



Des Iles
CENTRO BENESSERE STRESA

MASSAGES

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

RELAXING

Aromatherapy (45 minutes) € 80,00
(60 minutes) € 100,00
(90 minutes) € 140,00

It is a gentle massage performed on the body, face and scalp with slow and deep pressures. The aromas are selected by the Guest and can be relaxing or toning.

Candle (45 minutes) € 100,00

The special feature of this massage is the use of a flavoured karité butter's candle. The massage is a ritual of well-being for those who likes to enjoy relaxing and regenerating moments. The candles used for this type of massage are rich on vegetable oil and leave your skin softer than any other emollient oil.

Endorf (45 minutes) € 80,00

A soothing massage that releases tensions by stimulating endorphin production for an immediate calming effect. It is very effective in resolving fibromyalgia and chronic tiredness.



Four-handed (30 minutes) € 100,00

Enveloping massage performed by a duo of therapists who work simultaneously along the body, creating a relaxing, rhythmic and continuous flow of movements.

Hot stone therapy (45 minutes) € 100,00

Relaxing massage with hot stones made of lava. The beneficial effect is obtained by applying stones on the body that slowly release their heat. Depending on the disorder that have to be treated, the action of the stone is combined with the appropriate type of massage, this therapy is often combined with aromatic oils.

Lymphatic drainage (45 minutes) € 80,00
(60 minutes) € 100,00
(90 minutes) € 140,00

Massage technique that is practiced in the areas of the body affected by slow lymphatic circulation and edema. Lymph and toxins are induced to return to the main lymph nodes. Suggested in cases of water retention, cellulite, swollen legs, swelling after cosmetic surgery.

Relax (45 minutes) € 80,00
(60 minutes) € 100,00

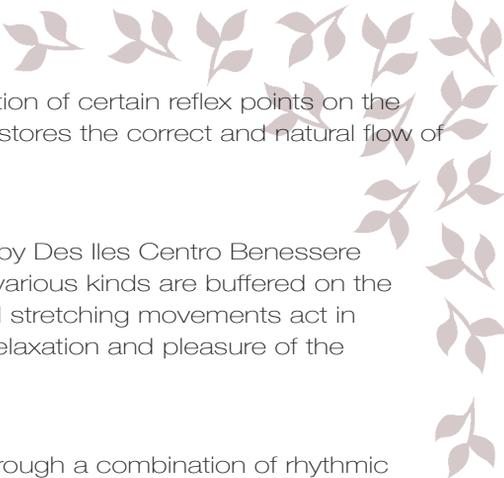
Great to relieve stress, it combines all the benefits of different massage techniques. The body is treated globally, in every aspect, evaluating individual requirements involving all the structures of the body.

ORIENTAL

Ayurveda (60 minutes) € 100,00

Traditional massage of Indian origin that helps to restore energy flow with the use of specific oils. It has a balancing action on Doshas and each technique is used to restore energy balance.



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Feet massage (30 minutes) € 60,00

Oriental massage that involves the stimulation of certain reflex points on the foot for a total relax of mind and body. It restores the correct and natural flow of energy.

Okinam (45 minutes) € 80,00

Massage technique proposed exclusively by Des Iles Centro Benessere Stresa. Heated bags containing seeds of various kinds are buffered on the whole body. The pressure of the bags and stretching movements act in releasing deep muscle tension for a total relaxation and pleasure of the Guest.

Thai on futon (45 minutes) € 100,00

Traditional Thai massage technique that through a combination of rhythmic compressions and muscle stretching improves flexibility, it relaxes the muscles and helps recover vitality and physical fitness. It is practiced fully clothed with a training suit on a traditional mattress.

Tui Na deep energizing (60 minutes) € 130,00

Tui Na is one of the most ancient healing arts of traditional Chinese medicine based on the same principles of acupuncture, Tui Na acts with acupressure and other movements on specific points along the meridians, balancing the flow of Qi in the body.

DEEP

Spinal flash paravertebral (30 minutes) € 80,00

Innovative massage exclusively offered by the Des Iles Centro Benessere Stresa, that stimulates the natural flow of vital energy. It improves blood and lymph circulation and increases natural body defences. It uses different massage techniques such as fingertip pressure and micro massage, typically concentrated on the back.

Sports (45 minutes) € 80,00
(60 minutes) € 100,00
(90 minutes) € 140,00

Decontracting and toning massage performed on major muscle groups, suitable for those who perform physical activities frequently, it releases tension and promotes lactic acid dispersion.

Top therapy (30 minutes) € 60,00

Massage that takes place on a specific ergonomic chair, working on shoulder blades, back, arms and head. Suggested in the presence of muscular tensions in cervical, dorsal and lumbar areas.

Visceral abdominal (15 minutes) € 30,00

Special massage technique able to activate the motility of the large intestine emptying it, in a natural way. Detoxifies and rebalances the organism.

DURING THE SUMMER SEASON, IT IS POSSIBLE TO HAVE YOUR MASSAGE IN THE SHADOW OF OUR SPECIALLY EQUIPPED GAZEBO IN THE ZEN GARDEN OF THE GRAND HOTEL. PLEASE BOOK THIS SERVICE IN ADVANCE.

Information and reservations at the 1st floor
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GRAND HOTEL DES ILES
BORROMEES & SPA

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