



## TOTAL BOBY RELAXATION MASSAGE

Relaxing massage is the perfect therapeutic practice to overcome stress and anxiety along with all the unpleasant sensations that these difficult emotional conditions generate in the body. A tangible example of physical repercussion for which the relaxing message is needed is the muscular and nervous stiffness that affects the neck, the back and even the abdomen. The stiffness can be more or less severe and it is from this that the acute or chronic pain complained by the majority of patients originates. The pain of the contracture can be localized both in the muscular tissue and in the joints, but it can also afflict the internal organs, as often happens in the irritations of the colon, a section of the intestine particularly sensitive to the mood.

The relaxing massage is also perfect for those who complain of pain due to excessive physical fatigue, through the massage, in fact, patients avoid the problems due to fatigue as well as stress. How the relaxing massage works The relaxing massage acts on various points of the body, thanks to specific techniques stimulates the energy of the body, but not only, one of its most important effects is to reactivate the blood and lymphatic circulation. The relaxing massage, as can be easily deduced, is not therefore a simple practice of anti-stress relaxation, but is configured as an important therapy both curative and preventive. As for the stimulation of energy derived from relaxing massage sessions, it is good to know how much energy for the body should not be underestimated because thanks to this stimulation the body is able to restore its equilibrium that unfortunately stress, the frenetic rhythms and the incorrect daily habits easily manage to undermine. The relaxing massage, acting directly through appropriate manipulations, is able to rebalance the delicate and fundamental relationship that runs between body and soul. How to practice relaxing massage More and more people undergo relaxing massage sessions because of the innumerable benefits it gives rise to. The therapeutic session, which must always be practiced in specialized centers with a competent professional staff, is performed through slow movements and more or less deep pressures on the body, however the massage respects a delicate rhythm that due to its fluidity of movement promotes relaxation emotional psycho of the patients who undergo it. The relaxing massage, like other types of therapeutic massages, benefits from the aid of essential oils that release multiple beneficial effects during the session, are in fact very useful both at the cutaneous level because they promote the fluidity of the manipulations practiced by the masseur, and at an emotional level in how much their fragrances help the patients to relax and to remove the psychic tensions that have repercussions on their body. During the relaxing massage, the surrounding environment in which the session takes place is also very important, in fact the massage room is usually equipped with warm tones and regulated intensity and, very often, the massage is performed with a musical background. appropriately chosen to promote relaxation and to chase away daily stress. The benefits of relaxing massage The relaxing massage, as we have seen, is characterized by the numerous beneficial effects it provides in the body and for this reason it is chosen as an anti-stress by more and more people. The aims that the relaxing massage sets and satisfies are mainly focused on the improvement of the immune system thanks to the stimulation of the lymphatic circulation and the general relaxation of the body, especially with a targeted action on the contractions of the muscular system. Other important properties of the relaxing massage that can not be neglected are those that concern the stimulation of the production of endorphins, the great benefit it brings on the quality of sleep and the improvement of memory and concentration.



## ESSENCE OF SICILY MASSAGE

The massage with essential oils exploits the healing properties of the essences through which it is possible to treat some common disorders. In the East the use of perfumed ointments has always been widespread. Avicenna, an Arab doctor, perfected the distillation technique to produce essences such as rose. Today the practice of massage with essential oils is carried out with slow movements, above all touches, to allow the essences to penetrate through the pores. After having sprinkled the body with a tonic and then covered it with a towel to keep the heat, the massage is carried out starting from the feet and going upwards. The oil passes into the skin through a chemical mechanism called diffusion: it penetrates directly into the cell membrane, without the need for a specific transporter. Once inside the organism, the oils perform their functions and eventually leave the body through the elimination organs: lungs, skin, intestines, kidneys. The use of oleoresins for medicinal and therapeutic purposes has staggering effects: it slows down cellular aging, acts on the nervous system, deeply relaxes the muscles. Massages with essential oils: the purposes First of all, it is important to identify the purpose of the massage: if it is relaxing and soothing or if, on the other hand, it aims to tone, reactivate and energize. It may seem trivial, but it is essential to choose an essential oil also in a manner consistent with the type of treatment. The essential oil must be diluted in the massage oil. A few drops will be enough to spread an intense aroma, thanks to the warmth of the body and to that caused by manual massage, and for a beneficial effect on the mind and the skin. Via tensions: the relaxing and balancing essential oils To regain calm, serenity and dissolve tensions, floral aromas are perfect, delicate and enveloping as a pampering for body and spirit. Let's discover together the relaxing aromatic properties, together with the cosmetic ones, of the most effective essential oils.

