Holistic Massages

Relaxing and Rebalancing Treatments

"Your body is precious, for it houses your mind and spirit.
Inner peace begins with a rested body."
Norman Vincent Peale

Relaxation Massage

The ideal treatment for those seeking true "psychophysical relaxation". Through the use of gentle, slow, rhythmic, and enveloping techniques, it creates a pleasant relaxing and regenerating effect. It is an excellent tool for stress prevention and overall well-being optimization; an experiential journey inducing a profound state of physical and mental relaxation.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases. Caution during pregnancy, especially in the early or final stages.

50 min | € 70
75 min | € 105

Psychosomatic Massage

The secret to regeneration and well-being lies in carving out a space to let go of thoughts, worries, and daily commitments, thus rediscovering vital energy and a renewed global balance. The holistic approach employed does not follow a fixed protocol but uses various manual techniques and tactile stimuli to produce beneficial effects that positively influence both physical and mental spheres. It is a deep multisensory experience that promotes emotional and energetic rebalancing, enhancing mood.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases. Caution during pregnancy, especially in the early or final stages.

50 min | € 70
75 min | € 105

Customized Anti-Stress Massage

A manual treatment tailored to the recipient's individual needs. During the session, various techniques from both Eastern and Western traditions are combined based on the areas treated and specific issues encountered. Keywords: empathy, touch, listening, and deep relaxation. Ideal for periods of high stress, anxiety or fatigue, it helps restore calm and inner balance, promoting energy and vitality recovery.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases. Caution during pregnancy, especially in the early or final stages.

50 min | € 75
75 min | € 110

Holistic Massages

Relaxing and Rebalancing Treatments

Customized Localized Massage

Ideal for relaxing and soothing specific areas of the body needing special care. Options include localized massages for the back, neck, upper and/or lower limbs, head, and face. Techniques are selected based on the recipient's needs.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases. Caution during pregnancy, especially in the early or final stages.

30 min | € 50

Customized Californian Emotional Massage

Born in California in the 1970s at Big Sur's Esalen Institute, it is considered the quintessential psycho-emotional massage. Using somato-emotional release techniques, slow, enveloping, fluid, and relaxing strokes generate profound relaxation and general well-being, promoting harmonious interaction between body and mind. Ideal for those experiencing stress, anxiety, restlessness, insomnia, or low energy.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases. Caution during pregnancy, especially in the early or final stages.

50 min | € 75
75 min | € 110

Customized Hawaiian Lomi Lomi Massage

In Hawaiian and Samoan languages, "lomi" means "to knead, rub, soothe, or work inside and out"; it is repeated twice for emphasis. More than a simple massage, it is a philosophy of life, known as the "massage of change", affecting physical, emotional, energetic and spiritual components.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases. Caution during pregnancy, especially in the early or final stages.

50 min | € 75,00

Aromatherapeutic Emotional Massage with Essential Oils

A holistic treatment rooted in aromatherapy, a branch of phytotherapy that uses aromatic essences to alleviate mild, non-pathological disorders. Through specific strokes, friction, and kneading, the therapeutic properties of essential oils are conveyed, influencing the psycho-emotional sphere. It is a deep multisensory experience harmonizing emotions and inducing profound psychophysical relaxation.

General contraindications: not recommended during pregnancy or breastfeeding; dermatitis, skin allergies, ongoing infectious diseases.

50 min | € 75

Holistic Massages

Relaxing and Rebalancing Treatments

Foot Reflexology

A manual treatment technique, or more precisely, a micro-point stimulation therapy that is part of Reflexology. Foot zones correspond to organs and structures of the human body, mapped symmetrically between right and left feet. Applying pressure, rubbing, and friction techniques, the practitioner stimulates or inhibits the function of the corresponding organ or system. It helps rebalance body systems, particularly reducing anxiety and stress effects.

General contraindications: deep vein thrombosis, phlebitis, trophic ulcers, gout, fungal infections. Caution during pregnancy, especially in the early or final stages.

30 min | € 50

Holistic Massages

Draining, Detoxifying and Anti-Cellulite Treatments

Detoxifying Lymphatic Drainage Massage

A specific manual technique that, through gentle, rhythmic, and low-pressure strokes, promotes the drainage of excess interstitial fluids. The lymphatic flow increases, removing waste substances and toxins, visibly reducing swelling and water retention.

Main benefits:

- Draining, anti-edema, anti-inflammatory, analgesic, and relaxing effects.
- Improves microcirculation and increases cellular and tissue oxygenation.
- Stimulates the immune system by facilitating the circulation of immune cells and antibodies.
- Highly recommended in aesthetic treatments, particularly for cellulite.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases, deep vein thrombosis, thrombophlebitis, unstable cardiac conditions. Caution during pregnancy, especially in the early or final stages.

