

# THE WORLD OF MASSAGE

## 2019

The art of massage is an ancient form of body care with countless benefits: it promotes relaxation that allows our body to regenerate itself by balancing the nervous system, stimulates oxygenation and circulation in the body, releases tension, and gives a feeling of peace and well-being. The essential oils used for massages are exclusively natural plant products, healthy, safe and effective.

### RELAXING MESSAGES

<b>Peaceful mind (B1) 25 min.</b> A soothing head, shoulder and neck massage to calm the mind and release tension, a gentle massage that works deeply.	<b>45</b>
<b>Back, shoulder and neck massage (B2) 25min.</b> A relaxing massage that soothes muscle tension in the back, shoulders and neck.	<b>45</b>
<b>Classic massage (C2) 50min.</b> A whole body massage to relax and soothe muscles using medium depth strokes.	<b>80</b>
<b>Anti-stress massage (C4) 50min.</b> The aim of these massages is to relax body and mind. These massages are performed with slow and rhythmic strokes that promote body and mind wellbeing.	<b>80</b>
<b>Aromatherapy Massage (C6) 50min.</b> It is a relaxing massage which combines the benefits of massage with the use of precious scented essential oils, which can influence our mood and well-being.	<b>85</b>
<b>Holistic massage (C7) 70min.</b> A whole body massage that uses three different methods: aromatherapy, hot stones and reflexology. The synergy of these methods will put you in a state of deep relaxation.	<b>105</b>
<b>'A Sensorial and Olfactory Journey' Massage (C11) 60min.</b> Unique and exclusive, a massage where the main focus are you and your desires. An enticing atmosphere in which to indulge and unwind to extraordinary moments of wellness. Treat yourself to the luxury of pure relax, an unforgettable experience in touch with your senses. Essential oils have truly amazing properties, able to heal body and mind.	<b>95</b>
<b>Oriental Massage (C15) 60min.</b> This Indian massage uses specific techniques which have detoxifying, draining and relaxing effects. With slow and rhythmic movements along the body, it allows body and mind to achieve a state of total relaxation. The use of aromatic essences amplifies the sensation of wellbeing.	<b>95</b>
<b>Relaxing foot massage (C16) 25min.</b>	<b>45</b>
<b>Moisturizing massage with Karité butter and sweet orange essence (C19) 40min.</b> A relaxing whole body massage that will deeply moisturise your skin.	<b>65</b>

## HOT STONE MASSAGES

Massaging with stones is an ancient art, used in the past mainly by Ayurvedic medicine and Native Americans. It has always been a simple and effective way to cure, to relax and to improve our body-mind state. This massage uses the properties of the stones to melt away tension and infuse deep relaxation.

- HOT STONE back and neck massage (C8)** *25min.* **45**  
During this short but very pleasant treatment your back will be massaged with hot stones that will help melt away muscle tension.
- Back and neck HOT STONE massage with Reflexology (C9)** *40min.* **65**  
An excellent combination that will make you feel deeply relaxed.
- Whole body HOT STONE massage (C10)** *50min.* **85**  
A very pleasant sensation of warmth which penetrates deeply into the body. The stones will be both used as a tool of massage and placed on certain parts of the body to infuse warmth, giving you a sensation of relaxation and well-being.

## LEGS MASSAGES

- Leg massage (G1)** *25min.* **45**  
For heavy and tired legs. This massage boosts fluid circulation giving a greater sensation of lightness in the legs.
- Draining leg massage (G2)** *40min.* **60**  
The ideal massage for those who suffer from water retention in the legs, thanks to the strokes and the draining essential oils. It stimulates lymph and blood circulation.

## REFLEXOLOGY AND MORE

Reflexology is based on the principles that every single vital function of the body is connected to reflex points in the feet. A focused massage on the reflex points creates a flow that promotes energy circulation stimulating the self-healing ability of the body. It is a very relaxing and effective treatment both on a physical and mental level.

