



TREATMENTS

MASSAGES AND HOLISTIC TREATMENTS FOR PSYCHOPHYSICAL WELLBEING AND VITALITY

• NECK, FACE, HEAD TREATMENT

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 thoughts.

It is suitable for those who use the intellectual and mental part a lot, for those who have tension, migraines, neck pain, heaviness in the head, tired eyes, sinusitis, insomnia, grinding of the teeth and dizziness. The treatment creates a pleasant effect of lightness and freshness and produces profound well-being.

• CRANIAL SACRAL TREATMENT

Through the treatment of the skull, neck muscles, paravertebrals and sacrum, it helps to dissolve pain (migraines, cervical and lumbar pain, muscle and joint pain) and tension in the spine by realigning it in a correct posture. In addition to this, this treatment promotes relaxation of the nervous system and improves the quality of sleep, treats functional disorders, such as temporomandibular joint dysfunction, digestive disorders and respiratory problems, improves vitality, hormonal balance and the immune system.

• DEEP TISSUE MASSAGE

Deep Tissue is a treatment that relaxes chronic tensions using deep finger pressure that loosens the "knots" that form in the connective tissue, thus allowing the physiological blood and lymphatic circulation to be restored, with benefits for the nutrition of the tissues and the consequent purification of toxins accumulated in the body, greater elasticity and reduction of inflammatory states.

It helps resolve stiffness, pain and abnormal tension in the neck, shoulders, back, lumbar area and lower limbs.



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Deep Tissue massage is particularly indicated in the following cases: pain in the spine, lumbago, limited joint mobility, recovery following muscle or joint trauma, carpal tunnel syndrome, postural problems, muscle stiffness, arthrosis, lumbosciatica, technopathie related to specific sports (running, cycling, athletics, etc.), piriformis syndrome, tennis elbow, fibromyalgia.

In addition to the strictly physical benefits, this massage provides a full feeling of relaxation and guarantees relief from stress and anxiety, stimulating the release of serotonin and oxytocin by the body.

• THAI MASSAGE

Thai massage has a thousand-year tradition and was born from the fusion of Theravada Buddhism, Ayurveda, Hatha Yoga, Traditional Chinese Medicine. The main feature of this massage is the perfect combination between the body dimension and the energy dimension. During the treatment, muscle compressions, joint mobilizations and acupressure are performed along the energy channels, generally without the use of oils and creams. The operator will use his hands, elbows, knees, legs and feet, performing a sequence of fluid movements that will lead the body to assume real passive yoga positions.

On an energetic and spiritual level, this treatment restores the correct flow of energy throughout the body; on a physical level it promotes relaxation, improves circulation and breathing, increases flexibility and joint mobility, tones muscles and skin and combats aging.

• CALIFORNIAN MASSAGE “THE EMOTIONAL MASSAGE”

It is a massage that with gentle, fluid and circular movements gives psychophysical well-being, deep relaxation and stress reduction.

Improves blood and lymphatic circulation, relieves muscle tension, gives greater awareness of one's body and has a positive effect on mood and reduction of anxiety.



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• FOOT REFLEXOLOGY

The foot is the foundation of our movement through the world; it absorbs the earth's energies and transmits them to the brain. It encompasses the entire human organism and can be the starting and finishing point for treating many ailments. Foot reflexology is a technique that uses stimulation of specific areas of the foot to restore balance to the body.

Useful for congestion and tension, physical ailments such as muscle and joint pain, back pain, headaches, digestive disorders, respiratory problems, and pain related to specific conditions such as menopause.

• MEISO SHIATSU TREATMENT

Meiso Shiatsu places particular emphasis on the evolutionary growth of the individual and the pursuit of health, happiness, freedom, and inner peace through an understanding of the principles of nature and the body. Through pressure from the fingers, hands, and elbows, specific energy points and meridians are stimulated, following the principles of traditional Chinese medicine, thus awakening the life force and self-healing capacity within each of us.

This treatment can be useful for treating fatigue, insomnia, fibromyalgia, anxiety, and stress, as well as relieving muscle tension.

• MOXIBUSTION

Moxibustion, or moxa, is a traditional Chinese medicine therapeutic technique that uses heat to treat various conditions. It is based on the application of heat, generated by the burning of a substance called moxa (usually mugwort), to specific points on the body, similar to those used in acupuncture.

Used to treat muscle and joint pain, chronic fatigue, and digestive disorders.

60-minute treatment € 130,00 • 90-minute treatment € 180,00

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