



MASSAGES

***Give yourself a moment of well-being for both body and mind and enjoy the relax
in harmony with your spirit.***

Choose the massage that best suits your needs

- ***RELAXING MASSAGE*** **€75/110 (50/80 minutes)**
Delicate and harmonious manual actions that help rediscover the well-being of mind and body and relieve tension and muscular stress.
- ***DECONTRACTING MASSAGE*** **€85/120 (50/80 minutes)**
This massage invigorates and deconstructs the body muscles through deep pressure technique and energizing manual actions. Recommended as a preparation before any sport activity or immediately after, in order to relieve muscle fatigue.
- ***CANDLE MASSAGE*** **€85 (50 minutes)**
Harmony and serenity are the pleasant sensations that the warm wax on your body will give to your body. The sweet aroma that follows will give you an unforgettable and intense sensory experience.
- ***FOOT MASSAGE*** **€45 (20 minutes)**
Specific foot massage that restores balance of body and mind thanks to the touch of specific points. A massage for tired or stressed feet with blood circulation problems that gives deep relaxation to the whole body, acting on the many nerve endings on the soles.
- ***BACK AND NECK MASSAGE*** **€55 (25 minutes)**
Its stretching function relieves pain caused by incorrect posture that results in stiffness and muscle tension, facilitating the reduction of contractures. This massage acts on muscular stiffness, on neck and shoulders up to the arms, caused by postural tensions and widens your movements.
- ***HOT STONE MASSAGE*** **€90 (50 minutes)**
Recalling an ancient tradition, the hands, caressing the body, help to relax it: warm stones, that give sensations of absolute well-being, are moved slowly throughout the body. The release of heat gradually gives a total, deep and special sense of well-being.
- ***SCALP MASSAGE*** **€45 (20 minutes)**
Face, head and neck are our best introduction and often become the parts of the body that best emphasize stress and fatigue. This massage will give you feelings of lightness and serenity, giving your face a healthy and shiny color. The slow movement on the scalp has total relaxation effects.



*Make your massage even more exclusive and personalized by choosing one of the following.
Each product has specific benefits and perfectly complements the style of the massage*

- ***“TERRA NOSTRA” OLIVE OIL MASSAGE*** **€80 (45 minutes)**
Complete body massage with different manual actions based on the customer's needs, made with extra virgin olive oil obtained by harvesting and squeezing the olives of our century-old Apulian trees.
- ***LOMI LOMI SENSORIAL MASSAGE*** **€80 (45 minutes)**
Slow and regular massage performed with hands and forearms that recall the gentle and warm waves of the sea; very relaxing, pleasant and sensory.
- ***CHOCO MASSAGE*** **€75 (45 minutes)**
Chocolate massage that stimulates the sense of smell and helps skin and mind. Chocolate contains substances such as caffeine and theobromine that have positive effects on nervous system and help concentration. Cocoa butter nourishes skin and makes it softer.