Rose Loved by women, it is the feminine and romantic perfume par excellence. One of the reasons may lie in its reassuring, anxiolytic and antidepressive properties, but also aphrodisiac. In addition to all these positive qualities on the spirit, the essential oil of pink is fabulous for the skin of face and body: it is anti-aging, antioxidant, regenerating, therefore perfect for skin no longer young. Excellent in combination with coconut oil or shea butter. Only one recommendation: it is not indicated during pregnancy. Vanilla Sweet, greedy and enveloping, it is very relaxing and anti-stress, as well as mildly aphrodisiac. On the skin, has strong antioxidant virtues, so this essential oil is very useful in treatments and anti-aging massages, as its activity counteracts the formation of free radicals and repairs the damage that the epidermis has undergone. Excellent, therefore, for face and body: for the latter, the essential oil of vanilla is perfect diluted in jojoba oil. Ylang-ylang Inebriating, velvety and refined, this is probably the most aphrodisiac essential oil, as well as being soothing and soothing. In addition to these aromatic virtues, it also has curative properties at the epidermal level, as it performs a balancing action on sebum-based hyper-production, alongside a gently antibacterial action: it is therefore perfect for the treatment of oily or impure skin. In addition, it also lends itself as an anti-cellulite ally, because it helps to stimulate circulation. Last benefit on the scalp: Ylang-ylang essential oil stimulates hair growth and makes it stronger. Rosemary It is not only useful in the kitchen, indeed! Rosemary essential oil is very effective for purifying and detoxifying, but also for soothing and relieving tensions. Excellent for scalp massages, in case of dandruff or itching, it lends itself well to treating impure skin of face and body. At the same time, it is soothing on a mental level. Lavender One of the most effective relaxing oils, like almost everyone, even to men. It has beneficial effects on both the mind and the skin: it is antiseptic, soothing and antibacterial, while on an emotional level it is calming and soothing. In addition, it lends itself well to massages on the face as it helps to treat acne and scarring outcomes, but is also effective in the treatment of hair loss: choose it for a reactivating massage to the scalp. Its relaxing action is also valuable for decontracting massages, to relieve muscle tension. From the lavender you get a relaxing and versatile essential oil.

Chamomile Flowery, fruity and reassuring, the essential oil of chamomile is one of the most versatile, as it has soothing and mildly sedative properties, but it is also anti-inflammatory, antibiotic and analgesic, therefore perfect for those who practice sports or suffer from muscle cramps. It also works well as an antidepressant and is much loved by women suffering from PMS. Lemon Another joker in the world of essential oils, the lemon transmits balance because it is soothing, anti-stress and at the same time it puts you in a good mood. It is effective in relieving headaches. At the epidermal level, it helps to detoxify, purify the skin, regulating the sebum production.

Similarly it is very suitable for scalp massages, especially for those suffering from dandruff or hair loss. Also perfect for pregnant women, as it keeps nausea at bay. Sandal In addition to having a very pleasant aromatic scent, which also pleases men, the essential oil of sandalwood has outstanding cosmetic qualities. It acts as an anti-inflammatory and antiseptic, but above all has positive effects on the circulatory system and is a valuable adjunct in slimming massages or anyway aimed at body remodeling. It can also minimize stretch marks and help make the skin more toned. While they instill good humor, they can also do a lot for the wellbeing of skin and scalp. Bitter orange or bergamot Excellent as an antidepressant, it keeps anxiety at bay with a balancing effect on emotion, even in the case of premenstrual syndrome. At the epidermal level, it is very useful for impure skin as it regulates excessive sebum production, has an antimicrobial action and minimizes acne scars. But it is not only useful for young skin: the essential oil of bergamot also acts positively on melanin and is able to reduce brown spots, which are nothing but irregular concentrations of melanin. Citrus essential oils have euphoric, purifying and antimicrobial properties. Palmarosa Little known, this essential oil is however very versatile and valid for its stimulating and invigorating virtues, even at a mental level. On the skin, it has a moisturizing and regenerating effect, but also anti-inflammatory, healing and soothing, which makes it perfect for facial massages, be they on teenagers with acne, or people no longer young who want an anti-aging treatment. Eucalyptus It immediately remembers the woods and the mountain air, therefore it can only be one of the best stimulating and anti-stress oils. On the skin it has an antiseptic and antibacterial action similar to that of lavender. In addition, eucalyptus helps to regain concentration, so it is very useful for a toning massage: it will have an excellent energizing effect on the body and mind. Peppermint On the skin it has an invigorating and relaxing action (making it perfect for athletes), antiseptic and astringent (ideal for mixed or acne-prone skin), but it is on an emotional level that peppermint gives its best: helps remove physical and mental fatigue, relieve stress and anxiety. A massage of the temples with two drops of this oil is a valid remedy against migraine, but a recommendation is necessary: paradoxically, prolonged or excessive use can cause headaches to those who do not suffer from it, so it should be used sparingly . Tea Tree Obtained from *Melaleuca alternifolia*, it has a fresh, almost pungent scent. In addition to this, it has outstanding disinfectant, bactericidal and purifying properties: it helps to fight acne, inflammation, dandruff, excessive sweating and infections. You can use it topically, simply with the help of a cotton pad. Precisely because it is very active, it is not suitable for pregnant women.