50 min | € 80

Customized Hemolymphatic Draining Massage

This manual treatment acts on both blood and lymphatic circulation, aiming to reoxygenate tissues, eliminate toxins, and promote metabolic waste removal. Each technique applies centripetal pressure, accelerating local and general circulation.

Indications:

- Poorly oxygenated skin (stimulates collagen production, regenerates tissues).
- During weight loss phases (slimming and toning effects).
- Effective for cellulite (PEFS), edema of the lower limbs, abdominal bloating, and constipation.
- When applied globally, it is an effective anti-stress massage, promoting muscular and visceral relaxation through nervous system regulation.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases, deep vein thrombosis, thrombophlebitis, unstable cardiac conditions. Caution during pregnancy, especially in the early or final stages.

50 min | € 75
75 min |€ 110

Holistic Massages

Draining, Detoxifying and Anti-Cellulite Treatments

Detoxifying Anti-Cellulite Connective Tissue Massage

Developed from the clinical practice of German therapist Elisabeth Dicke, this technique uses traction and pressure maneuvers targeting the subcutaneous and interstitial connective tissue, promoting decongestion and relaxation of the treated area.

Main benefits:

- Anti-inflammatory, anti-edema, analgesic effects on the musculoskeletal system.
- Stimulates the venous and lymphatic systems, improving tissue oxygenation, hydration, and nutrition.
- Reflexively affects distant body areas via skin-nerve-organ connections.
- Widely used in aesthetics for cellulite, stretch marks, skin laxity, and scar tissue.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases, deep vein thrombosis, thrombophlebitis. Caution during pregnancy, especially in the early or final stages.

50 min | € 75

Maderotherapy and Anti-Cellulite Treatment

A massage technique originating in South America ("Madera" means wood), using various wooden tools made of beechwood for mechanical stimulation of connective tissue and targeted body regions.

Main benefits:

- Draining and detoxifying effects.
- Firming and reshaping action.
- Analgesic and relaxing effects.
- Improves skin tone and elasticity, making it smoother and brighter.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases, deep vein thrombosis, thrombophlebitis. Caution during pregnancy, especially in the early or final stages.

50 min | € 75

Facial Massages and Treatments

Toning and Draining Treatments

"A serene face holds a mysterious and powerful attraction:
sad hearts warm to it like the sun."
(Joseph Roux)

Face and Décolleté Lifting Massage

A completely natural treatment that, through deep and precise manual techniques, helps counteract the signs of aging on the face, neck and décolleté, making the skin firmer, smoother, and more radiant. By directly stimulating the connective tissue, the lifting massage provides excellent preventive action on younger skin, while, on mature skin, it exerts a strong firming and toning effect.

Main benefits:

- Anti-aging effect improves skin tone, elasticity, and texture by stimulating collagen and elastin production.
- Activates microcirculation, with a draining and detox effect that reduces puffiness and dark circles.
- Softens expression lines, such as nasolabial folds.
- Optimizes absorption of skincare products (oils and creams) used during the treatment.
- Leaves the face looking more relaxed and radiant.
- Balances emotional well-being and induces a deep sense of relaxation.

General contraindications: inflammatory acne, dermatitis, active herpes labialis, or other ongoing infectious conditions. After aesthetic medicine treatments (e.g., fillers or botox), a minimum of 30 days must pass before undergoing the massage.

30 min | € 50

Gua Sha Anti-Aging Face and Décolleté Treatment

"Gua" means "to scrape" and "Sha" means "heat". This ancient holistic practice, rooted in Traditional Chinese Medicine, uses flat jade or quartz stones and rollers to massage and drain the face and décolleté. Stimulating blood and lymphatic circulation, it smooths expression lines, reduces puffiness under the eyes, tones, oxygenates, and firms the skin, enhancing the facial contour. The treatment is supported by a specific Bio Anti-Aging facial serum to strengthen the skin barrier and increase elasticity and hydration.

General contraindications: irritated skin, active acne, dermatitis, or skin disorders. After aesthetic medicine treatments (e.g., fillers or botox), a minimum of 30 days must pass before undergoing Gua Sha treatment.

30 min | € 50

Osteopathic evaluations and Treatments

"The human body contains within it the power to heal itself.
If this power is recognized and normalized, disease can be prevented and cured."
(Dr. Andrew Taylor Still)

Osteopathic Evaluation and Treatment

During the first phase of the session, the Osteopath, after collecting the patient's medical history, will conduct an in-depth static and dynamic postural evaluation, identifying any "somatic dysfunctions" that may cause signs and symptoms. Osteopathy employs a "global, causal, and non-symptomatic operational approach", proving effective in the treatment and prevention of "functional disorders" that may affect not only the musculoskeletal system but also other structures and systems of the human body.

