

**Sabbia Nera Path**

*Finnish sauna, turkish bath, Jacuzzi with hydromassage, emotional shower, teas and relax area*

Cost per person for 1 hour path € 40,00

**Holistic Massages**

*Ayurvedic:*

*It awakens the vital energies going to rebalance the 7 chakras of the body. It Treats the body in every aspect, from the outside to the inside, from the physical to the energetic.*

*Bamboo:*

*Exploiting the qualities of the bamboo reeds, and through the pressure exerted with them, fluid drainage, toxin elimination and tissue regeneration are promoted, reactivating blood and lymphatic circulation and making the lower limbs very light.*

*Tibetan bells:*

*The sound of Tibetan bells produces a deep vibrational effect, going to awaken all areas of the body even the most silent and hidden. Stimulates the self-healing of body and mind.*

*Relaxing:*

*Relieves tension, improves blood and lymphatic circulation, strengthens the immune system.*

*Thai yoga:*

*It is an ancient Thai practice that comes from some positions and yogic traditions. It consists of stretching, joint manipulation and pressure in the body.*

*Hot Stone:*

*It helps to resolve physical and malesserid nature disorders. The warmth of the stones promotes vasodilation and stimulates the production of collagen, ideal for the skin and all tissues.*

Cost for single massage (1 h) € 100,00



## Western Massages

*Osteorelax:* Special massage that includes 5 techniques: relaxing swedish, decontracting, lymphatic, acupressure and energetic vibrational with Tibetan bells

*Sports:* Increases blood flow with consequent local hyperthermia, indirect action given by the simultaneous excitation of nerve endings and consequent stimulation of the nervous system.

*Lymphatic drainage:* It acts on the flow path of lymphatic vessels with benefits such as increased capillary circulation; it has an important draining and anti-edematous action and eliminates stagnant liquids.

*Anti-cellulite:* It helps drain excess fluids and reshape the skin, making it even smoother and more elastic. In this way the connective state of the skin is reactivated, oxygenated and regenerated.

*Decontracting:* The function is to try to bring the muscle tone back to its normal level, dissolving the contracture in the affected areas. Stimulates the affected area by reactivating many nerve centers by deeply relaxing the muscles.

Cost for single massage (1 h) € 100,00

**It is always necessary to book in advance**

