



Massages and holistic wellness treatments

Relaxing massage

Ideal for those looking for a moment of authentic relaxation, to abandon themselves and find the right harmony with their body. It is a treatment that generates a pleasant relaxing effect, thanks to the use of gentle, slow, enveloping, and continuous manoeuvres. It is a valid tool for preventing stress and optimizing the general state of well-being.

50 min € 70,00

75 min € 105,00

Psychosomatic massage

The secret to regenerating yourself and recovering well-being lies in being able to carve out a space in which you abandon all your thoughts, problems and daily tasks and relax completely. In this contact with oneself, new vital energies and balance are found. The psychosomatic massage, thanks to the use of manual techniques and different tactile stimuli, aims to provide beneficial psychophysical harmony.

50 min € 70,00

75 min € 105,00

Personalized antistress-massage

It is a massage that adapts to the individual needs of the recipient, in which it will be possible to combine and use various techniques, based on the areas to be treated and the specific problems that will be encountered.

50 min € 75,00

75 min € 110,00

Personalized district massage

Based on your needs, it will be possible to choose between different types of localized massage: back, neck, upper and/or lower limbs, head and face, etc.

30 min € 50,00

Hawaiian lomi lomi massage

In the Hawaiian and Samoan languages, the term lomi means "to knead, rub, soothe or work inside and out". The word is for emphasis repeated twice. This holistic therapy, in the Hawaiian tradition, is not intended only as a simple massage, but it is an integral part of a philosophical thought; in fact, it is defined as "the massage of change" due to its interaction with not only the physical but also the emotional, energetic, and spiritual component.

50 min € 70,00

Emotional Californian massage

It is the psycho-emotional massage par excellence. Born in California around the 1970s, he aims above all to achieve a "rebalance" between the physical and spiritual planes. It is an important and very intense sensorial experience, which, through enveloping, fluid and relaxing manual skills, is able to generate a profound state of well-being and re-establish a synergistic harmony between body and mind.

50 min € 70,00

75 min € 105,00

Haemolymphatic draining massage

This type of massage therapy technique acts in a particular way on both the blood and lymphatic circulation, with the aim of re-oxygenating and detoxifying the tissues. facilitating the elimination of metabolic waste, with a general relaxing and rebalancing effect. Each manual movement is a pressure act that acts from the outside towards the inside on the blood and lymphatic vessels, centripetally accelerating the local and general circulation. Hemolymphatic massage finds wide application in the aesthetic but also therapeutic - sports fields. In fact, it is particularly suitable:

- On asphyxiated skin (poorly oxygenated); stimulates collagen production by oxygenating and regenerating tissues.
- On subjects in the process of losing weight, for its effectiveness on tissue stimulation (slimming and toning effect).
- Due to its delicacy and effectiveness, it is indicated for those suffering from vascular fragility, PEFS (cellulite), edema of the lower limbs, abdominal swelling, and constipation.
- It is also excellent in the treatment of localized edema of traumatic origin (in the presence of recent traumas such as contusions, sprains).

50 min € 75,00

75 min € 110,00

Aromatherapy massage with essential oils

Aroma-massage, specifically, is a holistic treatment, which has its roots in aromatherapy, a branch of phytotherapy, which uses aromatic essences to alleviate minor ailments of a non-pathological nature. Using specific manual techniques of touching, friction, and kneading, it turns out to be one of the simplest methods for using and conveying the therapeutic power of essential oils. It is a profound sensory experience; in which the essences that are used and mixed according to specific needs, significantly influencing the psycho-emotional sphere, inducing sensations of well-being, and helping to harmonize emotional states. General contraindications: it is not recommended during pregnancy, during breastfeeding, in the presence of skin allergies and sensitive skin, in cases of epilepsy, severe liver disease and renal insufficiency.

50 min € 75,00

Madero-therapy and anticellulite treatment

It is a massage technique, born in South America (Madeira means wood), in which a large variety of natural wooden instruments are used, for the participation and treatment of specific body regions, generating an immediate draining, firming, reshaping and relaxing effect. In fact, Madero-therapy, combined with specific massage techniques, is especially indicated for subjects with superficial and deep localized adiposity problems, water retention, abdominal and lower limb swelling. Contraindications: Pathologies of the lymphatic and venous system (phlebitis and thrombophlebitis, recent venous thrombosis) ; Renal and heart failure; Diagnosis of malignant tumour.

50 min € 70,00

Anti-age Gua Sha facial and décolleté treatment

Literally: Gua means "rub" and Sha means "heat". It is an ancient holistic practice, based on the principles of traditional Chinese medicine, which uses flat stones and particular jade or quartz rollers to massage the face and décolleté. By stimulating blood circulation and the lymphatic system, it smooths out expression wrinkles, decongests bags under the eyes and face, tones, oxygenates and smooths the skin, firming the oval of the face. The treatment is aided by the use of a specific Anti age Bio facial serum, which will help strengthen the skin barrier, increasing the elasticity and hydration of the skin.

