« The sun touches the earth beyond the space, the massage touches the soul beyond the body »



All our treatments are performed with certificated oils and 100% essential natural oils



# Ayurveda

Ayurveda is a technique that involves not only the body but also the mental aspect and the emotional sphere. It is a very ancient practice born in India.

## Ayurvedic Massage

60 minutes · €79 90 minutes · €109

## Traditional Ayurvedic Path

Hammam with black soap (20 min.) Gommage Mint tea

+

60-minute massage · €119 90-minute massage (recommended) · €149

# Pinda Sweda

Warm stamps

60 minutes · €79

## Ayurvedic Plantar Massage

20 minutes · €30 30 minutes (head massage included) · €50

# Well-Being Massages

### Californian Massages

60 minutes · €79

#### Hot Stone Massage

90 minutes · €99

#### Alpine Massage with Local Essential Oils

60 minutes · €79

#### Relaxation Massage

Relaxing, draining or decontracting

50 minutes · €65 25 minutes · €45





#### Treatments

### Osteopathic Treatment

It is a manipulative therapy that aims to activate a self-healing process by restoring balance and increase overall mobility of body tissues.

50 minutes · €60

#### Sports Treatment

50 minutes · €40



#### Wellness Center

Heated indoor swimming pool, sauna, Turkish bath, ice fall, emotional shower and Kneipp path

Daily access	€45
Spa kit included	

*4-hour access* €30

Spa kit included

