

Body Massages

Notos body massage 45'	€ 80
Full body massage performed with the use of personalized techniques.	
Relaxing massage 30'/45'	€ 40 /€ 70
The relaxing massage, done with slow movements, helps alleviating pains caused by anxiety and stress.	
Anti-contracture massage 30'/45'	€ 40 /€ 70
Massage technique focused on releasing the muscular contractures caused by tensions and stiffening.	
Lymphatic drainage massage 45'	€ 80
The lymphatic drainage massage is very useful to restore the body level of detoxification through the manual stimulation of the lymphatic system, also favouring the legs' tone.	
Remodeling / Harden / Anti-cellulite massage 45'	€ 70
This massage helps reshaping and remoulding the body improving skin elasticity, blood and lymphatic flow to obtain a good result on the decrease of the fat and cellulite. In addition, it facilitates the elimination of excess fluids.	
Sport massage 30' (before and after bodywork)	€ 60
Massage technique whose aim focuses on the stimulation of the parasympathetic nervous system and on the increase of the haematic flow with resulting hyperthermia, to prepare or relax the muscles exposed to physical activity.	
Hot stone Massage 60'	€ 100
Massage performed with hot lava stones, useful to relax in case of muscle, rheumatic or joint aches, backache, stress, insomnia, depression. It decongests the lymphatic deposits and favours the drainage of the fluids helping the body to detoxify. Hot Stone massage could also be done cold to meet the needs of people suffering from capillary vulnerability.	

Ayurvedic massage (Pintasweda) 45' € 90

Made with bundles containing chopped Indian herbs and soaked into hot oil, it is very useful to relieve the back. The oil's heat helps the relaxation of the contracted muscles and the medicinal herbs favour the release of anti-inflammatory principles.

Bamboo Massage 45' € 90

This massage is particularly recommended both after the sport activity and to fight cellulite as it stimulates the lymphatic flow favouring the drainage of fluids and the tissues regeneration, as well as reactivating blood flow.

Shiatsu massage 50' € 90

The Shiatsu massage is an ancient Japanese method of acupuncture done with fingers, hands, elbows and knees on specific points to balance the energy. It has good effects on anxiety and stress, reducing the typical symptoms of depression. It could be a help in case of problems related to head, neck and back, joints stiffening, sport or work activity contractures.

Four hands relaxing massage 45' € 120

The traditional massage techniques, done simultaneously by two operators, create rhythmic movements in synchrony, for a relaxing effect on body and mind.

District Massages

Face, neck and cleavage 15'/30' € 25 / € 40

Face, head, cervical 20' € 40

Abdomen, legs, feet 20' € 40

Back 20' € 35

Foot reflexology 15' / 30' € 25 / € 40

New

Candle Massage 50'

€ 80

Candle Massage will give you deep sensations of relax and wellness. This body massage is made with essential oils obtained from the melting of a candle's composition, releasing a pleasant fragrance. The first step is the application of a natural cocktail scrub on the body that, later, will be cleansed with a wet and warm towel. The treatment with the oils starts from the back, moving to the legs and to the soles of the feet, to end on abdomen and hips. In the end, the area of the cleavage and front arms starting from the nape, will be treated. Candle Massage has a moisturizing and nourishing action, being ideal especially for dry and dehydrated skins.

Vacuum Massage 50'

€ 70

Vacuum Massage, also known as cupping, is a treatment from Oriental origins that, through an aspiration system from the internal to the external, allows the adhesion of some suction cups on specific body parts. The suction cups will produce an increase of blood flow in the area where applied, stimulating the flow and facilitating the elimination of toxins. This treatment is particularly recommended for vascular disorders affecting legs and for venous and lymphatic insufficiency, such as cellulite and water retention, in addition to facilitating the relaxation of nervous system.