30 min € 50,00

Cold cupping and detoxifying massage

“Cupping Therapy” is a therapeutic/holistic practice, which has its roots in traditional Chinese medicine. Using small cups produced in different materials (glass, ceramic, PVC, bamboo), applied to certain areas of the body, creates an important suction and decompression effect on the tissues (Vacuum effect), which directly and immediately stimulates circulation. blood and lymphatic, helping to reduce inflammation and improve tissue drainage and oxygenation. One of the main areas of application of this technique is sports. In fact, athletes appreciate cupping combined with an effective therapeutic massage, because it generates an analgesic, anti-inflammatory and detoxifying effect, which alleviates the symptoms dependent on excessive muscular effort and post-race/post-workout fatigue, thus ensuring way, better recovery, and quicker resumption of sporting activity. Initially the recommended treatment starts from the back; however, the cups can be applied to different body regions, statically or dynamically, performing different types of movements (linear, circular). Cupping facilitates a large draw of blood at the application site (hyperaemia), for this reason the treatment temporarily leaves "characteristic signs of cupping" on the skin, red/light pink or dark blue in colour, which resolve spontaneously within few days. Main contraindications to treatment: Heart failure; Kidney failure; Presence of severe edema; Haemorrhagic diseases (e.g. haemophilia or allergic purpura); Dermatitis; Psoriasis; Excessive thinness.

50 min € 75,00

Foot reflexology

It is a manual treatment technique or, more precisely, point micro stimulation, which is part of Reflexo-therapy. Over time, with the progression of studies on this holistic discipline, the location of the reflex zones present in the feet has been the subject of a mapping. The correspondence between parts of the foot and structures or organs of the human body follows a symmetry criterion. According to some recent theories, the reflex zones corresponding to the anatomical structures of the right half of the body are located on the right foot. Similarly, on the left foot reside the reflex zones connected to the anatomical elements of the left half of the body. By applying reflexology massage, the operator uses acupressure techniques, rubbing, friction and pumping on the recipient's feet, with the aim of stimulating or inhibiting the function of an organ or system, corresponding to the reflex area that is treated. Foot reflexology can help rebalance body systems, particularly reducing the effects resulting from chronic conditions of anxiety and stress. Contraindications: Diabetes, vasculitis, and deep vein thrombosis in the lower limbs, I must, presence of ulcers and skin mycosis on the feet (e.g. "athlete's foot").

30 min € 50,00



Osteopathic evaluation and treatments

Classic osteopathy (Osteopathic evaluation and treatment)

It is a system and manual treatment that is based on the theoretical-practical knowledge of current medical sciences (Anatomy, Physiology, Biology, Biomechanics, etc.). Thanks to the use of specific manipulations and manoeuvres, it proves effective for the evaluation, prevention, and the treatment of disorders ("somatic dysfunctions") which affect not only the neuro-musculoskeletal system, but also the cranio-sacral system (link between the skull, the spine and the sacrum) and the visceral system. It uses a causal and non-symptomatic approach, looking for the functional alterations of the body, which lead to the manifestation of signs and symptoms.

50 min € 85,00

Myofascial osteopathic evaluation and treatment for athletes. (Manual treatment of trigger points and tender points)

This form of Manual Therapy, making use of a set of Osteopathic techniques, for the mobilization of soft tissues (muscles and fascia); finds its specific indication in the treatment of myofascial pain and painful syndromes on a biomechanical and reflex basis. Main therapeutic effects: Thanks to its analgesic effect, it guarantees a reduction in painful conditions affecting the musculoskeletal system, generating immediate and widespread general well-being. Widely used in sports and rehabilitation, it is also an excellent treatment for preventive purposes. A temporary suspension of competitive/amateur physical activity is always advisable in the following 48 hours post-treatment.

50 min € 85,00

Craniosacral osteopathic evaluation and treatment

It is a manual, gentle and non-invasive treatment, which consists of listening and normalizing the rhythm of the cranio-sacral system, through light cranial pressures, tractions, decompression techniques and spinal normalisation. It is particularly suitable during periods of high stress. For the recipient it turns out to be a relaxing and regenerating experience, a neutral space, where you can let go of the deepest tensions, experiencing a pleasant sensation of well-being and renewed psycho-physical energy.

