

Face



"Small imperfections do not hide our true beauty ... but a bright and compact face makes us feel more confident.

*Our face always speaks of us.
Let's help him communicate correctly and positively."*

Orients

"ORIENT FACE"

Oriental face treatment with the use of the natural ayurvedic products like oils, powdered micronized herbs and spices, organic mud, whose types are different according to the different physiology of the client: cleansing, gentle exfoliation, face mask which stays on for some minutes, hand massage during the face mask, face and head massage, final herbal tea. A real cuddle for the beauty of your face.

€ 70 · duration 50 min



"ORIENT FACE" with face-head massage

Same treatment with additional specific head and scalp massage with relaxing action.

€ 90 · duration 75 min



Occident

"OCCIDENT FACE":

Gentle facial treatments with natural, pure and BIO certified professional cosmetic products. They give new energy and light to a face that wants to rediscover its original beauty. Obvious results from the first treatment.

Here are our western face treatments:

Personalised face treatment

Let stand out your uniqueness!

Together we can make room for awareness of natural beauty. Our line has an effective repairing action and a strong holding capacity

€ 80 · duration 50 min



Multivitamin Illuminating treatment

Anti-age, anti-fatigue, anti-stress treatment.

The skin, the organ of expression of our emotions which we show ourselves to the world with, deserves attention and Multivitamin treatments to remove the grayness of stress.

€ 70 · duration 50 min

Moisturizing BIO Beauty

For all skin types, especially for the most sensitive ones. A totally natural treatment, thanks to the use of ICEA certified organic cosmetic products. Ideal for reddened skin and in general sensitive to environmental stress such as sun, wind and smog. It calms and rebalances the epidermis, restoring moisture and softness. The complexion appears immediately more uniform and luminous.

€ 65 · duration 50 min

Antiage Hyaluronic Lifting

For mature skins. Exclusive 3D formula, which smoothes wrinkles, defines the contours of the face and densifies the epidermis. The synergy of Hyaluronic Acid, Vegetal Collagen and Kombucha (youth reactivating tensors), guarantees hydration and volume, improving circulation and skin oxygenation, carrying out a filler effect action.

€ 80 · duration 50 min

Purifying Skin

Important treatment to prevent or treat impure or combination skin. Triple action treatment: purifying, mattifying and rebalancing. It reduces the shiny appearance and dilated pores, restoring a more uniform, regular and smooth texture to the face. The skin appears more homogeneous, fresh and silky.

€ 65 · duration 50 min

Body



"The wisest decision you can take every day is to be in a good mood ... The Massage gives a good mood because it makes us... more rested ...more serene...nicer...healthier. Massage makes us... Better. It is good for ourselves and therefore for those around us. The Massage is a Gift of Love for All."

Orient

ABYANGAM -Ayurvedic massage

- Footbath
- Massage with ayurvedic oil (Vata, Pitta, Kapha or Threedosha)
- Ayurvedic herbal tea

A pleasant and relaxing body massage originally from India, where it has been practiced since ancient times. Sesame oil is used enriched with specific essences that differ according to the needs and constitution of the individual.

It is a massage that treats both physically, mentally and emotionally.

€ 70 · duration 50 min

ABYANGAM -Ayurvedic massage with steam-bath



- Footbath
- Massage with ayurvedic oil (Vata, Pitta, Kapha or Threedosha)
- **Swedana (steam bath)**
- Ayurvedic herbal tea

The beneficial effects increase thanks to the final steam bath that allows our body to better absorb the properties of the Ayurvedic essence and release a benefit for longer time.

€ 85 · durata 75 min

Ayurvedic Scrub

Ayurvedic treatment with oil and a pinch of micronized herbs and spices. The nature of the oils and spices depends on the constitution Vata, Pitta, Kapha or Threedosha. It starts with an aromatic foot bath, followed by a 30-minute massage scrub, 20 min Swedana (steam bath with essential oils) and then a herbal tea.

