

# WELLNESS TREATMENTS

	Price:	Ladies	Gentlemen
<b>Cranio-sacral massage 60 `</b>		<b>65 €</b>	<b>65 €</b>

The cranial sacral massage is a holistic technique made by the operator using a light touch on the cranial bones and spine of a subject, in order to establish contact with the craniosacral rhythm of the person, so to stimulate and follow it. It is a gentle and safe therapy. For this reason, it is often recommended in so called risky circumstances, such as pregnancy, after an operation or an injury. Regarding the non-invasive nature of the technique, the craniosacral massage can be practiced even on infants, on elderly persons and pregnant women. We may need such treatment for different ailments or for physical or psychological diseases. Just a few sessions of craniosacral can improve the most common disorders.

## Relaxing anti-stress massage

<b>60 ` with essential oils and aromatherapy</b>	<b>70 €</b>	<b>80 €</b>
<b>30 ` partial back-legs massage</b>	<b>35 €</b>	<b>40 €</b>

The main purpose of this massage is the recovery of your interior perception. The therapist helps the patient to go back into his body, learning again how to feel his body in the present time (here and now), this is the relaxation time, the slowdown of the rhythm, the unexpected sensation of feeling yourself in every part of your body, in each muscle, in every tissue, regaining the awareness of your body.

A well made massage corresponds to 4-5 hours of deep sleep.

Thanks to this massage our body, if properly stimulated and without any interference, produces independently some needed healing substances as analgesics, anxiolytics, endorphins that improve mood and overall health.

The benefits of the anti-stress massage:

- It helps a faster recovery of health status.
- It prevents chronic stress-related disease.
- It increases knowledge and awareness in themselves by improving mood.
- It reduces major tension signals (pain from contractures, muscular spasms, cramps, anxiety, insecurity, low back pain, headaches, etc.).
- It strengthens the immune system, improving the lymphatic circulation.
- It improves blood circulation, helping the interchange of the cells.
- It improves trophism (tone) of the skin that, after removing dead cells and by hydrating with the massage oil will be more toned and smooth.
- It increases the wellness feeling of being petted and pampered.



For information and reservation

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