## CALIFORNIAN MASSAGE

What's special about this massage? The liberation of the body, the expression of feelings and the overall balance of the person. This is why it is also known as a psychosomatic massage. A massage of pure pleasure: this is the philosophy of Californian massage, the most sensual of all, the king of massages. It is practiced on bare skin or covered by a few intimate garments; the masseur will use a scented and relaxing oil that will make his gestures more flowing and pleasant. The technique consists in wrapping and shaping the whole body, creating a harmonious choreography on the body alternating fluid, light or deep movements; they are slow and wide movements that touch and then put pressure on the muscles, thus also stimulating the circulation. This massage is ideal for those who need a moment of total relaxation, for those who want to free your mind from thoughts, abandon yourself and regain the harmony of your body. By gently stimulating the numerous nerve endings of the organism, it also stabilizes the nervous balance. It improves the perception of the body, the awakening of the senses, favors the satisfaction and the general well-being.



## **DEEP TESSUE SUPER HERO MASSAGE**

There are many types of massages that are practiced by experienced professionals for therapeutic purposes, one of these is particularly suitable for those who practice intense physical activity, it is precisely the sports massage. The deep sports massage, as anticipated by its own nomenclature, is carried out exclusively on physically very active patients, since the main objective of the treatment is to improve athletic performance. The characteristics of deep sports massage The sports massage is a very special treatment, acts on the body in a dual manner, firstly through direct action aims to increase the blood flow of the treated area by establishing a local hyperthermia, secondly instead performs an indirect action of excitation of the nerve endings and stimulation of the parasympathetic nervous system, which therefore regulates mood. The union of these two fundamental phases in which the effect of the sports massage branches off is highly beneficial for the physique of the athletes who undergo the treatment. The sports massage, which must be practiced exclusively by specialized professionals, is increasingly recommended in sports not only as a preparation before a race or any sports performance, but is also indicated as a treatment to be carried out between one competition and another . How deep sports massage works The sports massage thanks to the combination of direct and indirect action is undoubtedly the best of this type of therapeutic treatments for athletes and athletes, in fact brings a long series of benefits in the body triggering physiological processes very important for the maintenance of a healthy body essential for practicing intense physical activity and preventing the risk of more or less serious injuries.

Therefore, the deep sport massage acts simultaneously on the reduction of the milder muscular tensions as well as on the more important ones, moreover it aims at decreasing the plasma levels of cortisol and serotonin, a very important action as it determines a significant reduction of the been anxious with the resulting reestablishment of mood. Do not forget that sports massage, moreover, allows an increase in the release of endorphins and decreases the sensations of pain perceived by patients, is also very important for the well-being of the circulatory system since it reduces the heart rate and blood pressure that they often give rise to serious diseases and disorders. Furthermore, through sports massage, athletes are stimulated by local micro-circulation, which is particularly important for athletes. But, as anticipated, the characteristics of the sports message are innumerable, and indeed it must be remembered that this also significantly contributes to the draining process of the organism which speeds up the phases of lactic acid removal and of the slag that accumulates during 'work out.

**How to practice deep sport massage** The sports massage can not be practiced without the appropriate credentials, the sports masseurs have in fact a specific preparation for the treatment of athletic physycists. The therapeutic session of the sports massage is performed through movements and pressures that move from the bottom upwards, during the massage are also used essential oils that promote not only the manipulation of the treatment, but also an intense feeling of relaxation thanks to their particular fragrances. Together with essential oils, sports massage is also practiced with special heating cosmetics that act on the skin and deeply with a beneficial regenerating, firming and relaxing effect.

**The benefits of deep sports massage** The sports massage therefore has numerous benefits for muscular wellbeing but also, as we have seen, for the performance of all the organic functions, it is also suitable and indicated for all those who dedicate themselves to physical activity without making any distinction or respect the sport practiced or the intensity of the training, or according to the age of the patients who choose this type of treatments. Among the benefits of the sports massage we can not forget that this is strongly recommended for its decongesting action, essential after particularly strenuous workouts, relaxation of the tissues subject to contraction and still has the important ability to speed up the healing of muscle contractures. The sports massage is recommended to all athletes in the field of injury prevention and muscle preparation in view of daily training, but above all as a therapeutic support to warm up before their athletic performance.





