



Massages & Facial Treatments

Sport massage

This massage relieves the back and cervical areas. A deep treatment of the muscle fibre, it helps to alleviate pain or stiffness. It is usually followed by a short relaxing massage using essential oils for aromatherapy

Fire massage

Blood circulation drainage with the use of slimming oils, followed by deep skinning. Great relaxation for the limbs.

Thermal massage

A relaxing massage using a combination of ayurvedic, Indonesian and connective sheath with movements that improve the healthy effects of hydrotherapy and muds.

Sea salt massage-scrub

Stimulating and velveting. The best way to begin a wellness programme or to prepare your skin for exposure to the sun.

Manual lymphatic drainage

Relaxing and soft. Very effective cellulite treatment, it eliminates the excess liquids and toxins.



Relais
LA SUVERA
Dimora Storica
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Four hands massage

Performed by two masseurs, this massage gives a great feeling of wellness which is increased by the application of aromatic oils and warm compresses, favouring even deeper relaxation.

Foot massage

Resting & healthy. Treatment of the reflexology points on the soles and malleolus

Face massage

Soft skimming of the face muscles and skin with neck drainage. Extremely relaxing.

Specific facial treatments according to your needs

Detoxinating (with calendula and seaweeds)

Nourishing and re-hydrating (with mallow and plantago)

Anti-age (with rose rubiginosa oil and wild herbs)

Regenerating (with mandelic acid)

For sensitive skin and couperose (with ruscus, mirtle and aloe)

Toning up and oxygenating (with collagen and phitic acid)