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massage

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.

- about 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 essential oils absorbed through the skin and smell increases the beneficial effect.

- body treatment: about 60 minutes.
- treatment, face and body: about 80 minutes.

relaxing aromatherapy 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: about 60 minutes.
- back treatment: about 25 minute.
- legs treatment: about 25 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: about 25 minutes.

massage with hot stones and crystals:

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 essential oils.

- treatment: about 50 minutes.

cranio sacral massage:

Holistic massage technique where the operator performs very light touches on the bones of the skull and along the spine of the patient. The benefits manifest themselves at different levels: those of a simple anti-stress treatment to the complete rebalance of body functioning. Despite the delicacy with which it is practiced, it has a profound effect and improves the harmony of the emotional and psychological states of the patient while providing a pleasant feeling of well-being.

- treatment: about 60 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: about 50 minutes.

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: about 80 minutes.
- energizing treatment: about 40 minutes.

ayurvedic massage:

Manual treatment that makes use of warmed oils. It works not only on the physical level but also on the mental and emotional. Its general characteristics are to act on the venous circulation, aiding the return of blood to the heart, promotes detoxification and calms the nervous system. It removes fatigue, whether caused by mental effort, muscle strain or by the accumulation of toxins.

- treatment: about 80 minutes.

californian massage:

Gentle massage 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: about 50 minutes.