

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 – Ayurveda massage with steam-bath

Foot bath, massage with warm oil Vata, Pitta, Kapha or Threedosha, ayurvedic herbal tea.

This relaxing and refreshing full body massage is a masterpiece of India, where is practiced since ever. It is done with sesame oil enriched by different essences which vary with the needs and condition of the individual. It is a gentle massage which treats the whole body physically, mentally and emotionally, giving a general well-being.

€ 70 · duration 55 min



Foot bath, massage with warm oil Vata, Pitta, Kapha or Threedosha, **Swedana (steam bath)**, ayurvedic herbal tea.

The effects are improved thanks to the heat and steam of the steam bath which allows the oils to seep into the body and nourish from the inside.

€ 85 · duration 75 min

Ayurvedic Scrub

The Ayurvedic peeling is an 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 good tee.

€ 75 · duration 55 min



Himalayan scrub

Massage with oil and synergy of salts

Body treatment ideal in all times of the year. It regenerates the skin cells thanks to a gentle exfoliation with personalized natural oils and a synergy of salts with mineralizing and draining properties.

€ 65 · 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 relaxing tee at the end.

€ 78 · duration 55 min

Pindasweda

Massage with hot herb bags

This treatment with small bags, made with herbs and spices, balances the muscles and prepares the body to further treatments. It starts with an aromatic foot bath.

€ 75 · duration 55 min

Shirodhara Elixir

Face & head massage with oiling head

A drop of warm sesame oil flows on the forehead, like a gentle caress. 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.

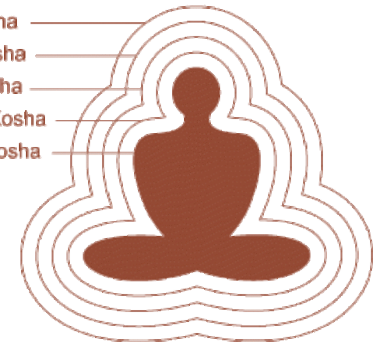
Preceded by a gentle face and head massage.

€ 95 · duration 50 min

3 Shirodhara Elixir package: € 245



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



Sensory moments +

body cream made of white grapes as a gift

Sensor massage

An extremely sweet and natural massage, in which the constant craftsmanship continues to develop an energetic perception of the topic and combats emotional tensions. As a gift body cream with all the benefits of antioxidant and moisturizer from white grapes, which nourishes the skin stressed by sunlight.

€ 90 · duration 55 min

Occident

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



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

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.

€ 70 • duration 50 min

Reflexologist Metameric Massage

*Face-head massage
and head oiling*

Psychosomatic treatment, reflexologist that allows the body to release tensions by acting in depth and working on the ribs of the spine, giving the beauty of natural well-being.



The deep compression of the different areas that connect, for example, to the digestive system, esophagus, skin, liver, allows to eliminate and solve many physical problems.

Recommended for those suffering from headaches, cervical, blocked shoulders, muscle pain, nervousness and constipation.

€ 70 • duration 50 min

Foot reflexology

This technique restores the body's energy balance, using a particular type of massage which, through the stimulation and compression of specific reflex points on the feet, energetically related to organs and systems, allows you to exercise preventive action and of intervention on possible imbalances of the organism.



Suitable for the most common pains: from back pain, headache, discomfort to the cavity of the cheekbones (nasal sinuses), up to knee problems. Problems such as cystitis, indigestion, cellulite, stress, cramps, arthrosis and anxiety can be combated.

€ 70 • 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.

€ 70 · duration 50 min

Sport Massage

Designed to relieve tensions after sporting activities, it is also an ideal preparatory massage before training. This treatment promotes flexibility, reduces fatigue, improves endurance, helps prevent injuries and prepares the body and mind for optimal performance.

Total body
€ 75 · duration 50 min



Back–Cervical Massage and foot reflexology

Specific massage to relax the back and neck contractures, flanked by the foot reflexology technique.

€ 70 · duration 50 min

Back and cervical treatment *massage, mud & swedana*

Specific treatment for the back, with relaxing and soothing effect. Massage followed by application of mud and steam bath.

€ 70 · duration 50 min



Manual lymphodrainage Vodder

Manual lymphodrainage massage is a 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

To legs treatments and massages, for a more effective action, is combined the initial application of bandages

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



Bendage+Anticellulite Massage

€ 70 · duration 50 min

Bendage + Firming Massage

€ 70 · duration 50 min

Bendage+Draining and Anti-Fatigue Massage

€ 70 · duration 50 min

Face



"Small imperfections will not hide your true beauty, nevertheless a bright and serene face pleases everyone, especially to ourselves when we look at the mirror. Take care of your face. It always talks about you. Make sure it talks good about it."

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.

€ 60 · duration 50 min



"ORIENT FACE" with Face-head massage

Together with Specific massage to the face, head and scalp, 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:

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.

€ 60 · duration 50 min



Antiage 3D Supreme Lifting

For mature skin. 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, active youth reactivating tensors, guarantee hydration and volume, improving circulation and skin oxygenation and carrying out a filler effect action.

€ 65 · duration 50 min

Purifying Purha

Specific for mixed and fat skins with triple action: purifying, opaquing and rebalancing.

It reduces the shiny appearance and the enlarged pores, giving the face a more uniform, regular and smooth grain. The skin appears more homogeneous, fresh and silky.

€ 55 · duration 50 min

Multivitamin F.A.C.E. B3

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

An exclusive multivitamin treatment for the face, which takes advantage of the synergy of the 5 prodigious vitamins **F, A, C, E, B3**, concentrated at 15%, and precious minerals. Recharge, rebalance, rejuvenate the skin.

The ally against the main signs of aging: loss of elasticity and tone, dryness, wrinkles, spots, dull complexion.

€ 70 · duration 50 min

dHARA
wellness

Belfiore ^{★★★★}
SUPERIOR
Park Hotel