- Back in flow (B10)** *50min.* **80**  
This treatment consists of a reflexology session combined with a back, shoulder and neck massage. It is excellent and effective for those suffering from tension and pain in these areas.
- Peaceful wave (B12)** *50min.* **80**  
A unique massage that allows you to experience a deep and global relaxation. Its focuses are: feet, hands, head and neck. Thanks to the stimulation of the reflex points of the body in the feet and in the hands combined with the head and neck massage, you will perceive an enveloping wave of well-being and peace flowing throughout your whole body.

## SPORT MESSAGES

<b>Sport massage – focused (S1)</b> 25min.	<b>45</b>
<b>Sport massage – general (S2)</b> 50min.	<b>85</b>

Sport massage works deeply on the muscular system. It is advised for those who practise sport regularly or who like a deep tissue massage. Done before sports activities, it prepares muscles for the effort; done afterwards, it has an anti-fatigue and decongestant effect.

## MESSAGES AND BEAUTY FOR CHILDREN from 6 to 12 years

<b>Relaxing massage (F1)</b> 25min.	<b>35</b>
<b>Children’s manicure (F2)</b> 25min. Nail cutting, filing and nail polish	<b>35</b>
<b>Children’s pedicure (F3)</b> 25min. Nail cutting, filing and nail polish	<b>35</b>

## BEAUTY TREATMENTS FOR MEN

<b>Facial treatment for men (M1)</b> 50min. Refreshing and invigorating facial treatment with face, neck and shoulders massage. For a softer and smoother skin.	<b>69</b>
<b>“Basic” manicure (M3)</b> 40min. With nail care and polishing, exfoliation and a moisturizing hand massage.	<b>40</b>
<b>Pedicure “Total Care” (M4)</b> 45-55min. Footbath, nail and callus care, exfoliation, nail polishing and foot massage	<b>60</b>

## LESSONS FOR COUPLES AND INDIVIDUALS

<b>Back and shoulder massage lesson for couples (L2)</b> 60min.	<b>80</b>
<b>Back and shoulder massage lesson for the whole family (L4)</b> 60min. (maximum 4 people)	<b>80</b>

# BEAUTY

2019

## EQUILIBRIUM BETWEEN HUMAN AND NATURE

Let yourself be surprised by our natural products made from organic and wild plants. True beauty and perfect health are acquired when one lives in total harmony with nature's law. All our products are free of mineral oils, silicones and parabens and are not tested on animals.

### FACE CARE AND MORE

<b>Classic Facial (A1) 50min.</b> <b>A fresher complexion in a few moments!</b> A deep yet gentle cleansing to clear the skin of impurities and cellular thickening, followed by a revitalizing massage, for a balanced and fresher complexion. <b>The facial treatment 'Classic' can also be booked as a teenager treatment (age 12 to 17) with deep cleansing effect.</b>	<b>75</b>
<b>Skin Radiance Facial (A2) 80 min.</b> <b>The perfect experience for radiant skin!</b> A thorough cleansing, a mask and specific serums will be applied to the face according to skin types, leaving it radiant and with a healthy and younger appearance. An eye treatment will follow to soften expression lines and give new energy and freshness to your look.	<b>99</b>
<b>Facial Deluxe (A3) 80 min.</b> <b>Anti-aging has never been so luxurious!</b> Thanks to the powerful natural and active ingredients used, this treatment will put into action the self-regenerating ability of the skin. The special eye treatment and the face massage will smooth wrinkles leaving a revitalized, fresher and more compact skin.	<b>120</b>
<b>Mini Lifting Facial (A4) 50min.</b> <b>Feel immediately fresher – the lifting experience!</b> This mini face-lift is an intensive treatment with a profound exfoliating action that rejuvenates the skin. It favours cells replacement and visibly improves signs of aging, by smoothing and toning the skin.	<b>85</b>
<b>For a small extra, an eyebrow correction can be added to any treatment.</b>	<b>10</b>

### EYE CARE

<b>Eyelash and eyebrow tint with eyebrow shaping (A12) 45min.</b> Eyelashes and eyebrows have an important role, but they are often under-valued. Their function is fundamental both from a functional and an aesthetic point of view, because they protect the eyes, intensify them and give definition. **	<b>40</b>
<b>Eyelash tint ** (A13) 20min.</b>	<b>18</b>
<b>Eyebrow tint ** (A14) 20min.</b>	<b>18</b>
<b>Eyebrow shaping ** (A15) 20min.</b>	<b>18</b>

\*\* Eyes must be free of make-up.

