioxidant properties of Oleic Acid and Vitamin "E" to protect the skin from the harmful action of free radicals prevent the effects of ageing. Ideal for treating dry and dehydrated skin, counteracts water loss from the epidermis, nourishes and regenerates dry and dehydrated skin. A beneficial relaxing and toning effect for the whole body. **73.00 Euros**

Anti-ageing with "Casanova" Olive Oil & Wine Juice 50' - Antioxidant: a massage with this emulsion counteracts the free radicals present on the skin, restoring its luminous and hydrated appearance. Polyphenols protect the skin against oxidation, responsible for 4 out of 5 wrinkles, and preserve the skin's hyaluronic acid capital, the plumping agent par excellence.

75,00 Euros





WESTERN PHILOSOPHY AND MESSAGES FOR BODY CARE

Massotherapeutic Massage 50' - Therapeutic: reduces stiffness, tension and muscle soreness, counteracts stress and anxiety.

75.00 Euros

Tension-relieving Massage 50' - Therapeutic: with strong tension-relieving properties acting on the lumbar and cervical muscles, tones up and loosens tension and fatigue.

75.00 Euros

Haemolympatic 50' - Vascular Draining: the techniques used increase the benefits of lymphatic drainage, while in the aesthetic field helps solve problems such as cellulite and tired and swollen legs.

72.00 Euros

Haemolympatic 30' - Vascular Draining Localised

50.00 Euros

Anti-cellulite 50' – Reduces Adipose Tissue Accumulations: promotes the disintegration of the macro-granules of cellulite, stimulates lipolysis and tissue oxygenation.

72.00 Euros

Anti-cellulite Massage 30' – Performs a reducing action Localised 50.00 Euros

Kobido Massage 40' - of eternal youth, a beauty ritual to give tone and vigor to the skin of the face with a manual treatment that produces a natural lifting effect.

Lymphatic Facial & Décolleté Massage 30' - Tonifying: on smooth muscles, gives compactness and brightness to the face, reduces and smoothes wrinkles and reduces bags under the eyes.

45.00 Euros

Lymphatic Drainage Vodder 50' - Draining harmonious, slow and rhythmic movements in order to respect the physiological parameters of lymphatic outflow and not induce stimuli that could cause "spasms of the lymphatic vessels". The action of the LDM stimulates an increase in lymphangiomotricity, a drainage of the interstitium favoring the movement of liquids, proteins and immune cells. It is a therapeutic method that aims to promote the drainage of lymph from the periphery of the organism to the heart. **76,00 Euros**

Ancient Thermal Massage 70' The Ancient Roman Thermal Massage aims to cleanse, reduce skin blemishes and relax the muscles. In this massage technique the different personalized manual techniques, touching, rubbing, tapping and pumping have their purpose which starts from a scrub to remove dead cells from the skin, work on the presence of cellulite and excess fat, drain liquids and waste and not to lastly relax the muscles. The products used are chilli pepper to dilate, salt to eliminate dead cells, honey to rehydrate and nourish the skin of the entire body. **120,00 Euros**



RECOVER YOUR GOOD MOOD THANKS TO THE MESSAGES OF SERENITY



Relaxing 50' – Anti-stress: the sweet and rhythmic manipulations of the Lymphatic Massage are combined with carefully applied rubbing and pressures of the Massotherapeutic Massage with strong relaxing and anti-fatigue properties. **68.00 Euros**

Relaxing massage for pregnant women 50' hydrating and nourishing with the biological properties of olive oil for legs, back and arms. **68.00 Euros**

Relaxing with Chocolate Oil 50' of Smile: stimulates the central nervous system, improving mood. The Caffeine and Tetrahydrocannabinol contained in chocolate oil are useful active ingredients to counteract skin ageing. **70.00 Euros**

Chocolate oil massage for children 20' **45.00 Euros**

Aromatic Massage 50' Relaxing personalized treatment with oil flavored with essential oils; lavender, lemon and orange for complete body relaxation, with rosemary, acamphor and theaflavin for the alleviation of muscle pain. **78.00 Euros**

Relaxing with Grape Seed Oil & Macerated Rosemary 50' - Gourmet: the Vitamin E and Fatty Acids contained in Grape Seed Oil, combined with the energizing action of Rosemary, give softness and vitality to the skin. **75.00 Euros**

MASSAGES INSPIRED BY EASTERN PHILOSOPHY.....



Luce del Marocco (Light of Morocco) 50' - Tension-relieving: specific manipulations enhanced by the use of the Mhukka (terracotta hand-piece) relax, loosen muscle contractions, relieve tension and stress. **78.00 Euros**

Ayurveda 50' un massaggio indiano con olio di sesamo caldo personalizzato per ciascun individuo, effettuato utilizzando varie tecniche di manipolazione specifiche che oltre a ristabilire armonia ed equilibrio fra corpo e mente, è in grado di apportare numerosi altri benefici, sia a livello fisico che a livello psichico. **Euro 82,00**



Californian Massage 50' 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 wide variety of massage methods from all over the world, which eliminate stress and release muscle tension.
80,00 Euros

Hawaiian Massage 60' It is a fluid massage, which reproduces the movement of the ocean: the hands flow softly and lightly, energetic and deep, in an alternation of opposites that relax and unblock vital energy, it has a great draining and relaxing effect. It halves physical, muscular and emotional tension.
90.00 Euros

Swedish Massage 50' **Classic Western massage** aims to help the individual achieve a state of both physical and mental well-being. It is considered decontracting, relaxing, toning and draining. It also acts on the haemolymphatic circulation and is useful in the prevention of fat and cellulite.
80,00 Euros



Thai Oil Massage 60' Sweet and pleasant Thai massage technique, particularly relaxing. Among its properties are its draining, rebalancing and anti-stress action. It is a pleasant and delicate massage, which is performed following the 10 Sen, the energy lines of Thai massage. Also known as Thai lymphatic drainage, it is a valid alternative to traditional Western draining massage, it reduces stress, tension and muscle pain, as well as giving a deep sense of relaxation to those receiving the massage. **90.00 Euros**

Exfoliating Massage with Salies de Béarn Salt 70' **Skin-purifying Massage** - peeling based on Thermal Salts nourishing oils which is carried out with circular, large and slow movements over the entire body, promotes the elimination of toxins giving a sensation of lightness. It is a perfect ally against cellulite and restores balance to the body. Used by athletes because it helps counteract training fatigue, relieves muscle/joint pain and helps eliminate excess fluids. Before proceeding with the actual massage, a scrub is performed to free the skin from dead cells and dilate the pores. After preparing the body we begin with the massage which is carried out with circulatory movements to avoid the stagnation of liquids. Through massage, cell turnover is activated and circulation is stimulated. The skin is immediately smoother and able to absorb the active ingredients contained in the creams, especially anti-cellulite, slimming or firming ones.
120,00 Euros