50 min € 85,00

Postural osteopathic treatment

"Osteopathy and posture" represent an increasingly current and widespread combination. After a careful anamnesis and evaluation, thanks to the synergistic use of osteopathy and functional postural exercises, we can intervene on "dysfunctional" postural attitudes, which are often the cause of widespread muscle-joint pain, back pain, neck pain etc. Through this therapeutic approach, it is possible to improve tissue elasticity, thanks to a reduction effect on muscle hypertonicity and joint stiffness. The stretching and mobilization exercises will allow us to prevent and eliminate situations of contracture and muscle retractions, preserving the integrity of the joints. You can perceive the benefits from the first session, with a progressive sensation of lightness, well-being, and relaxation, as well as the attenuation or even disappearance of the most frequent symptoms (pain in particular).

50 min € 85,00

Somato-emotional osteopathic treatment (Osteopathy and psychosomatics)

Somato-Emotional Osteopathy was born towards the end of the 1970s, thanks to the numerous research and intuitions of Doctor John Upledger, an American doctor and osteopath, who during his clinical practice developed an innovative osteopathic treatment, which he used on some of his patients suffering from Psychosomatic Disorders. According to Upledgers, any psychic or physical trauma is "absorbed" by specific body areas and at a tissue/organic level, a set of well-defined symptoms may appear in the long term, including, often, chronic pain. "Somato-Emotional Release" is a therapeutic process, which helps the patient to identify and "release the emotional component", related to the residual effects of a previous trauma and the symptoms associated with it.

Main Indications for Treatment:

- Sleep disorders.
- Problems with concentration or attention.
- Muscle-tension headache.
- Gastroesophageal reflux.
- Irritable colon.
- Chronic physical and mental fatigue.
- Poor energy and vitality.
- Irritability, stress, and anxiety.
- Hyperactivity or lethargy.

50 min € 85,00

Fascial osteopathic evaluation and treatment (manual treatment of the fascial system)

As a constituent of the connective system, fascial can be considered a ubiquitous tissue that permeates the entire organism. It is a sensory organ, rich in sensitivity and pain receptors, which boasts important systemic functional characteristics, with an important role in the perception of posture, movement and proprioception. When the fascia becomes inflamed, due to incongruous and forced postures, prolonged exposure to repeated microtraumas, functional overstresses, or joint overloads, it tends to lose its plasticity and to become denser, making movement difficult and painful and motor coordination. After a careful anamnesis and evaluation, the fascial treatment will involve the use of specific dry, static and dynamic manual techniques, which will be carried out with the aid of some wooden and metal therapeutic instruments. The pressures, frictions and assisted micro mobilizations will develop endogenous local heat, which will reactivate the functionality of the fascia. Thanks to this process, an improvement in mobility and a significant reduction in painful symptoms will be promoted from the first session.

Main indications :

- Fascial Restrictions
- Myofascial pain syndromes
- Soft tissue fibrosis and scarring
- Musculoskeletal pain due to functional overload
- Muscle stiffness and dysfunction caused by incorrect posture, sedentary activity and
- Little physical exercise.

50 min € 85,00



Massages and treatments - holistic therapeutic approach

Total Body relaxing massage

Much requested in the therapeutic and sporting fields, it is ideal for the treatment of contractures, stiffness, and muscle tension.

Alleviation of signs of tension present in the form of cramps and muscle spasms.

Main therapeutic effects:

- Promotes the resolution of muscle contractures, through decongesting and relaxing the tissues.
- Stimulation of local microcirculation, with a draining effect that facilitates the removal of toxins and catabolites.

50 min € 80,00

Anti fatigue sport massage

Post-competition sports massage is indicated immediately after a sports competition. Based on the athlete's needs, it is carried out from a few minutes after the performance, up to 48 hours later. From this massage derives multiple effects:

- Reduction of muscle fatigue and elimination of metabolic waste.
- Restoration of tissue elasticity, prevention of trauma and after-effects of fatigue.
- Restoration of the correct functionality of the musculoskeletal system.
- Restoration of body homeostasis.
- Reduction of contractures and acceleration of recovery times.

50 min € 80,00

Manual lymphatic drainage L.D.M.

It is a particular manual treatment technique, which finds application in various fields: aesthetic, therapeutic and sporting. Through the mechanical action of the massage, carried out with gentle, rhythmic, and low-pressure manoeuvres, it promotes the drainage of excess interstitial fluids, with an increase in the lymphatic current which "takes away" harmful and waste substances from the treated area; also generating an improvement in microcirculation and an increase in cellular oxygenation (draining, anti-edema, anti-inflammatory, analgesic and relaxing effect). Manual lymphatic drainage is particularly indicated not only in edema of the lymphatic system but also in localized edema of a traumatic nature, in venous insufficiency and in cases of cellulite or lipoedema. However, it is contraindicated in acute phase infections, dermatitis, when the wounds are recent, in case of tuberculosis, untreated malignant tumours, in the presence of heart failure or renal failure, deep vein thrombosis, thrombophlebitis.

50 min € 80,00