



# SWEET CUDDLES

... AND ON YOUR SKIN ONLY WHAT YOU EAT



## MASSAGES:

**SPORTIVE AND DECONTRACTING MASSAGE :** Good for people who want to keep their muscles tonic. Our sport massage helps to improve your performance in physical activity, removes lactic acid and also gives a valid relief after workout and physical efforts.

**Duration: 30 minutes € 40,00**  
**55 minutes € 80,00**

**DRAINAGE AND AESTHETIC-CELLULITE MASSAGE:** It has always been considered the massage 'par excellence'. It activates the lymphatic and blood system, and stimulates the antibodies and lymphoid cells production, strengthening the immune defense system and eliminating the toxins. It also reduces the puffiness or swelling, removes fluids stagnation, has a powerful effect against cellulite and adipose tissue fat. **Ideal when combined with specific seaweed body pack wrap treatment.**

**Duration: 55 minutes € 80,00**

**RELAX MASSAGE:** A fundamental massage in every aesthetic treatment; it stimulates the blood circulation, relaxes muscles and central nervous system, loosens stress and tension. Suitable for everyone in every kind of situations.

**Duration: 30 minutes € 40,00**  
**55 minutes € 70,00**

**CANDLE MASSAGE:** Candles are put on your skin until they melt (don't worry to get burnt, because the candle melts at a much lower temperature than the normal wax!). The candles emit a delicate scented-oil, very suitable for the massage.

**Duration: 30 minutes € 50,00**  
**55 minutes € 70,00**

**STONE MASSAGE:** This massage is one of the oldest techniques, practiced with lava stones heated and applied to the body in many ways. It has an energizing effect: It favors the return circulation, improves the blood supply of tissues, has a detoxifying function and also loosens and relaxes the muscles.

**Duration: 55 minutes € 80,00**

**REVITALISING OIL MASSAGE:** This massage uses a toning and revitalizing body oil containing rice and borage oil as well as tocopherol. It emanates charming scents especially suitable to stimulate a good mood. Ideal after bath. The precious oils nourish your skin, keeping it nimble and smooth with antiaging action. It is a fantastic oil because it guarantees fluency on the skin without closing the pores.

**Duration: 30 minutes € 40,00**  
**55 minutes € 70,00**

**HEAD/FACE MASSAGE:** Head and face are our visit cards: they often are the body part that best highlights the stress and tiredness signs. The massage can give a feeling of lightness and serenity, restoring a healthy glow on the face and the scalp. The slow and deep movements help to reduce headache and anxiety.

**Duration: 30 minutes Euro 40,00**

**BACK – NECK – SHOULDER (CERVICAL):** Personalized technique applied on the muscular areas of the spine to release tensions that lurk especially in the lumbar area and in the shoulders - parts of the body that are among the most neglected.

**Duration: 30 minutes € 50,00**

**HANDS AND ARMS:** Personalized massage of the upper limbs.

**Duration: 30 minutes € 30,00**

**COLON MASSAGE :** Especially suitable for people suffering from stress, swelling and intestinal problems.

**Duration: 15 minutes € 20,00**

**AROMATHERAPIE MASSAGE:** Used with essential oils, this massage is ideal to improve our mental well-being. It helps us to sleep and destroys stress and fatigue.

**Duration: 55 Minuten € 60,00**

**FOOT REFLEXOLOGY:** It is a personalized massage technique applied to the feet, a holistic therapy based on the correspondence between parts of the feet and organs of the body, and on the principle that every stimulation of a particular part of the feet affects the whole organism. The massage aims to restore the balance of mind and body in order to elicit the capacity of self-healing.

**Duration: 30 minutes € 40,00**

**LEGS MASSAGE:** Especially suitable for people suffering from water retention, pain and heaviness in the lower limbs.

**Duration: 40 minutes € 40,00**

**MASSAGE FOR COUPLES:** (we kindly ask to book this treatment two days in advance). A magical atmosphere created by the warmth and velvety touch of the masseuses that will take you to complete relaxation.

**60 minutes of massage for couples 30 minutes after-massage relax: herb tea time in the African Hut & fresh fruit 90 minutes €100.00 pro person**

**60 minutes of candle massage 30 minutes after-massage relax: herb tea time in the African Hut & fresh fruit 90 minutes € 130.00 per pro person**

## **AESTHETIC BODY AND FACIAL TREATMENTS :**

**MOISTURIZING WRAP WITH MOUNTAIN HERBS AND HAY:** Body mask and butter bring about deep and anti-age nutrition of the skin.

**Duration: 60 minutes € 50.00**

**ANTI CELLULITE TREATMENT:** This mud improves micro circulation and drainage, eliminates adipose fat, after treatment to apply a cream anti-cellulite.

**Duration: 60 minutes € 50.00**

**BODY SCRUB:** A gentle exfoliating action, refining and repairing the textures of your skin, aiding cell renewal and restoring the inner glow of a flawless youthful radiance, this scrub it's natural compound with almond oil and salt.

**Duration: 60 minutes € 50**

**CHOCOLATE TREATMENT:** This treatment is the last frontier of wellness. In the past was already known the countless beneficial properties of cocoa on body and mind. Cocoa contains many natural active substances (as cocoa butter and minerals) excellent for moisturizing.

**Duration: 60 minutes € 50**

**FACIAL CLEANSING:** a deep cleansing facial for the removal of impurities, leaving the skin clean and bright.

**Duration: 80 minutes € 60.00**

**MOISTURIZING AND ANTI-AIGING:** This treatment hydratases dry skins.

**Duration: 55 minutes € 40.00**

## **HANDS AND FEET TREATMENTS:**

MANICURE **During: 30 minutes € 20**

MANICURE WITH TREATMENT **During: 40 minutes € 30**

AESTHETIC PEDICURE **During: 40 minutes € 40**

HEALING PEDICURE **During: 50 minutes € 50**

## **DEPILATION:**

EYEBROWS **During 10 minutes € 10**

MUSTACHE **During 10 minutes € 10**

GROIN **During 20 minutes € 20**

ARMPITS **During 15 minutes € 20**

WHOLE LEG **During: 50 minutes € 50**

HALF LEG **During: 30 minutes € 40**

TOTAL DEPILATION **During: 60 minutes € 60**

In order to book the day and time you prefer, we recommend booking the treatments as soon as possible.