

# 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



**Antioxidant with "Casanova" Olive Oil 50' Anti-ageing:** 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. **65.00 Euros**

**Nourishing with "Casanova" Olive Oil 50' - Regenerating:** ideal for treating dry and dehydrated skin, counteracts water loss from the epidermis, nourishes and regenerates dry and dehydrated skin. **65.00 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. **65.00 Euros**

**Wine Bath & Anti-ageing Massage 90' - Wine therapy:** alchemy between Balneotherapy and Massage. A complete peeling and a hydromassage with grape extracts and salts merge into an enveloping massage that improves blood circulation, oxygenation, tone and skin hydration.

**110.00 Euros**





## WESTERN PHILOSOPHY AND MESSAGES FOR BODY CARE

**Massotherapeutic Massage 50' - Therapeutic:** reduces stiffness, tension and muscle soreness, counteracts stress and anxiety. **60.00 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. **60.00 Euros**

**Tension-relieving Massage with Hematite Mud 70' - Analgesic:** compress combined with a massage that allows the increase of skin temperature, unblocking contracted muscles **80.00 Euros**

**DLM Drainage 50' - Lymphatic:** allows the lymph to follow its course, letting oxygen and active substances penetrate into the interstitial tissues; counteracts cellulite. **60.00 Euros**

**DLM Drainage 30' Lymphatic Localised** **40.00 Euros**

**Haemolympathic 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. **60.00 Euros**

**Haemolympathic 30' - Vascular Draining Localised** **40.00 Euros**

**Lymphatic Massage with Malachite Oil & Fluorite Stones 50' - Vascularising:** with anti-fatigue draining effect. Restores skin a uniform appearance, helps solve problems such as cellulite and tired and swollen legs. **65.00 Euros**



**Lymphatic Massage with Malachite Oil & Fluorite Stones 30' Anti-fatigue Vascularising Localised** **45.00 Euros**



**Anti-cellulite 50' - Reduces Adipose Tissue Accumulations:** promotes the disintegration of the macro-granules of cellulite, stimulates lipolysis and tissue oxygenation. **60.00 Euros**

**Anti-cellulite Massage 30' - Performs a reducing action Localised** **40.00 Euros**

**Reactivating Firming 50' - Flabbiness:** vitalises, firms up and tones up tissues. Acts not only on muscles but also on the dermis and deeply on the person's state of well-being and relaxation as a whole. **60.00 Euros**

**Reactivating Firming 30 - Flabbiness Localised** **40.00 Euros**

**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. **40.00 Euros**

**Lymphatic Facial & Décolleté Massage with "Casanova" Olive Oil 30' - Anti-wrinkle:** the exceptional antioxidant properties of Oleic Acid and the nourishing properties of Vitamin "E" give a tonic, fresh and bright appearance. **45.00 Euros**

**Micro-facial Massage with Essential Oils 30' - Reactivating:** gives a fresh and bright appearance even to asphyxiated skin, reduces bags under the eyes with strong relaxing and smoothing power. **40.00 Euros**

## RECOVER YOUR GOOD MOOD THANKS TO THE MESSAGES OF SERENITY



**“Croma-Senses Oil” 50’ of Feelings:** promotes total relaxation thanks to the aromas and colours of the Ylang Ylang, Lemon, Neroli, Lavender and Myrrh Oil.  
**60.00 Euros**

**“Croma-Senses Oil” & Semi-precious Stones 50’ of Life & Heart:** the energy and vibrations transmitted by the stones are used to neutralize physical tensions and restore inner balance with a calming and relaxing effect. **70.00 Euros**

**“Oriental Soul” 50’ of Peace & Serenity:** massage combined with oriental techniques transmit relaxation and rebalance vital energy. Tridosha Oil, Indian Spices and Essential Oils of Ylang-ylang, Lemon, Neroli, Lavender and Myrrh.  
**60.00 Euros**

**“Oriental Soul” & Fluorite Stones 50’ - Energetic:** the involving touch of Fluorite stones on the whole body combined with stimulating and soothing Essential Oils are combined in a multi-sensory massage. **70.00 Euros**

**“Gemo Balance” with Malachite Oil & Fluorite Stones 50’ Anti-fatigue:** gentle, generalised and specific to relieve the body of fatigue and anti-ageing emollient for the skin. **70.00 Euros**

