



RELAIS PARADISO



*To achieve a state of serenity and deep relaxation, add one of our MASSAGES to your SPA program. The surrounding nature will do the rest.*

*Select the MASSAGE or let yourself be guided by our operators who will be happy to personalize your well-being.*

# Price list of massages and rituals

## Wellness massages

**Swedish Relaxation Massage** 50' € 90,00

*Relaxing massage which, thanks to its very pleasant manual skills, has the advantage of inducing the customer into a state of deep relaxation.*

**Decontracting massage** 50' € 100,00

*Technique that relieves pain related to muscle contractures. Warming, decontracting and muscle loosening maneuvers are practiced.*

**Californian Massage "Pampering of the soul"** 50' € 90,00

*Holistic massage par excellence. During the massage the body is continuously stimulated by slow and enveloping movements aimed at inducing a deep state of relaxation and freeing the mind from any negative emotions.*

**Relaxing Foot Massage** 30' € 60,00

*Holistic foot massage, uses acupressure and manual friction followed by connective maneuvers practiced with a half wooden sphere which act on the nerve endings to improve all those disorders caused by an unhealthy and attentive lifestyle.*

**Ayurvedic massage** 50' € 100,00

*Ayurvedic massage is a holistic treatment that involves not only the body, but also the mental aspect and the emotional sphere. The Sanskrit term "Ayurveda" means "knowledge of life".*

## *Rituals and Paths*

<i>Paradiso Ritual</i>		€ 110,00
1 Body exfoliating treatment	25'	
1 Body Massage	45'	
	50'	€ 100,00

### *Hot Stone Ritual*

*A true ritual of deep psychophysical relaxation which involves the use of basaltic stones of volcanic origin heated in a special stone heater with the property of retaining the heat, gradually releasing it on the body. The treatment involves chakra-balancing (laying stones) to rebalance the 7 chakras. The benefits of this ritual are multiple:*

- It nourishes the body and the spirit*
- Induces relaxation*
- Reduces residual pain*
- Reinvigorates tissues*
- Increases brain functions*
- Opens meridians and chakras*

<i>Kirei and Kobido facial ritual (beauty and youth)</i>	50'	€ 110,00
--	-----	----------

*Coming from Ancient Japan, it is a myofascial treatment and massage on the face, neck and décolleté with deep and relaxing maneuvers. Natural products will be used and with the application of a specific mask freshly prepared for each skin type (nourishing, soothing and purifying). While applying the mask, manual acupressure will be performed on all the energy channels of the face, head and upper limbs. The result will be an immediate lifting effect and a deep sense of relaxation.*