

Un'infinità di benessere

"ADORO" FIT & WELLNESS

Massaggies

Decontracting massage: Deep massage on the whole body recommended for those who feel "stuck" and stiff muscles. . **50 minuti € 68,00 - 25 minuti € 38,00**

Sports massage: for those who practice sports or constant physical activity and need distensive maneuvers and muscle stretching before or after activity. It relaxes contracted muscles, improves circulation, promotes metabolic turnover, facilitates the drainage of muscular toxins . **50 minuti € 70,00 - 25 minuti € 43,00**

Holistic massage with essential oils: The ideal blend of essential oils to be used in the cabin is identified together with the customer, both for massage and for aromatherapy. An intense and rebalancing experience, PERSONALIZED and different every time. A true sensory experience.

50 minutes €68.00

Crystal massage: Crystal therapy uses the energy of the stones to restore the energy balance of the person. The stones, chosen on the basis of their properties and appropriately used during the massage, can solve circulatory, muscular, nervous system problems and energy blockages. **50 minutes €75.00**

Energy rebalancing massage Treatment that uses Ayurvedic and oriental massage techniques focused on restoring physical and mental energy into balance. You live a deep relaxation experience and at the same time bring a boost of physical energy whose effects will last over time. The use of targeted essential oils also helps to dissolve energy blockages. **50 minutes €75.00**

Relaxing emotional massage Free from unexpressed emotions, it brings deep mental and body relaxation. The body is massaged from the feet to the head and scalp. Recommended for those who feel they need a moment for themselves and to find inner calm.

50 minuti € 60,00 - 25 minuti € 38,00

Draining massage with cupping: helps to improve cardio-vascular circulation, reducing swelling, tiredness and localized accumulation of toxins. It takes place mainly on the legs, abdomen and face. Recommended for those with swelling or venous stasis problems and poor lymphatic circulation.

50 minutes €68.00 - 25 minutes €45.00

Vodder's lymphatic drainage: The lymphatic massage is performed entirely in manual mode. It results in an extremely pleasant and relaxing massage, manual movements are slow and with a minimum pumping pressure which facilitates drainage and gives a very pleasant sensation of lightness. Specific and indicated for people suffering from lymphatic stasis, it is normally performed on the legs, abdomen and face.

50 minutes €70.00

Connective tissue/anti-cellulite massage: technique that favors the detoxification of adipose tissues; thanks to various manipulation techniques on the affected areas the connective layer of the skin is reactivated, regenerated, oxygenated and manages to drain liquids and to more easily eliminate waste and toxins that generate inflammation. **50 minutes €70.00 - 25 minutes €40.00**

Un'infinità di benessere

"ADORO" FIT & WELLNESS

Modeling massage legs and abdomen: helps at modeling the areas of the body usually affected by blemishes such as lymphatic stasis or adiposity. Through specific manual skills, the affected areas are modeled, achieving a visible improvement in the overall circumference of the thighs and abdomen.

50 minutes €75,00 - 25 minutes €48.00

Nirvana massage an emotional and relaxing journey that through manual techniques, almond oil and essential oils and assisted by the sound and vibrations of Tibetan bells, brings deep physical and mental relaxation. **60 minutes €70.00 - 90 minutes €120.00**

Sound massage dry treatment with the use of Tibetan bells made to vibrate and play on specific chakras allows a better flow of vital energy, an improvement in anxious states, breathing and sleep. Massage performed clothed on a tatami. **50 minutes € 68.00**

Korean Thai massage treatment performed on dry ground which allows a general reactivation of the organism. By working on the meridians, joint blockages are removed by improving blood and lymphatic circulation and stretching of the joints. **50 minutes €70.00**

Body treatments

Peeling with pink Himalayan salt: ideal treatment to prepare the skin exposure to the sun or to purify it from dead cells. Bring a deep cleansing of the skin tissues and thanks to the action of the pink salt and the oil associated with it added, it has a draining and purifying effect. The peeling is then followed by a light hydrating and rebalancing massage. **Duration 45 Mins € 50.00**

Plantar reflexology: Specific technique through which the energy balance of the body is restored, using a particular type of massage which, through the stimulation and compression of specific reflex points on the feet, energetically related to organs and systems, allows you to exercise a preventive action and intervention on possible imbalances in the body. **Duration 30 mins €39.00**

Kobido manual lifting face massage: Kobido Massage is a particular type of massage that derives from an ancient Japanese practice and which is configured as a beauty ritual implemented to give tone and vigor to the skin of the face. **Duration 40 mins €68.00**

Un'infinità di benessere

"ADORO" FIT & WELLNESS

Facial treatments

Basic facial cleansing: Basic treatment for deeply cleansed and illuminated skin: cleansing, scrub, moisturizing mask, final massage. **Duration 50 mins €45.00**

Anti-aging facial treatment for those who wish to aesthetically intervene on the signs of facial aging such as wrinkles and atonia. The skin acquires tone and firmness and even in the most affected areas such as the eye contour, lip contour and nasolabial folds, it stretches and relaxes, appearing visibly smoother and firmer. **Duration 50 mins €68.00**

Moisturizing and illuminating facial treatment gives luminosity and deep hydration to young and old skins that need to restore skin tone and have a plumping and illuminating effect.

Duration 50 mins €68.00

Promotions:

with 3 body treatments of 50 minutes a partial massage of 25 minutes for free

with 5 partial massages you get a free 30-minute face treatment

Couples Massage

Couples massage Duration 50 min € 125,00

Couples massage Duration 30 min € 70,00