



## *Our packages*

### **ORCHID - € 195.00**

- n° 1 aroma massage (50 min)
- n° 1 Thai massage (50 min)
- n° 1 face and head massage (25 min.)

### **LOTUS FLOWER - € 155.00**

- n° 1 relaxing massage (50 min.)
- n° 1 plantar reflexology (25 min.)
- n° 1 face and head massage (25 min.)

### **ZAGARA - € 110.00**

- n° 1 tonifying massage (50 min.)
- n° 1 plantar reflexology (25 min.)

### **SUNFLOWER - € 90.00**

- n° 1 neck & shoulder massage (25 min.)
- n° 1 face and head massage (25 min.)

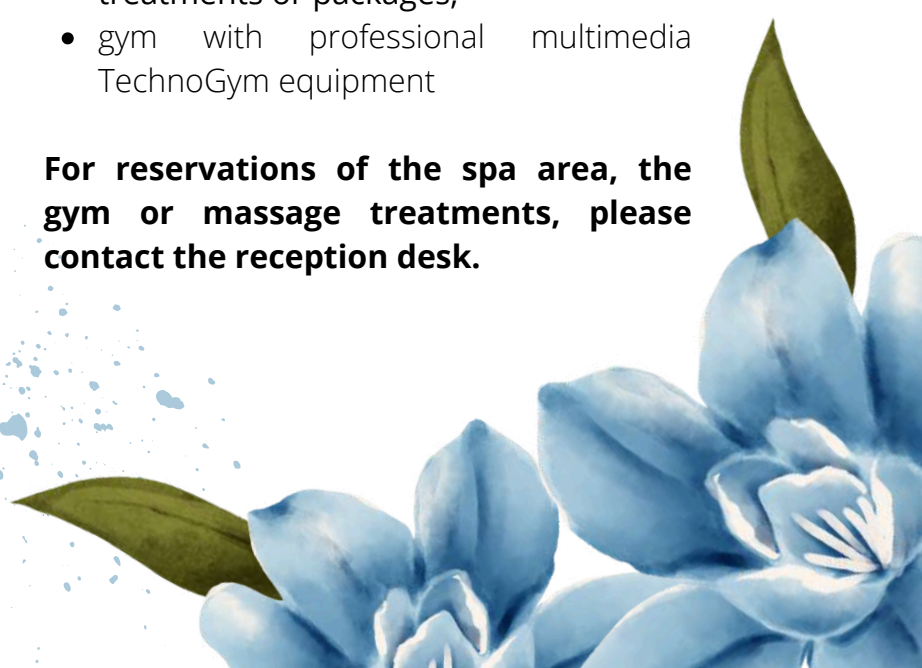
## *Savoy Wellness Center*

Welcome to the Savoy Wellness Centre, a small oasis of relaxation where you can unwind and be pampered in order to restore the balance of mind, body and spirit.

Available for you:

- wet area with whirlpool, Finnish sauna, steam bath and holistic showers;
- massage area with “à la carte” treatments or packages;
- gym with professional multimedia TechnoGym equipment

**For reservations of the spa area, the gym or massage treatments, please contact the reception desk.**





## *Massages à la carte*

### **RELAXING MASSAGE (50 min.) - € 80.00**

A body relaxation treatment that allows you to regain strength and energy. This type of massage works to rebalance body, mind and spirit through movements that touch, relax and pamper the person, giving a deep sense of well-being thanks to the application of specific warm oils

### **AROMA MASSAGE (50 min.) - € 80.00**

This method derives from aromatherapy and combines techniques of the relaxing massage with the benefits of essential oils best suited to your needs.

### **TONIFYING MASSAGE (50 min.) - € 80.00**

Energising treatment designed to reduce swelling and tone the muscles. It helps reduce water retention and reactivate blood microcirculation.

### **DECONTRACTURING MASSAGE (50 min.) - € 85.00**

Deep massage with the aim of loosening muscle contractures; involves manipulation, mobilisation and traction of the painful muscle fascias.

### **THAI MASSAGE (50 min.) - € 90.00**

Ancient method of stimulating energy channels to facilitate the correct flow of energy in the body. It is characterised by the performance of different types of manipulation including pressure, stretching and lengthening combined with yoga techniques.

### **SHIATSU MASSAGE (50 min.) - € 90.00**

The manipulation techniques of the Shiatsu massage involve tractions and pressures performed with fingers, palms, wrists and elbows to promote the conscious awakening of life force and restore energy balance. It is performed on the floor and comfortable clothing is required, preferably in natural fabric.

### **PLANTAR REFLEXOLOGY (50 min.) - € 90.00**

Integrative medicine technique consisting of pressure and massage of the soles of feet in order to alleviate ailments affecting various parts of the body.

