



TREATMENTS

MASSAGES AND HOLISTIC TREATMENTS FOR PSYCHOPHYSICAL WELLBEING AND VITALITY

TREATMENT OF THE NECK, FACE, HEAD

The neck is the area that connects the brain and the entire spinal column, influencing the central nervous system; when there is tension or pain in the neck, the face stiffens, thus influencing our mood and our thoughts. It is dedicated for those who use the intellectual and mental part a lot, for those who have tension, migraines, cervical pain, heaviness in head, tired eyes, sinusitis, insomnia, teeth grinding and dizziness.

The treatment creates a pleasant effect of lightness and freshness.

It produces deep well-being.

CRANIOSACRAL TREATMENT

Through the treatment of the skull, the neck muscles, the trapezius, the paravertebral and the sacrum, they help to dissolve the pains and tensions of the spine by realigning it in a correct posture.

MEISO SHIATSU TREATMENT

Meiso shiatsu is a holistic practice based on offering pressure. This pressure is used as a tool to awaken the life force and self-healing capacity present in each of us.

ANTI-STRESS MASSAGE

The anti-stress massage works on the muscle groups particularly the paravertebral muscles of the vertebral column (connected with the central nervous system) to relax and harmonize them, removing the tensions due to stress.



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AMMA TREATMENT (ABDOMEN AND FEET)

Often for daily stress, foods and drinks that contain preservatives and dyes create pain or tension in the abdominal part, causing swelling, air in the abdomen and poor circulation in the legs and feet.

CALIFORNIAN MASSAGE “THE EMOTIONAL MASSAGE”

It is an excellent restful calming massage, which frees the mind from thoughts, with gentle, fluid and circular movements gives psychophysical well-being. It is recommended for those who want to receive an enveloping and delicate massage, “caress is the gesture of love that awakens our deep being”.

FOOT REFLEXOLOGY

Foot reflexology has a rather ancient history: the first treatment carried out by massaging the feet were applied in China and India in 5000 BC, where medical treatments were used using finger pressure to influence the body's energy fields (acupuncture, acupressure, shiatsu).

MOXIBUSTION USE OF HEAT

Moxibustion or moxa is a technique of ancient origins that exploits the healing power of heat. It can be used in case of muscle and joint contractures, neck or shoulder strains, low back pain, sciatica, rheumatism, osteoarthritis.

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