## ANTISTRESS SENSORIAL MASSAGE

An extraordinary method of body manipulation that effectively and quickly helps to recover contact with one's body and emotions, favoring a deep and lasting state of psycho-physical well-being. Stress: causes and damage Nowadays stress can be considered a real threat to the achievement and maintenance of our psycho-physical well-being. There are numerous psychological, physical and emotional stresses to which we are subjected daily: a quality of life, more and more frenetic and exasperated, but also worries, disappointments, loneliness, insecurities, conflicting relationships, economic problems, eating disorders, use of substances stimulants, behavioral, mental and emotional rigidity. Solicitations that find less and less opportunities to be discharged preventing us in this way to free ourselves from the accumulated tensions and to reach a state of relaxation. In this way we create states of permanent nervous tension that generate blockages of vital energy, but above all they progressively lose contact with ourselves and with our needs. By protracting even just one of these situations over time, we can influence our state of health by giving rise to a series of disturbances that are unfortunately sometimes also of a certain importance.

To name a few: diseases due to a lowering of the immune system (colds and frequent flu, allergies, herpes, disorders of the urogenital and gastrointestinal system, skin disorders such as acne and psoriasis), colitis, constipation, obesity, back pain, arthritis, migraine, muscle-tension headache, cardiac arrhythmias, arterial hypertension, psychological disorders (depression, loss of memory and concentration, insomnia, chronic fatigue, apathy, resignation, sense of impotence, demotivation, negative attitudes and thoughts, loss of self-esteem). In this condition of profound malaise, relaxation and the techniques to achieve it, even in a short time, becomes a vital necessity. Through an uninterrupted flow of maneuvers, passive movements and a special attention to the breath, the massage regains contact with itself, thus managing to focus on their needs and on better management of well-being conditions. Advantages that make the relaxation state produced by the Antistress Massage a more engaging experience with more persistent effects over time. This method derives from various body manipulation techniques, cleverly combined, in order to have the best of each in a single methodology. Its extraordinary efficacy is due to the stimulation of the venous and lymphatic circulation, to the nervous regeneration, to the muscular relaxation and to the articular elasticity, progressively varying and softly adapting the pressure according to the body areas, the disorders and the type of person to be treated. The movements of the masseur follow each other slowly and fluently using the force of gravity of the body and tuning the breathing with that of the massaged. For this reason this type of massage becomes useful and effective not only for those who receive it but also for those who perform it, a characteristic that makes it a unique tool among the different types of massage. The main beneficial effects deriving from this method can be summarized as follows: putting in contact with oneself improving the listening of one's body and emotions releases the physical and nervous tensions favoring a global relaxation. After treatment we will feel mentally lucid and emptied of worries and negative thoughts stimulate the production of endorphins that give peace and serenity, improve the quality of sleep regulates blood pressure by raising it to those who have it low and lowering it to those who have it high cholesterol lowers strength, tone and muscle elasticity improves breathing, blood and lymphatic circulation. The cells and tissues are thus nourished by a greater intake of oxygen which stimulates their regeneration faster and helps to strengthen the structure of the bones and to elasticize the joints, regulates the appetite and promotes the achievement of form weight thanks to the production of endorphins. greater acceptance of one's own body, improvement of breathing, blood and lymphatic circulation perform an important detoxifying action, through lymphatic drainage and stimulation of diuresis. Thanks to the numerous benefits, we can state that the anti-stress massage is recommended and is good for everyone.

However, it is more recommended: to the elderly to help them recover their physical and mental energy and to increase the elasticity of the tissues, muscles and joints that progressively decreases with the passing of the years, to the people who, due to the type of work they do, use a lot of mind and little the body thus coming to meet the need to discharge anxiety and physical and mental tensions accumulated daily.

Massage after massage, people recover physical and emotional well-being, concentration and lucidity, to those suffering from pain due to stiffness and muscular contractions often generated by restrained and unexpressed emotions that work within us sometimes without realizing it, to people who are prone to nervous exhaustion and depression, to those who are overweight and to those suffering from cellulite in addition to the recommendations regarding the habits of life and food. And finally, to all those who simply want to take a break of pure well-being to regenerate and start again with vitality, joy and desire to live.



