



GENERAL INFORMATION

Parents and tutors are asked to sign our informed consent before any treatment.

Their presence is requested for kids under 3 years old and allowed for older kids.

All treatments and therapies are carried out by skilled and specialised female professional; physical activities are also available in groups.


Our products, tested and approved from the European Community, are based on active ingredients and vegetal extracts and they are rigorously ecologic and biodegradable.



KIDS & TEENS

TREATMENTS, THERAPIES AND OTHER ACTIVITIES





















The Des Iles CENTRO BENESSERE STRESA would be delighted to pamper its youngest guests.



Information and booking on the first floor
Tel. 0323.9382872 (int. 2872) – info@centrobenesserestresa.com



GRAND HOTEL DES ILES
BORROMEES & SPA
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 Almonds oil massage	20 minutes	€ 40,00
 Osteopathy	30 minutes	€ 70,00
 Candle massage, Chocolate - Raspberry	30 minutes	€ 50,00
 Top to Toe Massage – hands, feet, head	20 minutes	€ 40,00
 Manicure or pedicure	30 minutes	€ 25,00
 Nail polish changing	10 minutes	€ 10,00
 Nail polish changing French Style	20 minutes	€ 15,00
 Hairstyle	starting from	€ 40,00
 Haircut	starting from	€ 35,00
 Cranio-sacral therapy (in cabin or in water)	30 minutes	€ 70,00
 Yoga	45 minutes	€ 70,00
 Lesson with a Personal Trainer <i>(gym or swimmingpool)</i>	30 minutes 60 minutes	€ 60,00 € 80,00
 Deep cleansing facial treatment	45 minutes	€ 60,00
 Honey and coconut body scrub	30 minutes	€ 50,00
 Body scrub + massage	45 minutes	€ 60,00
 Epilation	starting from	€ 10,00
 Make up	20 minutes	€ 25,00
 Make up lesson	30 minutes	€ 35,00
 Scalp treatment	30 minutes	€ 50,00
 Tui Na	30 minutes	€ 70,00

 6 months – 3 years old

 3 – 10 years old

 11 – 16 years old

OSTEOPATHY

It is a safe and natural approach for the health protection of all ages. The osteopath's action on kids and teenagers is extremely delicate thanks to soft techniques. It does not have any side effects and it helps to alleviate prenatal or neonatal tensions.

CRANIO-SACRAL THERAPY IN CABIN OR IN WATER

It is a gentle and not invasive therapy, effective in giving relief to some of the typical infantile conditions, like bruxism, moodiness and disturbed sleep. It is suggested to reinforce the immune system, creating a balance and a good interaction between the physical, mental and emotional status. It is also recommended in case of orthodontic issues.

TUI NA

From the Chinese tradition, the Tui Na massage is an extraordinary resource during the pediatric age range and it is incisive even in one session. This technic uses the meridians and points system, typical of the acupuncture, to stimulate and regularize the natural kids' vitality, their immune system and any possible ears and nose trauma.

YOGA

It is a special activity which helps to improve the relaxation and the concentration of your kids. Its ASANA movements are gentle, slow and presented in a playful way; they improve elasticity, strength, coordination, balance and awareness. If practiced since the tender age, it can become a precious help in the disease prevention.