



## RELAX YOURSELF AND LET US TAKE CARE OF YOU...

The massage is a true blessing for everybody; it is good for releasing stress and can improve the body functions. A massage is a treat that lead you to a new total wellness. What type of massage is ideal for you? Here our proposals, please book directly on our email [hoteldianaspaetjardin@gmail.com](mailto:hoteldianaspaetjardin@gmail.com) or call us +393920195926.

### Facial massage

Through gentle and slow movements, the facial massage helps relax the tensions on the visage. The treatment is suitable for all types of skin, for a glowing and supple face. (25 min euro 40)

### Sole massage

This massage stimulates the many nerve endings of the foot, giving balance and strength to the whole organism and relieving feet and ankles from fatigue or poor circulation. (25 min € 40)

### Anti-stress massage

Slow, embracing and harmonic movements facilitate the recovery of the psycho-physical conditions, relaxing the physical and emotive tensions caused by the daily stressful states. (50 min € 68 )

### Traditional circulatory massage

Through dynamic and rhythmic movements, the circulatory massage involves the whole body to stimulate the circulation and the tissue oxygenation. (50 min € 68)

### Sport massage

Characterised by energetic and technical movements, the sports massage stimulates the capillarisation of the main muscles with a cool-down effect after an effort or a toning action before an athletic performance. (50 min € 73)

### Decontracting massage

Stress, fatigue, wrong postures, an intense physical activity can produce an involuntary augmentation of the muscular tone which can be painful and annoying. With deep movements aimed at warming-up, limbering up and stretching the muscles, the decontracting massage brings back balance and helps stretching particularly strained and fatigued muscles. (50 min € 73)

### Lymphatic drainage massage

Slow, surface massage which operates on the whole body to reactivate the lymphatic functions and stimulate the drainage of liquids and the elimination of toxins, helping the blood circulation and, by consequence, the immune system. (50 min € 73)