### **MASSAGE WITH FIRMING BUTTER WITH KARITE 'BUTTER**

All women want to have a full and shapely breasts, however not all of them have such luck and while some have the courage to go under the knife and undergo a real surgical operation others prefer to opt for less painful and invasive natural techniques, such as a massage breasts to make them bigger firm and toned. Breast massage is ideal for enhancing, firming and rejuvenating your breasts. It is useful to eliminate toxins that accumulating over time could create lumps and lymphatic blocks with serious discomfort to the body, so it is an excellent preventive remedy **ANTICANCER!**



### **RELEASE MUSCLE MASSAGE ( DECONTRATURANTE )**

**DECONTRACTING MASSAGE** More and more people suffer from muscular system pains of various origins caused for example by trauma, due to incorrect posture or by actual muscle contractures. This type of disorders can affect both competitive athletes and simple sports lovers, but not only, can also arise from the daily actions of anyone. The characteristics of the decontracting massage Decontracting massage is undoubtedly the best therapy to treat and reduce the pain caused by muscle contractures. Contractures manifest themselves with a strong acute pain due to the tension of muscles that contract too much even when at rest, also depending on the severity of muscle stiffness, the contracture can be accompanied by muscle spasms. The pain of contracture usually afflicts, as anticipated, athletes who undergo intense physical activity, but can also occur due to small domestic trauma or in individuals who do not practice a particular sport but maybe even in the front office at the pc they assume a wrong posture. The decontracting massage is a very effective solution to treat muscle contraction, it is a specific massage practiced mainly for therapeutic purposes, but it can also be useful as a prevention against possible muscular pains. The decontracting massage is a targeted treatment, practiced by professionals, which is performed directly on the painful area, therefore contracted, generally it is done on the parts of the body most affected by muscle tension such as the neck and shoulders, legs and back and specifically the lumbar area.

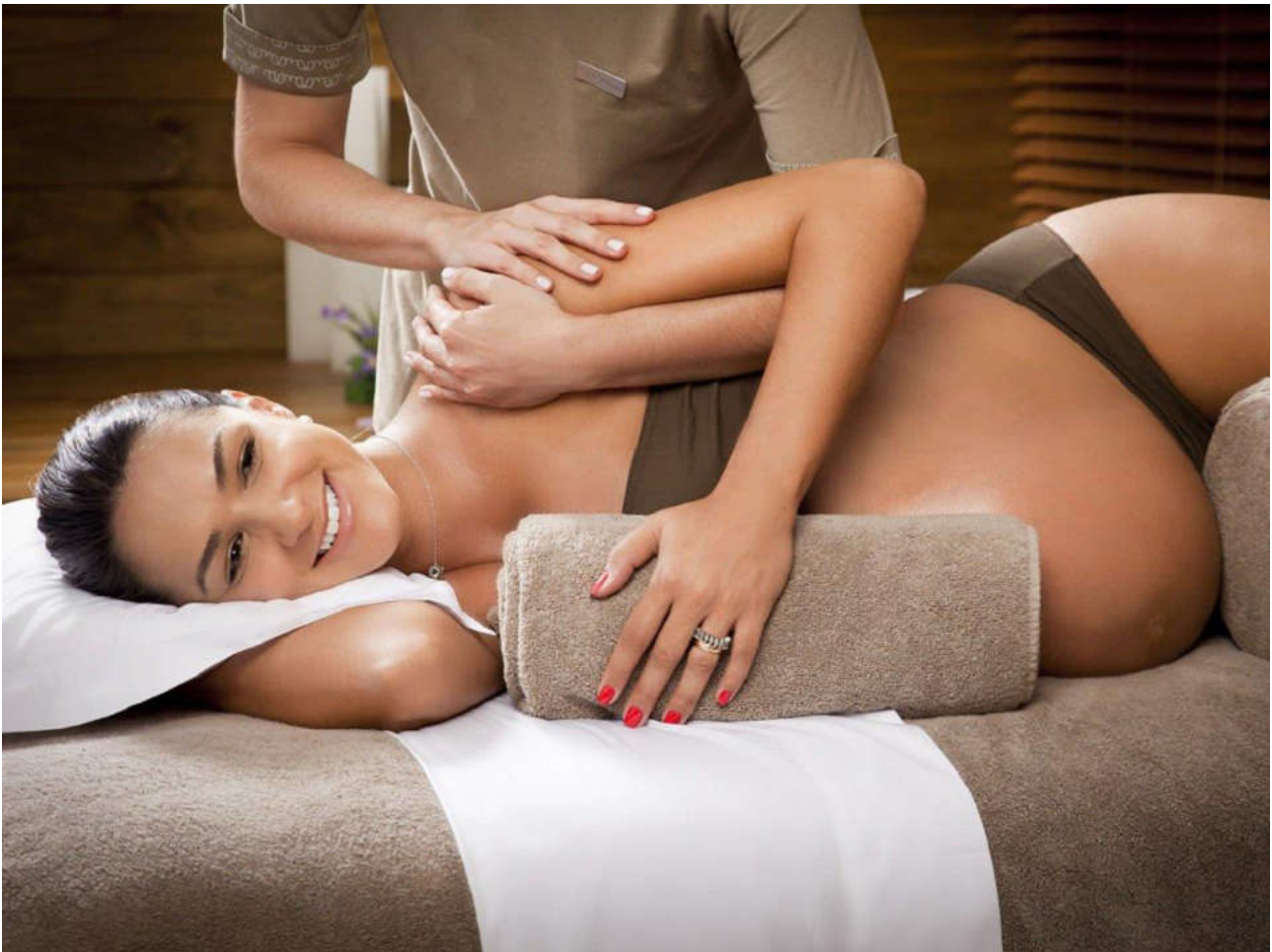
The decontracting massage is practiced in order to bring back the muscular tone to its optimal condition, eliminating the stiffness, restoring the characteristic elasticity of the muscles and therefore reducing the acute pain and spasms. The decontracting massage should be practiced by trained professionals, who therefore have knowledge of anatomy and know how to treat the painful muscles of their patients correctly. The massage generates a therapeutic heat that heats the contracted and rigid muscle and therefore acts with a local and targeted action that immediately manifests its beneficial effects.

