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LIST OF THE TREATMENTS OF VILLA D'AMELIA WELLNESS CENTRE

RELAXING AND ANTISTRESS MASSAGE 50 minutes - 75,00 €

This type of massage seeks to release nervous tension through some particular maneuvers that go to work both on the muscular system, relaxing it, and on the 'mental' level, performing analgesic function, as it stimulates the production of endorphins. The anti-stress massage is not standardized but adapts to the needs of the person in the specific session to lead to relaxation and recovery of physical and mental well-being.

HEMOLYMPHATIC DRAINING MASSAGE 50 minutes - 75,00 €

Manual lymphatic drainage, despite its widespread disclosure, is still more known today in the field of aesthetics than in medicine, and is therefore mostly associated with cellulite and slimming treatments. Reality, its field of application is much more extensive, since it can be applied in post-operative and post-traumatic and even during pregnancy. Performed with peculiarities in maneuvers, it becomes an anti-stress massage of considerable effectiveness as it also produces a distension of the skeletal, visceral and psyche musculature. It also strengthens the immune defenses by acting on the lymph nodes, allowing to prevent numerous diseases.

REMODELING MASSAGE 50 minutes - 75,00 €

Useful for dissolving adipose panicles that are formed in particular in the lumbar area, on the hips, thighs and buttocks; especially indicated for women, when an annoying pain may be added to the "oatmeal" skin anesthetic. This vigorous massage will reshape your body giving your skin a more toned and firmer look.

DECONTRACTING MASSAGE 50 minutes - 85,00 €

The decontracting massage is considered a real wellness treatment for those with muscular pains located in specific critical points, as a result of incorrect postures, inadequate physical exertions or fatigue. As a muscle contracts, it shortens as a result limits the extent of the extension of our movements. The de-contracting massage is indicated in the treatment of joint blockages, pains and muscle spasms due to involuntary contractions in anxious people who keep themselves contracted, but also to the slowness of digestion and the reduction of joint movement.

LOCALIZED MASSAGE 25 minutes - 45,00 €

The localized massage allows you to concentrate the manual skills in one or more parts of the body, for those who, for lack of time, prefer to dedicate an intense and effective action in a specific area of the body.

THAI FOOT REFLEXOLOGY MASSAGE 40 minutes - 60,00 €

Traditional Thai medicine considers revitalizing plantar massage capable of restoring balance. The heart, the head, the lungs, the kidneys and the intestine reacquire their functionality. Improves circulation and movement of the lower joints. In the feet we find the starting point of the nerve reflexes that go in the direction of different organs, moreover the foot constitutes an important seat of the circulatory and vascular system, favoring the microcirculation of the legs and it also avoids the heaviness and the swelling.

AROMATHERAPY MASSAGE 50 minutes - 80,00 €

Every essence has a power over its emotional state. According to the principles of aromatherapy and through the massage performed with essential oils that act on physical, mental and spiritual processes, peace and balance are restored. The properties of the oils chosen specifically according to the needs have relaxing or energizing effects to rebalance the psycho-physical aspect.

COUPLE MASSAGE 50 minutes - 15,00 €

To experience a couple massage - **To book in advance**

VILLA AMELIA'S SCRUB 50 minutes - 65,00 €

This natural scrub varies according to the seasons, allows the skin to absorb all the properties of the ingredients contained in the scrub with saline base, going to nourish, moisturize, protect and especially purify the skin making it soft and silky; ingredients such as cocoa and honey (they have softening and velvety properties) or wine and grapes (that have highly antioxidant properties) will be added