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## **massages previous reservation on payment**

### **Reiki**

An ancient art of balancing energy discovered by Dr Mikao Usui . It is "the transmission of vital pranic energy through the laying on of hands. It allows a deep relaxation and favours the recharging of energy.

- Full rebalancing treatment: 80 minutes.
- Energizing Treatment: 50 minutes.

### **Aromatherapy massage**

**(Lavander, Mint, Citrus, Argan Oil, Olive Oil and Honey)**

An holistic treatment that gives good physical and mental health. This massage reduces the effect of stress, improves circulation and increases the release of toxins thus rebalancing the energy flow, relaxes muscles which are overworked, contracted and painful. It has a bracing effect on weaker tissues and muscles. The application of oils absorbed through the skin and smell increases the beneficial effect..

- Body treatment: 50 minutes .
- Back treatment 30 minutes.
- Legs treatment: 30 minute.

### **Decontracting massage**

The beneficial effect of this massage is enhanced by the use of specially selected natural oils, which thanks to their properties stimulate the nervous system and allow the muscle tone to go back to its normal level. It is particularly indicated after intense physical activity:

- Body treatment 50 minutes.
- Back treatment 30 minutes.
- Legs treatment 30 minutes.

## Massage with hot stones

it is a holistic technique that involves the use of heated volcanic stones. This massage favours relaxation and rebalancing of energy through heat, which stimulates the production of endorphins. It releases tensions, muscle spasms and improves mobility of joints and spine. The pleasant feeling of warmth, in cold weather, is very beneficial for the body and mood. It can be completed by applying a mixture of relaxing oils.

- Body treatment: 50 minutes.
- Facial and body treatment: 80 minutes .

## Hot and cold stones legs

Treatment hot / cold that uses hot stones in alternance with cold stones (marble). The alternation of temperatures relaxes the muscles and activates the blood circulation

- Treatment about 50 minutes

## Neck massage

Very good at solving problems of tensions, muscle contractions and localized discomfort due to poor posture held during sleep and during the active days. This massage is a useful therapy to relax tension and calm the pain while it allows restoring peace of mind..

- Full Treatment about 50 minutes .
- Seated: 30 minutes.

## Lymphodrainage

Treatment performed with slow and harmonious movements, with a nice and gentle pressure. It does not need oil. It has a revitalizing , balancing, relaxing effect and it stimulates the micro circulation..

- Body Treatment 50 minutes .
- Legs Treatment 30 minutes.

## Californian massage

Gentle treatment consisting of simple but very effective gestures that leave room for human contact. It is indicated to restore well-being during periods of stress or physical and mental fatigue. This massage helps to harmonize the different functions of the body: breathing, heartbeat, digestion, fluid circulation and metabolism. This massage also provides uniform temperature in different parts of the body by stimulating vital energies.

- Treatment of about 50 minutes .

## **Anti-stress massage**

Holistic massage technique which consists of light touches and gentle movements that produce lasting and profound states of relaxation. This massage releases the rigidities, the blocks and relaxes all tensions. A rejuvenating massage that allows total relaxation both mentally and physically.

- Treatment 50 minutes.

## **Integrated Reflexology**

A special technique of foot massage that re-creates and maintains balance and harmony of the body by stimulating reflex points located on the sole of the foot. By treating the reflex points toxins are scattered and the flow of vital energy is improved. Reflexology is also particularly suited to reduce stress.

- Treatment 50 minutes.

## **Anti-sinusitis massage**

Through the facial massage and pressure on some nerve points unblocks the energy congestion typical of sinusitis thus alleviating the annoying symptoms

- Treatment 30 minutes.

## **Head massage**

According to the eastern thought, the tendon is the control zone and the coordination point of the whole psycho-somatic set of our body. Massaging the head is to contribute to the relaxation of thoughts in the rebalancing of body, mind and spirit

- Treatment 30 minutes.

## **Anti-aging facial massage**

Natural technique for relaxation and rejuvenation of the face that looks more fresh, bright and refreshed. Wrinkles look reduced, the flow of liquid improves reducing bags and dark circles.

- Treatment 30 minutes.