**How to practice decontracting massage**

The decontracting massage is performed through targeted pressures and rubs on the area to be treated, through these specific movements dissolves the contracture, the one commonly used to define "muscular knot" because of the acute pain that transmits the sensation of having a tight knot in the muscle that limits more or less the movements conditioning the daily activities. Thanks to the pressure applied during the decontracting massage, the nerve centers of the muscle are reactivated, it improves the oxygenation of the tissues involved in the contracture and furthermore, thanks to the rubbing, the elimination of toxins in the body is facilitated. Normally a relaxing massage session lasts about 30 minutes and is carried out with the aid of essential oils extracted from plants such as basil, mint, chamomile, marjoram and lemongrass, which contribute to the well-being of patients and calming the pain of contracture due to the action lenitive proper of the herbs, both relaxing the mind during the practice of the massage thanks to their fragrances.

**The benefits of decontracting massage**

The decontracting massage acts on any muscle being affected by contracture, naturally it differs according to the specific needs of the patients, in case it is practiced on athletes or great sportsmen generally aims to reduce the acute pains located in the low back area or legs. Athletes often suffer from severe pain due to vertebral contractures, in this case the professionals work with the decontracting massage which is practiced with appropriate pressures and frictions that proceed from top to bottom along the entire back. Anyone who does not practice a particular physical activity can still suffer from severe pain due to a muscle contracture, very often caused by the incorrect posture that usually affects the cervical area. The benefits for both categories of patients are truly significant and numerous, in fact they include not only the specific action of immediate reduction of muscle stiffness from which acute pain originates, but also manifest on the general health of the organism contributing to reduce the heaviness in the stomach and digestive disorders, anxiety and stress and reporting a general state of well-being in the body.



### **PREMAMAN MATERNITY MASSAGE**

Prenatal massage does not differ substantially from traditional massage if it were not for the position of the woman who must be on her back or on her side. This massage can be performed only from the third month of pregnancy. Its purpose is to reinvigorate the parturient on both the physical and mental level, increasing the functions of the muscles and joints, improving circulation and toning the body. The physical benefits of massage during pregnancy are many and in particular: reduction of hormonal and physical stress linked to the transformation of the woman's body during pregnancy; prevention of stretch marks improving the elasticity of the skin; a reduction of the swelling of the limbs through a stimulation of the blood circulation; relaxation and decrease of insomnia; relief in the neck and back provoked by the imbalance of the muscles; preparation of muscles to be used during childbirth; relief for headaches and sinus congestion. The areas that are massaged are in particular the pelvic region, the breast, the spine and the back muscles, with the aim of draining those parts of the body that are more subject to fluid retention such as legs, thighs and buttocks.



