



RELAXING TREATMENT: Treatment that helps relieve physical and mental stress with ancient oriental techniques.

45 min 80 Euro/1 h 105 Euro

DECONTRACTING TREATMENT: Using the techniques of muscle stretching you can benefit postural, muscular and help decrease tensions.

45 min 85 Euro/1 h 110 Euro

ARTICULAR TREATMENT: It allows you to stretch your articulations and give oxygen to exoskeleton parts.

50 min 90 Euro

TREATMENT CANE BAMBOO : Quickly relaxes all the muscles

50 min 90 Euro

MOXUBUSTIONE M.T.C.:Treatment which is included in Traditional Chinese Medicine and consists . This treatment is suitable for those diseases related to Cold and Moisture.

40 min 85 Euro/1h 105 Euro

CUPPING THERAPY: This therapy has positive effects on blood and lymph circulation nourishing muscle fibrocells. This ancient technique is very effective in the treatment of acute pain that occurs in the back.

40 min 75 Euro/1h 95 Euro

TREATMENT OF THE ABDOMEN - ENERGY REBALANCE: This treatment can eradicate swelling and rebalance the energy in the organism, thanks to the pressure applied by the operator.

40 min 80 Euro

MORNING WARM UP: Qi Gong exercises with roots in Chinese medicine and martial arts which includes meditation, concentration and breathing.

40 min 80 Euro

PERSONAL TREATMENT: Six personalized treatments on your body. Six effective treatments for a total renovation.

45 min 80 Euro/1h 100 Euro

REFLEXOLOGY: Plantar reflexology is an ancient massage that involves reflex zones. These reflex zones are located under and on the foot.

40 min 80 Euro/20 min 45 Euro

HOLISTIC MASSAGE: A mix of techniques such as shiatsu, ayurvedic and relaxing, applied on the entire body. It is a global massage conjugated to natural therapies.

1 h 110 euro/40 min 80 Euro/25 min 50 Euro

NATURAL AROMA SCRUB: It is an exfoliating treatment that removes the cells on surface resulting in a smoother and brighter skin promoting oxygenation.

25 min 50 Euro

SHIATSU MASSAGE: Useful against anxiety and stress, balances the body and works deep global harmony.

1 h 110 Euro

THE MASSAGE
Massage (from Greek “massō” meaning “to handle, touch, to work with the hands, to knead dough”) is the most ancient form of physical therapy used by several civilization to ease the pain and decontract muscles removing strain. Nowadays we find massage in physiotherapy, alternative medicine and in beauty treatments. There are many kind of massage: relaxing, muscular, athletic, lymphatic drainage massage, for the treatment of cellulite. Other oriental physical techniques like shiatsu, thai massage or ayurvedic massage are included in massage techniques.

If you desire to benefit from the services and treatments of the spa, remove every accessory like rings, earrings, necklaces or bracelets
 If you are not a customer of the hotel, a courtesy kit (bathrobe, bath towel, scuffs) will be offered.