50 min | € 85,00

Osteopathic Evaluation and Cranio-Sacral Treatment

A gentle and non-invasive manual treatment focusing on listening to and normalizing the rhythm of the craniosacral system through light cranial pressures, tractions, decompression, and vertebral normalization techniques.
Particularly suitable during periods of intense stress, it provides a relaxing and regenerating experience — a neutral space where deep tensions are released, resulting in a profound sense of well-being and renewed psychophysical energy.

50 min | € 85,00

Osteopathic Myofascial Evaluation and Treatment for Athletes

Manual treatment of Trigger Points and Tender Points, using an osteopathic approach involving mobilization and stretching of soft tissues. Highly effective in addressing pain, restrictions, and tension in the myofascial system.

Main benefits:

- Improves mobility, reducing joint and muscle pain and stiffness.
- Restores functional balance within the musculoskeletal system.
- Promotes immediate and widespread psychophysical well-being.
- Particularly recommended in sports for preventing osteoarticular and musculoskeletal disorders.

Note: It is advisable to temporarily reduce athletic activity for 24 hours following the treatment.

General contraindications: recent traumatic injuries; dermatitis, skin disorders; ongoing infectious diseases. Caution during pregnancy, especially in the early or final stages.

50 min | € 80

Osteopathic evaluations and Treatments

Somato-Emotional Osteopathic Treatment

Osteopathy and psychosomatics emerged in the late 1970s thanks to Dr. John Upledger, who developed and applied a new osteopathic treatment model for patients with psychosomatic disorders.
Current clinical studies confirm that emotions, especially unexpressed or repressed ones, can directly influence biological systems, particularly the autonomic nervous system, the immune system, the neuroendocrine system, and the cardiovascular system. According to Upledger, any psychic trauma can be somatized, manifesting in specific tissue and organ areas, often with clear signs and symptoms.

The Somato-Emotional Release process helps patients identify and "release the emotional component" related to the residual effects of past trauma and the associated symptoms.

Main indications:

- Sleep disturbances
- Concentration or attention issues
- Muscle-tension headaches
- Irritable bowel syndrome
- Chronic physical and mental fatigue
- Low energy and vitality
- Irritability, stress, and anxiety
- Hyperactivity

50 min | € 85

Fascial Osteopathic Evaluation and Treatment

Manual treatment of the fascial system. As part of the connective tissue system, fascia is a ubiquitous sensory organ rich in receptors for sensitivity and pain, playing a vital role in posture, movement, and proprioception.
When inflamed due to poor posture, repeated microtraumas, overuse, or joint overload, fascia loses its elasticity, becoming denser and impairing movement and coordination.

After careful medical history collection and osteopathic assessment, fascial treatment uses specific dry manual techniques, both static and dynamic. Pressures, frictions, and assisted micro-mobilizations generate endogenous heat, restoring fascial functionality and significantly reducing pain symptoms.

General contraindications: recent traumatic injuries; dermatitis, skin disorders; ongoing infectious diseases. Caution during pregnancy, especially in the early or final stages.

50 min | € 85

Osteopathic evaluations and Treatments

Postural Osteopathic Evaluation and Treatment

"Osteopathy and posture" represent an increasingly recognized synergy. After a thorough history and evaluation, the combination of osteopathy and postural functional exercises targets incorrect, dysfunctional postural habits often responsible for musculoskeletal pain and stiffness.
Stretching exercises, aided by joint mobilization, help prevent and reduce muscle contractures and retractions, improving tissue elasticity. Benefits are perceived from the very first session, with a progressive sense of lightness, well-being, and relaxation, and a reduction — or even elimination — of common symptoms (especially pain).

50 min | € 85

Recovery massages

Treatments for athletes

"Never move the soul without the body, nor the body without the soul,
so that by defending each other, these two parts maintain their balance and health."
(Plato)

Decontracting and Recovery Massage

Ideal for treating muscle contractures, stiffness, and tension.

Main benefits:

- Reduces muscle tension signs such as cramps and spasms.
- Resolves muscle contractures through decongestion and relaxation of tissues.
- Stimulates local microcirculation with a draining effect, facilitating the removal of toxins, catabolites, and excess fluids, and improving tissue oxygenation.
- Improves sports performance, prevents long-term injuries, and shortens recovery times after competitions and training.

General contraindications: dermatitis, skin disorders, ongoing infectious diseases, deep vein thrombosis, thrombophlebitis, unstable cardiac conditions. Caution during pregnancy, especially in the early or final stages.

50 min | € 80,00