## HAND CARE AND MORE

<b>"Basic" manicure (A39)</b> 25 min. Cuticle trimming and nail care	<b>40</b>
<b>"Cosmetic" manicure (A40)</b> 50min. With a moisturising hand massage and nail polish.	<b>55</b>
<b>'Deluxe' manicure (A42)</b> 60min. This luxury manicure includes hands exfoliation, nail care, a hand mask, moisturizing, a relaxing massage, and nail polish.	<b>70</b>
<b>Complete manicure with semi-permanent nail polish (A44)</b> 50min. Forget about the thick nail gels. This new method gives a natural effect to the nails, since it allows to apply a thin semi-permanent nail polish similar to a conventional nail polish, but long lasting like a gel. The brightness and brilliance of the colours remain intact for at least 14 days.	<b>85</b>
<b>Semi-permanent nail polish (application only)</b> 25min. <b>Removal done with special pads.</b>	<b>45 25</b>
<b>"Face &amp; hands" ritual (A43)</b> 80min. Treat yourself to a complete feeling of well-being with this special combination of treatments designed to take care of your face and hands. This ritual includes a face exfoliation and massage, a face and eye mask and a cosmetic manicure with nail polish and relaxing hand massage.	<b>110</b>

## FOOT CARE

<b>"Basic" pedicure (A50)</b> 40min. Footbath, nail care, removal of rough skin	<b>50</b>
<b>"Total Care" pedicure (A51)</b> 55min. Footbath, nail and callus care, nail polish	<b>60</b>
<b>Pedicure "Deluxe" (A52)</b> 60-70min. Footbath, peeling, nail and callus care, massage and nail polish	<b>70</b>
<b>Complete pedicure with semi-permanent nail polish (A53)</b> 50min. Footbath, nail care, removal of rough skin, semi-permanent nail polish	<b>85</b>
<b>Semi-permanent nail polish (application only)</b> 25min. <b>Removal done with special pads.</b>	<b>45 25</b>

## BODY CARE

### Body Exfoliation

Body exfoliation is a purifying ritual that leaves the skin soft and refreshed, eliminating dead cells and impurities, leaving the skin as smooth as silk.

**Sea Salt scrub (A16)** 35min. **50**  
A purifying scrub with organic sunflower oil, sea salt and lemon essential oil.

**Purifying scrub with lavender flore grown in the Parco San Marco® (A18)** 35min. **50**  
With organic oil, sea salt and lavender flowers from Parco San Marco.

### Mud Wraps

Clay has anti-inflammatory and draining properties and is mineralising and balancing. The minerals contained in it attract water and absorb fluids and waste products. Through the skin there is an exchange between the precious minerals contained in the mud and the waste products of the body's metabolism.

**Draining wrap with green clay and Dead Sea salt (A20)** 70 min. **110**  
This treatment drains, purifies and reactivates circulation, leaving the skin smooth. It includes a full body scrub with lemon essential oil and Dead Sea salt and the application of mud to thighs, abdomen and arms. A final moisturizing and draining body oil will be applied. At the end of the treatment a good fennel tea will complete the draining action.

**Firming body wrap & massage (A21)** 70min. **110**  
This treatment starts with a cleansing scrub with Dead Sea salt, followed by a revitalizing massage of a body part of your choice. The final body pack will firm and hydrates your skin.

For a good result a minimum of 3 treatments is advised.

### WAXING

<b>Waxing (D1) Top lip or chin (combined*)</b> 10min.	<b>9</b>	<b>12*</b>
<b>Waxing (D2) Under-arm</b> 15min.		<b>17</b>
<b>Waxing (D3) Bikini</b> 20min.		<b>19</b>
<b>Waxing (D4) Half leg</b> 30min.		<b>25</b>
<b>Waxing (D5) Full leg (with bikini*)</b> 60min.	<b>55</b>	<b>65*</b>
<b>Waxing (D6) Back</b> 30min.		<b>40</b>
<b>Waxing (D7) ½ Arm</b> 25min.		<b>25</b>

SPA



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