

# MASSAGES AND TREATMENTS

The Wellness Centre of the Castello

*Far from being a luxury, massages are a very ancient practice bringing a multitude of benefits.*

*At each session the relationship between the epidermis and the nervous system is honoured and venerated.*

*A massage raises awareness of all the parts of the body, and works towards greater energy balance.*

## Body Massages

Circulatory massage Designed to improve the blood circulation system and make it more efficient; works on the tissues in order to improve lymphatic and venous blood flow

*Legs only 40 minutes € 70,00*

*Complete 60 minutes € 100,00*

Deep tissue massage Relaxes the muscles and the body in its entirety. Particularly recommended for people who take part in sporting activity, but also beneficial for anyone who wants to relieve accumulated stress and tension build-up.

*Full body 60 minutes € 110,00*

Aromassage Performed using iodine-free marine oils and gel, it benefits both the body and the mind with slow movements starting from the feet and working up over the whole body.

*60 minutes € 100,00*

Lymphatic drainage Designed to reactivate circulation of the lymph and remove impurities,

it is performed with very slow, delicate movements.

*90 minutes € 130,00*

Tension-relieving massage Recommended for anyone who suffers from poor blood and lymph circulation or contracted muscles, or simply wants to relax their body.

The moves are performed with particular intensity.

*Back and neck 30 minutes € 60,00*

*Full body 60 minutes € 110,00*

*'True beauty after all consists in purity of heart'*

#### Facial treatments

Anti-aging Doctor Perricone Dedicated to those who want to get a visible and immediate result:

a more relaxed, toned and bright face.

*60 minutes € 100,00*

Phytomer- Seawater pearls A sensory experience, an immersion of scents and sensations that

evokes the sea and all its benefits.

*90 minutes € 130,00*

Perricone MD cleansing Dedicated to anyone with a hectic life: regeneration of the skin, relieving stress and eliminating impurities

*60 minutes € 100,00*

For sensitive skins: a super nourishing, anallergic treatment with olive oil polyphenols for more, delicate, sensitive skins

*60 minutes € 100,00*

#### *Facial cleaning*

*90 minutes € 90,00*

#### Body Treatments

Exfoliating body scrub: sea salt massage for silky, moisturized skin

*60 minutes € 100,00*

Mud treatment + Massage: an immediate feeling of lightness

*90 minutes € 130,00*

Treatment + Massage: warm Dead Sea salt wrap that helps eliminate excess liquids and toxins

*90 minutes € 130,00*

#### Cosmetics

Pedicure with varnish  
*60 minutes € 50.00*

Manicure with varnish  
*60 minutes € 40.00*

Full leg hair removal  
*60 minutes € 40.00*

Half leg hair removal  
*30 minutes € 20.00*

Arm hair removal  
*30 minutes € 20.00*

Underarm hair removal  
*10 minutes € 10.00*

Bikini hair removal  
*10 minutes € 10.00*

Eyebrows  
*10 minutes € 10.00*

Upper lip  
*5 minutes € 5.00*