



**Monaci delle
Terre Nere**
COUNTRY BOUTIQUE HOTEL

Massage Therapy @ Monaci delle Terre Nere:



We tend to think of massage as a way to pamper ourselves, but it's much more than a momentary feel-good treatment. Massage has many important health benefits. In fact, massage can help you maintain physical, mental and emotional well-being, especially when it is part of your regular wellness routine.

Here's why: Massage offers a drug-free, non-invasive and humanistic approach to wellness based on the body's natural ability to heal itself.

While finding a reason to treat yourself to a massage may be easy, finding the time to do so may be more challenging. Taking time to take care of your health is frequently difficult to prioritize — keep in mind that one-to-two hours of massage can possibly make everything you do less stressful and less painful, allowing you to be more productive with the rest of your day!

It will help your body maintain its relaxed state and your muscles to remain pliable even during times of physical and mental stress.

Here are some examples of massage available at Monaci delle Terre Nere:

Swedish massage: uses long strokes, kneading, deep circular movements, vibration, and tapping. Sports massage is similar to Swedish massage, adapted specifically to the needs of athletes.

Deep tissue massage: It uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin. Though less rhythmic than other types of massage, deep tissue massage may be therapeutic -- relieving chronic patterns of tension and helping with muscle injuries, such as back sprain.

Shiatsu Massage: the therapist uses varied, rhythmic pressure on certain precise points of the body. These points are called acupressure points, and they are believed to be important for the flow of the body's vital energy, called chi. Proponents say shiatsu massage can help relieve blockages at these acupressure points.

Thai Massage: the therapist uses his or her body to move the client into a variety of positions. This type of massage includes compression of muscles, mobilization of joints, and acupressure.

Choose between our available massages to find the appropriate one for you.



**Monaci delle
Terre Nere**
COUNTRY BOUTIQUE HOTEL

Swedish Holistic Massage:

- DECONTRACTING MASSAGE
- LINFODRENING MASSAGE
- RELAXING AND ANTISTRESS MASSAGE

For all massages 45 minutes € 80

Thai yoga massage:

Thai Yoga Massage is an ancient Thai practice and comes from Yoga, it consists of stretching, joint manipulations and pressures.

For 50 min €100 per person

Massage with Tibetan bells:

The sound of the bells produces a profound vibrational effect, going to awaken the more silent body areas, where perhaps muscle contractures.

For 50 min €100 per person, for couple massage €150

Osteorelax:

Massage with oil: decontracting, relaxing, connective and lymphatic drainage

For 45/50 min €100 per person

Bioshiatsu:

Facial and cervical (acupressure of affected areas)

For 20 min €60 per person

Japanese Face Lifting Massage:

Face massage with oil

For 45 min €100 per person

Shiatsu:

For 50 min €100 per person