### **PARADISIAC 4 HANDS MASSAGE**

The 4-hands massage is a special and very special treatment that involves the harmonized manual skills of two operators, operators who create a relaxing and continuous rhythmic flow. In this treatment the "concepts" of rhythm, time, balance and participation are treated and developed, which during the massage are amplified creating a harmonious and intense wave thanks to the harmony between the two operators and the treated person. The four-handed massage relaxes the muscles of the whole body, loosens the joints, helps the circulation and flow of vital energy, leaving a deep sensation of tone and relaxation. The treatment eliminates tensions thanks to the aroma of oils giving a deep feeling of well-being and relaxation. The 4 hands massage derives from the oriental massage techniques even if with its diffusion it is enriched with specific peculiarities of the place in which it is performed. During the treatment can be used water flavored with essences that act on the patient as needed, or oils that help to obtain profound benefits. Among the various massage techniques we can include:

- Touching, or sliding the palm or the fingertip on the skin; in this way the venous return to the heart is activated
- The percussion, a sequence of shots given with the palm or with the closed fist; induces a stimulating and invigorating effect
- The kneading, or the lifting of the skin performed with a pinch and a twist
- The clutch, which consists of a pressure to be associated with circular or different movements
- The pressure, ie compress the skin with the palm by making a continuous and gentle movement, this is useful for eliminating muscle contractures (cramps)
- The vibration, that is a pressure combined with an oscillating movement; produces a stimulating effect

We use oils or creams or candles to facilitate the flow of hands on the body.





### **RELAX AND DREAM ROMANTIC COUPLE MASSAGE**

Very relaxing, sensory and romantic massage to share with her / him the pampering, physical and psychic relaxation, in a warm and welcoming, it is also useful to alleviate the stress that may have been created between two partners involved in any type of relationship, whether it be sentimental or friendship, or kinship.

The special shared experience of a couple massage also allows two people to get to know each other better. In fact, if you want to talk, during the massage you can do it and in this way it will be possible to strengthen the bonds that exist. A relaxing massage characterized by a slow and enveloping manual skills for total abandonment and to relax in pairs.

An experience of the senses capable of restoring vitality to the bodies and harmony to the couple.





## ETERNAL YOUTH CHOCOLATE MASSAGE

The cocoa plant has many beneficial elements, including mineral salts, polyphenols, tannins, theobromine and caffeine, which are useful both for the mind and the body. The problem is that these benefits are also associated with a high caloric intake, which is why using the benefits of cocoa by eating chocolate can be quite risky for the line. The practice of chocolate massages on the contrary allows you to take advantage of all the excellent properties of chocolate to the full advantage of physical fitness and beauty. Let's see point by point what benefits cocoa has, and therefore chocolate massage. Cellulite. Cocoa is very active in anti-cellulite treatments because the theobromine contained in the plant has a draining effect on water retention and restores the flow of fluids in the lymphatic system. In fact, thanks to the high content of alkaloid pesto, when cocoa is in contact with the skin, cocoa plays an excellent contrast action for localized adiposities, which combined with the potassium effect, makes cocoa massages an excellent tool to prevent and fight cellulite. To notice the beneficial effects of chocolate massages on water retention it is necessary to constantly practice this treatment for a few weeks in a row, at the beginning also a couple of times a week and then decrease to a weekly session. Revitalizing. The massive presence in cocoa of mineral salts, which include magnesium, iron, phosphorus, calcium and potassium are useful for remineralising and invigorating treatments, because they stimulate muscle tone and contrast the atony. With chocolate massage these elements enter into circulation and penetrate into the muscular tissues.

Furthermore, calcium and phosphorus, which are very useful in promoting the proper functioning of the metabolic processes of cells and muscle contractions, help to prevent and combat muscle relaxations.

To see the results, a few chocolate massage sessions are enough to repeat one or two times a week.

**Exfoliating.** Pure cocoa has micro granules that, together with other exfoliating elements such as honey and Cayenne pepper, are an excellent light peeling that will help your skin to renew itself, delicately eliminating the layer of dead cells present on the dermis. Since the exfoliating effect of this particular chocolate massage is very light there are no contraindications for this treatment and you can safely follow it once a week.

**Emollient.** The lipids contained in cocoa butter, present in considerable quantities, have marked emollient characteristics that will leave your skin nourished. The results will be seen from the first application and the effect will be durable because thanks to the massages, cocoa butter penetrates deeply into the skin, keeping it hydrated for a long time.

**Antioxidant.** The chocolate massage is also an anti-age treatment because cocoa is very rich in tannins and polyphenols that have an antioxidant action that can counteract the overproduction of free radicals. The simple massage makes them enter into the circulation in our body triggering their protective action. To obtain results it is better to repeat the treatment once or twice a week for the first ten massages and then continue with two or three per month.

**Antidepressant.** But the beneficial actions of cocoa do not end there, thanks to the strong concentration of catalyzing substances such as phenylethylamine, serotonin and theobromine, in fact it is very effective for anti-stress treatments, because it stimulates the production of endorphins, the chemicals that regulate our feelings of euphoria and happiness and help concentration. The results of chocolate massages are made even more effective by the fact that the simple smell of chocolate stimulates the production of endorphins and serotonin in the body, the so-called good-humor hormone. Thanks to the aromatherapy that accompanies us during the massage we can enjoy these sensations because the scent of chocolate will inebriate your senses.



