

## MASSAGE THERAPY

### **SPECIFIC LYMPHATIC DRAINAGE** € 22,00

*A massage dedicated to specific zones of your body, with the aim of reactivating lymphatic circulation and reduce water retention (30').*

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### **TOTAL LYMPHATIC DRAINAGE** € 39,00

*"Vodder" complete massage, to reactivate lymphatic circulation and reduce the level of water retention (50').*

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### **PLANTAR REFLEX MASSAGE** € 39,00

*A technique for stimulating the soles of your feet, in specific "reflex" points, which are used to restore balance to the entire organism (50').*

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### **CHINESE ANTISTRESS** € 36,00

*A therapeutic massage aimed at reducing physical-emotional tension, using the principles of antique Chinese techniques (50').*

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### **SHIATSU** € 39,00

*Through finger pressure on specific parts of the body, called "Tsubo" and energetic routes, called "Meridians", Shiatsu re-establishes the vital energy flow and the general mental-physical balance (50').*

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### **AYURVEDICO** € 39,00

*A massage that belongs to an antique Indian therapeutic and life philosophy, which has extensive analgesic and relaxing properties (50').*

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### **HOLISTIC** € 42,00

*An oriental massage using aromatic oils based on an all-enveloping and total approach (Olos), as a meeting of body, mind, spirit and emotions (50').*

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### **AQUA WELLNESS** € 42,00

*An innovative treatment done in thermal water by a therapist who, combining lengthening, stretching and gentle twisting movements, restores suppleness to your spine, giving a pleasant myo-relaxing and wind-down effect (50').*

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### **PHYSIO-KINESI THERAPY** € 26,00

*A rehabilitation therapy, relaxing and analgesic for functional recovery of those parts of the locomotor apparatus involved with different ailments or temporary malfunction. (According to medical prescription - treatment lasts 30').*

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### **HYDRO-KINESITHERAPY** € 30,00

*A rehabilitation or post-rehabilitation therapy in thermal water for complete recovery and improvement in motor efficiency in many ailments or temporary malfunction of the locomotor apparatus. (According to medical prescription - treatment lasts 30').*

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