

SPA MENU'

CLASSIC MASSAGES

Partial Legs or Back Fatigue-Relief Massage 25' 65€

A targeted treatment for the legs or back, ideal after intense physical activity or periods of muscle fatigue. It promotes relaxation, improves circulation, and helps eliminate lactic acid buildup, relieving tension and stiffness. The massage features firm yet gentle techniques designed to reduce muscle tiredness and support rapid physical recovery.

Sports Massage 50' 90€

A technical treatment designed for those who engage in physical activity, both amateur and competitive. It works deeply on the muscles with energetic and targeted techniques, useful either to prepare the body before exertion or to aid recovery afterward. It reduces the risk of injury, improves performance, and helps release contractures and stiffness. Essential for keeping muscles elastic, responsive, and healthy.

Relaxation Massage 50' 80€

A gentle and soothing treatment dedicated to the well-being of body and mind. Soft and flowing techniques help release muscle tension, reduce stress, and promote a deep state of relaxation. Ideal for restoring balance, calm, and rejuvenation after intense days or moments of tension. A revitalizing experience that refreshes both body and spirit.



Drainage Massage 50' 90€

A specific treatment that stimulates lymphatic circulation to eliminate excess fluids and toxins. Gentle and rhythmic techniques promote drainage of stagnation, combat swelling, and reduce feelings of heaviness. Ideal for lighter legs, firmer skin, and a natural detox effect. Perfect as support for wellness and body shaping programs.

Face and Scalp Massage 30' 60€

A gentle treatment that deeply relaxes the face and scalp, providing a sensation of well-being and lightness. The techniques stimulate circulation, help reduce tension, and promote a natural lifting effect. Ideal for reducing stress, improving skin elasticity, and promoting healthy hair. A moment of care dedicated to the face, neck, and hair.



ZEN MESSAGES

Hot Stone Massage 55' 110€

Emotional massage using hot stones that work on muscle tensions, relieving stiffness through their beneficial heat, relaxing both body and mind, and giving you a wonderful sense of relaxation.

Aromatherapy Massage with Essential Oils 50' 100€

An holistic treatment that combines essential oils and massage to harmonize body, mind, and spirit. The essences act on the nervous system and the Chakras, rebalancing energy and promoting physical and emotional well-being. The seven main Chakras involved represent security, pleasure, personal power, love, communication, intuition, and enlightenment.



Drainage Bandaging 50' 120€

An effective treatment that combines the action of bandaging with draining properties to promote the elimination of excess fluids and toxins. The bandage wraps the targeted areas, stimulating lymphatic circulation, reducing swelling, and improving skin tone. Ideal for legs, abdomen, or other areas with stagnation, it contributes to a slimming and rejuvenating effect. Perfect as support for aesthetic and wellness treatments.



New! Kobido Face Massage and Gua Sha 30' 90€ o 50' 180€

A traditional Japanese treatment that combines deep manual massage techniques (Kobido) with the use of the Gua Sha stone to stimulate circulation and lymphatic drainage. It promotes natural facial lifting, reduces muscle tension, and improves skin elasticity. Ideal for enhancing radiance, combating signs of aging, and giving a fresh, rejuvenated appearance. A beauty ritual that blends wellness with aesthetic effectiveness.

FACE and BODY TREATMENTS

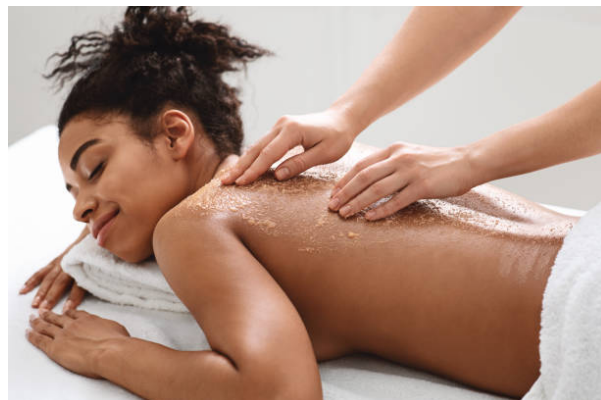
Scrub with Salts & Nourishment with Massage 50' 80€

Alpine Mud Wrap with Specific Cream 50' 90€

*Illuminating / Hydrating / Anti-Aging Facial Treatment
40' 80€*

Manicure 50€

Pedicure 70 €



WAXING

Full Bikini 35€

Full Leg 70€

Arms 35€

Underarms 15€

Upper Lip 10€

Eyebrows 10€

Men's Chest 50€

Back 55€