



Des Iles
CENTRO BENESSERE STRESA

BODY THERAPIES

Based on the advice of the physician, we suggest various therapies, ranging from ancient and classic to new age treatments, to achieve a complete psychophysical balance, working on the muscular and skeletal structure as well as on emotional well-being.

The duration of the indicated activities includes an initial welcome procedure, assistance getting started and the treatment.

Cranialsacral Therapy - SER

(in the water 45 minutes / in the cabin 60 minutes) € 130,00

Through gentle movements of the cranial bones and spine, including the sacrum and the myofascial tissue, the CST works on the body and the central nervous system, also influencing the psychological and emotional state (SER: Somato Emotional Release).

It is particularly suitable for the treatment of the back pain and of the osteoarticular apparatus in general (especially in the chronic phase). It is also suggested against headaches, insomnia, water retention, and chronic fatigue. It increases the immune system and general resistance to diseases.



Massage - therapy (30 minutes) € 90,00
(45 minutes) € 110,00
(60 minutes) € 130,00
(90 minutes) € 160,00

A therapeutic massage that uses manipulative techniques and soft tissue techniques. Creating a sense of well-being and relax, this therapy reduces strain and tension, it mobilises stiff joints and improves blood circulation.



Osteopathy (45 minutes) € 130,00

It is a type of complementary and alternative medicine which primarily consists in a diagnosis made by stretching and by massaging a person's muscles and joints. The osteopaths claim that the health and well being of an individual depends on the proper and concerted work of their bones, muscles, ligaments and connective tissue. The treatments help the body to heal itself.

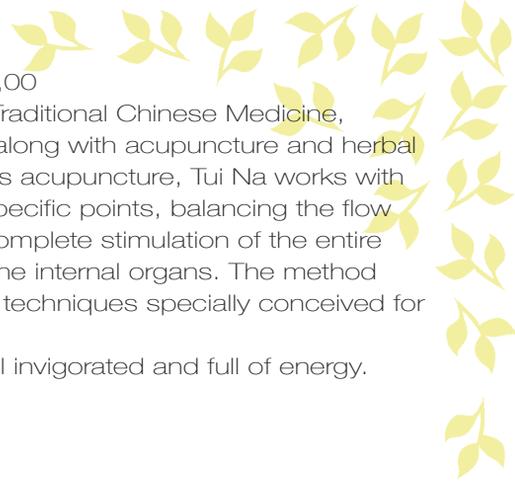
Physiotherapy, rehabilitation (45 minutes) € 110,00
(60 minutes) € 130,00

A personalised program of rehabilitation exercises in the gym or in the pool to recover the functional ability after surgery or traumatic stress. The sessions are carried out individually under the constant supervision of the therapist.

Shiatsu (60 minutes) € 130,00

Japanese massage technique performed by a specialist using finger pressure, as well as hands, forearms, elbows, knees and feet on acupressure points to rebalance energies and vitality. It is followed by a massage on a traditional futon on the ground. It is advised to wear loose and comfortable clothes.





Therapeutic Tui Na (60 minutes) € 130,00

Tui Na is one of the oldest healing arts of Traditional Chinese Medicine, successfully applied for over 2000 years, along with acupuncture and herbal medicine. Based on the same principles as acupuncture, Tui Na works with finger pressure on the meridians and on specific points, balancing the flow of the Qi in the body. Tui Na produces a complete stimulation of the entire muscular and skeletal system, as well as the internal organs. The method also includes the specific Tui Na massage techniques specially conceived for muscles and tendons.

At the end of a session, the patient will feel invigorated and full of energy.

Watsu (60 minutes) € 130,00

Therapy that combines the benefits of Shiatsu techniques performed in the water, creating a perfect blend of relaxation and tranquility.

The treatment takes place in warm, shallow water, rocked in the therapist arms, who performs slow and relaxing movements along the meridians.

Yoga one to one classes (60 minutes) € 130,00

Ancient Hindu practice that involves deep breathing exercises, stretching and relaxation. The goal is the recovery of the physical, mental and spiritual potential. Yoga is used to achieve a state and a sensation of well-being and maintain control over one's feelings and impulses. The vital energy flows through body movement harmonizing body and mind with the universe and its energy. This practice relaxes, improves circulation and flexibility.



Information and reservations at the 1st floor

Grand Hotel des Iles Borromées & SPA

tel. +39 0323 938 2872 (ext. 2872) - info@centrobenesserestresa.com



GRAND HOTEL DES ILES
BORROMEES & SPA

***** L