



RELAXING MASSAGE----- 25' - 40€ / 55' - 70€

Let yourself be carried away by tranquillity and wellbeing with our relaxing massage, designed to give you a unique experience of calm and renewal. Through gentle rhythmic and flowing movements, we will release the accumulated tension in the muscles, facilitating a deep sense of relaxation.

DECONTRACTING MASSAGE----- 25' - 50€ / 55' - 80€

Revitalise your body and relieve accumulated tension with our decontracting massage, an intense and effective therapy designed to release knots and muscle stiffness. Ideal treatment for those who lead an active lifestyle or suffer from stress-related discomfort.

SPORTS MASSAGE----- 55' - 90€ - €90

Boost your performance and speed up your recovery with our sports massage, designed specifically for exercise enthusiasts. This massage technique focuses on preventing injury, improving flexibility and optimising muscle function, all while promoting increased blood circulation and rapid elimination of toxins accumulated during physical activity.

CRANIOCERVICAL MASSAGE----- 30' - 40€

Relieve accumulated tension and recover your wellbeing with our craniocervical massage, a treatment focused on relieving discomfort and stress in the head, neck and shoulder area. Ideal for those who spend long hours in front of the screen, suffer from migraines, or simply wish to disconnect from daily tensions.

CIRCULATORY MASSAGE----- 25' - 40€ / 55' - 70€

Revitalise your body and improve your overall well-being with our circulatory massage, a therapy specifically designed to stimulate blood circulation and promote tissue oxygenation. Ideal for those who wish to relieve heavy legs, reduce fluid retention or simply enjoy a revitalising boost.