



# DELUXE AND WELLNESS

Massages in your trullo

Give yourself some moments of exclusive relax  
in a World Heritage Site living monument



# MASSAGES LIST

## **OLIVE OIL MASSAGE**

Relaxing ayurvedic massage. It removes tissues' impurities and directs them to the circulation channels, favouring their elimination.

*60 minutes ... 50 Euro*

*90 minutes ... 60 Euro*

## **HOT STONE MASSAGE**

The lava stone massage helps to loosen muscle stiffness, decongest lymphatic deposits, improve fluid retention and impact positively on blood flow.

*120 minutes ... 70 Euro*

## **MASSAGE WITH RAW SILK GLOVES**

Ayurvedic dry massage useful for reactivating the blood microcirculation by improving the drainage of stagnant fluids and thus treating imperfections such as cellulitis and fat deposits.

*60 minutes ... 50 Euro*

## **HERBAL PAD MASSAGE**

The active ingredients of medical herbs, thanks to the heat, go quickly through the epidermis and are able to feed the body and to help the natural recovery of muscle and joint mobility.

*60 minutes ... 65 Euro*

# MASSAGES LIST

## AYURVEDIC FOOT MASSAGE

This massage relieves fatigue and is excellent against sciatica, cramps and contractures. Fights dryness. Furthermore, by massaging various pressure points on the foot, the entire system is harmonized.

*30 minutes ... 40 Euro*

*60 minutes ... 50 Euro*

## HEAD-FACE MASSAGE

Promotes relax, improves vision and sleep quality. It nourishes and decongests the skin, as well as relieves jaw tension.

*30 minutes ... 40 Euro*

*60 minutes ... 50 Euro*

Massages are also available for couples

