



**"OFTEN THERE IS NO NEED
TO ASPIRE TO GREAT THINGS.
JUST INDULGE IN SMALL DAILY JOYS."**

SWEDISH MASSAGE

Complete: 60 min. | € 70

Partial: 30 min. | € 40

Massage, adjusted to an individual's sensitivity, promotes overall well-being, improves circulation, tones muscles, and reduces stiffness.

ANTI-STIFFENING MASSAGE

Complete: 40 min. | € 70

Partial: 20 min. | € 40

Specific moderate intensity massage that helps to ease muscle tension and promote relaxation.

ANTI-FATIGUE LEG MASSAGE

30 min. | € 40

Leg massage to help restore physical fitness, producing a pleasant sensation of lightness and new vitality.

RELAXING MASSAGE WITH AROMATIC OIL

Complete: 60 min. | € 70

Partial: 30 min. | € 40

Pleasant massage, with expert sequences of gentle manoeuvres and with aromatic oil of your choice, to free the body from physical ailments, discomfort and stress.

FOOT REFLEXOLOGY

30 min. | € 40

60 min. | € 70

Reflexology is a particular type of massage done on the feet mainly with the thumbs to stimulate specific points. The aim is to rebalance the energy in the body, sending signals to organs, and encourage self-healing.

KINESIOLOGY TAPE - SUPPORTIVE TREATMENT

€ 20

Application of kinesiology patches used to relieve pain, inflammation and speed up muscle recovery times.

For further information and reservations, contact the reception staff.