€ 75 · duration 50 min

Udwartana

Massage with oil and herbs

The Udwartana is an ayurvedic massage with oil and a pinch of micronized herbs and spices. It starts with the aromatic foot bath, followed by the massage, then a 7 min Swedana (steam bath with essential oils). A herbal tea at the end. Not suitable for sensitive skin.

€ 75 · duration 50 min

Shirodhara Elixir

Face & head massage and oiling head

This treatment helps to adjust the super emotional activity with strain of the head, face and neck.

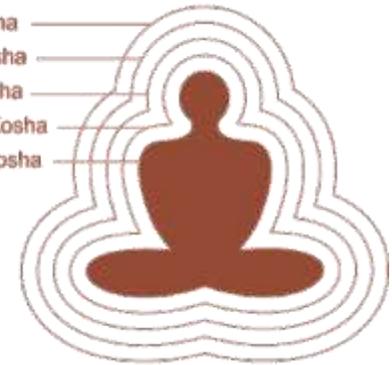
It allows to the most remote corners of the body and mind, to calm, balance and relax, while a drizzle of sesame oil, warm and with essences, is poured on the head and especially in the central area of the forehead. Preceded by a gentle face and head massage.

€ 95 · duration 50 min

Nr. 3 Shirodhara Elixir package: € 245



- 1 Annamaya Kosha
- 2 Pranamaya Kosha
- 3 Manomaya Kosha
- 4 Vignanamaya Kosha
- 5 Anandamaya Kosha



Pindasweda

Massage with hot herb bags

- Footbath to start.
- Massage with hot pads prepared with herbal and spice powders. It is very useful to prepare the client for subsequent treatments or to decrease tension and relax the joints.

€ 75 · duration 50 min

Occident

Personalised massage

We use a holistic approach by observing the person as a whole. The characteristic of this delicate attention is based on a cosmetic line that uses selected raw materials and high quality ingredients, assembled by the most advanced European laboratories, without the use of parabens, derivatives or silicones.

We aim for awareness of being and achieving balance, because balance is essential to make sense of beauty.

€ 85 · duration 50 min



Lake's Scents

Brenzone Olive Oil, Bardolino Wine and Garda Lemon are the products used for this sweet & delicate massage, pleasantly exfoliating and with regenerating action.

The use of olive oil protects and nourishes the skin in depth. The wine has an antioxidant action and the lemon brings tonicity and firmness to the skin.

€ 75 · duration 50 min



Antistress

A pleasant body massage that favors the achievement of a total state of well-being.

It is created through very delicate movements that release stress and tensions, freeing up new energy and giving well-being and harmony.

€ 75 · duration 50 min



PRE sport massage

Muscle warming techniques combined with precious balms and essential oils specially designed to warm up the muscles in preparation for sport.

€ 85 · duration 50 min

POST sport massage

Unloading techniques to speed up the physiological muscle recovery combined with precious balms and essential oils specially designed to dispose of fatigue after sport.

€ 85 · duration 50 min

Back Massage

- Cervical
- Back
- Legs
- Foot reflexology

A pleasant massage that embraces the back muscles, calming discomfort, relieving pain and stimulating energy with reflexology.

€ 80 · duration 50 min

Maternity Massage

Relaxing and soothing massage for pregnant women after the first trimester. It helps prevent back pain, fluid retention, leg swelling and stress.

€ 65 · duration 50 min



Hot Stone

This massage has great relaxing and decontracting power. Oils and lava stones are used to transmit heat and ancient energy, bringing relaxation to the whole body.

€ 75 · duration 50 min

Manual lymphodrainage

Very gentle massage that stimulates the lymph system with extremely light, circular pumping movements. It is good for detoxification, ideal for edema, cellulite, scar tissue, spider veins, redness and acne.

€ 75 · duration 50 min

€ 95 · duration 80 min

Bandages

For a more effective action, we combined the application of bandages to legs treatments and massages.

These are disposable bandages that are gently wrapped around the legs, abdomen and buttocks and left for about 15 minutes.

Bendage+ Anticellulite Massage

€ 65 · duration 50 min

Bendage+ Draining and Anti-Fatigue Massage

€ 65 · duration 50 min