

# SPA

balance your body, calm your mind, soothe your soul · experience the pleasure of taking time for yourself, you deserve it · leave it in our hands...

aromatherapy and musicotherapy included with all services.

## therapeutic massages

<b>relaxing anti-stress massage · chiromassage · circulatory massage · physiotherapy</b>	
30 minutes	60 euros
1 hour	80 euros

## beauty treatments

<b>tanning treatment immediate, uniform and intensive &amp; peeling</b>	
1/2 body · 30 minutes	60 euros
full body · 1 hour	80 euros

<b>deep regeneration, peeling and hydration</b>	
full body · 1 hour	100 euros

<b>deep regeneration with massage, peeling and hydration</b>	
facial · 30 minutes	60 euros
body · 1 hour 30 minutes	140 euros
facial and body · 2 hours	190 euros

## dictionary

### **aromatherapy**

therapeutic discipline which exploits the properties of essential oils extracted from aromatic plants, for the benefit of health and beauty.

### **anti-stress**

relaxing massage designed to eliminate stress, excess work, nervousness, lack of rest,...

### **chiromassage**

techniques designed to relieve muscular pain, whether it is stress-related, or due to energy blockage or lack of tone.

### **circulatory**

this massage exerts a pumping action on the circulatory system, thus facilitating the transport of the nutrients to the entire body.

### **facial**

it improves the muscular tone of facial skin, relaxes muscles, relieves tension and anxiety, relaxes the mind, and relieves migraine headaches.

### **musicotherapy**

relaxation therapy which uses music to liberate the mind from stress.

### **peeling**

application of skin exfoliating agents, leading to the destruction of a portion of the epidermis and the regeneration of new epidermal tissue.

### **physiotherapy**

a set of physical techniques that produces a series of reactions with therapeutic effects in the organism.

### **natural sun**

UVA free tanning systems, using 100% natural products.