**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. **60.00 Euros**

**Relaxing with Chocolate Oil 50’ of Smile:** stimulates the central nervous system, improving mood. The Caffeine and Tetrobilin contained in chocolate oil are useful active ingredients to counteract skin ageing. **60.00 Euros**

**Relaxing with Grape Seed Oil & Macerated Rosemary 50’ - Gourmet:** the Vitamin F and Fatty Acids contained in Grape Seed Oil, combined with the energizing action of Rosemary, give softness and vitality to the skin. **60.00 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. **60.00 Euros**

**Magia d’India (Magic of India) 50’ - Reactivating:** with natural cotton fibre gloves and energetic rubbing, combined with nourishing Essential Oils, allow you reactivating the circulation by smoothing and renewing the epidermis. **60.00 Euros**

**Respiro d’Australia (Breath of Australia) 50’ - Modelling:** manual manipulations with the aid of Iroko wood sticks allow modelling the body with a detachment of the deeper tissues, which tend to reshape thigh and hip profile. **60.00 Euros**

**Lymphatic Detoxifying Massage with Green Tea Compress 70’ - Antioxidant Draining:** a Green Tea and Citrus fruit compress with detoxifying and purifying properties combined with manual lymphatic massage favour the elimination of toxins and drainage of fluids. **80,00 Euros**



**Exfoliant with Spices & Indian Butter 70' - Skin renewing:** follows the pure Varanasi style with rubbing, smoothing and skin manipulations that allow a delicate and enveloping exfoliation. **80.00 Euros**

**Exfoliant with Orange Peeling Cream 70' - Oxygenating:** Orange, Apricot, Grape and Lychee particles to cleanse the skin, Bamboo Extract with a refreshing and toning action are combined in a massage that brings energy and balance. **80.00 Euros**

**Exfoliant with Salt from Salies-de-Béarn 70' - Skin purifying:** hot cloths and Thermal Salt rich in Magnesium, Lithium, Potassium and Calcium allow a deep exfoliation with a stimulating and relaxing action on the whole body. **80.00 Euros**

## A JOURNEY OF THE SENSES WITH THE MASSAGES OF THE ETRUSCANS.....

Holistic Rites and Western Techniques are combined  
with the Mineral Kingdom  
to neutralize physical tensions and restore  
the balance of body and mind



<b>Massage of the Etruscans - "Ipnose Experience" 50'</b> <u>with "Casanova" Extra Virgin Olive Oil Butter, Essential Oils &amp; hot cloths</u>	<b>65.00 Euros</b>
<b>Massage of the Etruscans - "Salt &amp; Water" 50'</b> <u>with Thermal Salts &amp; Honey, Aromatic Essential Oils &amp; hot cloths 50'</u>	<b>65.00 Euros</b>
<b>Massage of the Etruscans - Anti-ageing 50'</b> <u>with "Casanova" Extra Virgin Olive Oil, truffle extract &amp; Wine nectar &amp; hot cloths</u>	<b>65.00 Euros</b>
<b>"Ipnose Experience" with Butter Indian, Spices &amp; Indian Oils 90'</b> <b>Scrub with Indian Butter, "Senses Oil" Milk Bath, Massage with "Croma-Senses Oil"</b>	<b>115.00 Euros</b>
<b>"Sapphire Experience" with Thermal Water &amp; Sapphire Powder 90'</b> <b>Scrub with the Salts of Life, Compress with Sapphire Powder, Massage with Hot Cloths</b>	<b>115.00 Euros</b>
<b>"Relax Cure" with Arctic Plants &amp; Bamboo 90'</b> <b>Fruit Scrub, Compress of Arctic Plants, Draining Massage</b>	<b>115.00 Euros</b>
<b>"Antifatigue Experience" with Hematite Mud &amp; micronised minerals 90'</b> <b>Scrub with Thermal Salts, Re-mineralising Hematite Compress, Massage with Hot Cloths</b>	<b>115.00 Euros</b>
<b>"Tens Cure" with Fruit &amp; Ginger 90'</b> <b>Steam Bath with Essential Oils, Fruit Scrub, Massage with Bamboo Cream</b>	<b>115.00 Euros</b>
<b>"Detox Cure" with Fruit &amp; Green Tea 90'</b> <b>Orange Scrub, Green Tea Compress, Oriental Soul Massage with Bamboo Cream</b>	<b>115.00 Euros</b>