

Our therapist Michele's massages

Relaxing Massage

This massage relieves tension and promotes both mental and physical well-being.

25 minutes - € 60 60 minutes - € 90

Deep Tissue Massage

Eases muscle tightness and relieves contractures.

25 minutes - € 60 50 minutes - € 120

Decontracting Massage

Relieves muscle contractions and stiffness.

25 minutes - € 60 50 minutes - € 120

Sports Massage

Prepares, supports, and recovers muscles in athletic activity.

50 minutes - € 120 75 minutes - € 150

Swedish Massage

Toning, improves circulation and relaxes the muscles.

50 minutes - € 100

Vodder Lymphatic Drainage

Stimulates lymphatic circulation and reduces swelling.
A gentle and specific manual drainage technique.

50 minutes - € 90 90 minutes - € 150

Californian Emotional Massage

Uses slow, enveloping pressure to promote deep relaxation.

50 minutes - € 90 75 minutes - € 120



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RELAX & REVIVE

Indulge in our relaxing spa treatments and rejuvenate your mind, body and soul.

Aromatherapy

A relaxing massage that combines gentle, enveloping movements with the use of natural essential oils, selected according to the person's physical needs and personal preferences.

50 minutes - € 110

Ancient Roman Thermal Body & Facial Ritual

A complete scrub inspired by ancient Roman thermal rituals. First, sea salt is applied for deep exfoliation, followed by honey to nourish the skin. The treatment ends with a 20-minute facial, including a light sugar scrub and a facial massage. Leaves the skin and body renewed and glowing.

95 minutes - € 220

Ancient Roman Thermal Body Ritual

A scrub inspired by ancient Roman thermal rituals. First, sea salt is applied for deep exfoliation, followed by honey to nourish and regenerate the skin. A treatment that leaves the body smooth and revitalized.

70 minutes - € 170

Anti-Cellulite Massage

Targeted treatment to improve circulation and reduce imperfections.

50 minutes - € 110 75 minutes - € 150



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Total Body Fusion

A unique experience of deep physical and mental well-being that combines in one treatment the techniques of Western Swedish massage and the holistic disciplines of Californian, Hawaiian, Ayurvedic, Thai Oil, Japanese Kobido facial massage, and Vodder lymphatic drainage.

50 minutes - € 120 75 minutes - € 180

Swedish Classic Massage

Combines firm pressure with energizing strokes to stimulate tissues and muscles.

Technique: includes friction, kneading, and classic maneuvers – the foundation of all modern massage practices – to promote relaxation and muscular release.

50 minutes - € 100

Californian Massage

This massage blends various traditions, including Swedish massage therapy, Native American body practices, principles of Traditional Chinese Medicine, and reflexology, all within a holistic approach. It is an emotional massage designed for full-body and mind well-being.

50 minutes - € 90 75 minutes - € 120

Hawaiian Massage

A deep, rhythmic massage with flowing, wave-like movements inspired by the ocean. Also known as the "shamanic massage," it encourages energy to flow freely within, releasing blockages caused by stress and negative thoughts.

50 minutes - € 90

Vodder Lymphatic Drainage Massage

In 50 minutes, it's only possible to treat one or two specific areas of the body (e.g. legs and face, or back and chest, abdomen, arms, glutes, etc.). For a full-body treatment, at least 90 minutes are required. The effectiveness of this technique depends precisely on the time spent on each step – it must be performed slowly and without haste.

50 minutes - € 90 • 90 minutes - € 150



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Japanese Kobido Facial Massage

Also known as the "ancient path to beauty," Kobido is the oldest Japanese facial massage technique, dating back to 1472.

Effects: deep facial lifting, drainage, reshaping, and sculpting; stimulates microcirculation and oxygenation of the tissues, it provides a natural lifting effect.

50 minutes - € 100 75 minutes - € 150

Ayurvedic Massage

One of India's ancient natural healing systems, this massage aims to treat psycho-physical ailments, preserve health, and unlock inner potential.

Benefits: detoxifies, rebalances energy, improves circulation, relieves pain, stimulates the immune system, and enhances sleep quality.

50 minutes - € 90 75 minutes - € 150

Thai Oil Massage

A gentler form of traditional Thai massage performed on a massage table rather than on the floor.

Effects: rebalances the body's energy and emotional state, relieves physical and psychological discomfort. The technique combines rhythmic and relaxing manual work with pressure and passive stretching, benefiting tendons and muscles.

50 minutes - € 90 75 minutes - € 150

Deep Tissue Massage

Relieves muscular tension and stiffness typically caused by contractures. It reduces pain and speeds up recovery time by targeting deep muscle layers.

25 minutes - € 60 50 minutes - € 120

Watsu Water Massage

Performed in a pool using floating supports to cradle the client's body. Experience: a unique and deeply personal body-mind journey, where gentle pressure, stretching, cradling, and rocking create a sense of weightlessness and renewal. Warm water soothes muscles, and the mind slows down, fostering deep relaxation.

30 minutes - € 100 50 minutes - € 150

Cryo Balls Massage

Performed with two frozen spheres, this massage offers firming, toning, and pain-relief benefits. It induces vasoconstriction and a thermal shock, stimulating tissues, muscles, and joints.

30 minutes - € 60 50 minutes - € 90

Hot Stone Massage

This treatment uses the therapeutic power of warm basalt stones. The heat released helps dissolve muscle tension, creating a deeply relaxing and healing experience.

25 minutes - € 65 • 50 minutes - € 90

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