## CANDLE MASSAGE

More than a massage technique we could define it as a true "Ayurvedic ritual" through which body and psyche are put in close relationship with each other. It is made with a candle containing a natural mixture based on Olive butter enriched with very pure plant oils, essences and perfumes. The hot liquid oil, which is derived from the lighting and melting of the candle, is in fact according to the Ayurvedic tradition the substance designed to restore the psychophysical balance, bringing the subject back to a state of well-being. The Candle Massage performs double action: moisturizes, nourishes and soothes the skin more than any other oil, thanks to the rich content of active ingredients, and gives a pleasant sensation of relaxation and mental wellbeing as the heat, the glow of the flame and the essences freed from the candle reactivate all our senses by loosening tensions and freeing the mind.

**MASSAGE CANDLE WITH OLIVE OIL**  
Promotes a deep nourishing action, gives elasticity and penetrates into the deeper layers of the skin by reconstituting the weakened hydro-lipidic film. Nourishing and moisturizing massage.

**MASSAGE CANDLE WITH PISTACHIO**  
From the antioxidant and regenerating properties of the superficial state of the epidermis as well as a strong antioxidant and protective action against free radicals. Illuminating massage for dark and atonic skin.

**MASSAGE CANDLE WITH OLIVE AND ORANGE OIL**  
It contains the nourishing and antioxidant action of olive oil with the anti-radical properties of Orange. Ideal for a revitalizing and anti-aging massage.

MASSAGE CANDLE WITH FLOWER OF CAPPERO With recognized soothing properties, it leaves the skin of the body smooth, velvety and deeply nourished. Suitable for sensitive skin but who do not want to give up the pleasure of massage.

MASSAGE CANDLE WITH FICO D'INDIA AND LEMON  
Combination blend of Fico d'India oil with regenerating, moisturizing and restorative action with lemon oil that purifies, drains and stimulates the skin tissues favoring at the same time the re-epithelization. For a tonic and stimulating massage.

MASSAGE CANDLE WITH ARGAN OIL With anti-aging action for skin rejuvenation, ideal to make the skin softer and more elastic. With antioxidant, emollient, moisturizing and highly elasticizing properties. The elixir of youth in a massage.

MASSAGE CANDLE AT THE OPIUM A warm and sensual sensation with sharp nuances of a thousand and one nights. Distant memories of Arab dominations that have left and handed down the art of real perfumery in Sicily. For a refined massage, with enveloping and mysterious sensations, a pleasure for a few connoisseurs.



#### HIMALAYAN SALZ MASSAGE & SCRUB

It is a body treatment created to eliminate dead cells that are on the surface of our skin. The deep exfoliating effect is given by the pink Himalayan salt combined with almond oil and essential oils. After this first renewal step of the epidermis, a body wrap is made with shea butter, a precious Caribbean natural extract with moisturizing and emollient properties, which will nourish the new cells of the body. The result? A luminous skin soft and deeply moisturized, smooth to the touch ... like silk! The use of elements of marine origin for the care of the skin and the organism has ancient roots: the ancient Romans discovered first the therapeutic powers of the coarse sea salt combined with the benefits of massages. In fact, they already practiced various types of massages in the baths, and the salt massage was also done to gladiators the day before a fight because it served to give strength and elasticity to the muscles and stimulated concentration. It can therefore be affirmed that the Romans were in a certain sense the predecessors of what we now call thalassotherapy, from the Greek *thalassa* (sea) and *thérapeia* (treatment), ie all those treatments involving the use of elements of the marine environment ( sea water, algae, salt, etc.). Salt massage is an exfoliation treatment that regenerates the skin and the body. For salt massage it is necessary to use the integral or Himalayan sea salt, as the refined sea salt undergoes a process that impoverishes the precious trace elements present in the sea. The sea salt contains many minerals essential for the care of our health.

Salt massage usually begins with a salt scrub that serves to exfoliate the skin, cleansing and disinfecting it in depth, removing dead cells from the surface layers and eliminating toxins. The initial scrub favors the dilation of the pores of the epidermis, allowing it to better absorb the substances and the benefits of the treatment. The salt massage will follow the scrub. Salt massage uses the salts of the Dead Sea, Brittany or Himalayas, the powerful salts that, combined with essential oils, are a panacea for tissues and muscles. Salt massage is performed with gentle, wide and slow movements on the whole body. In the days immediately after the salt massage you should avoid exposing yourself to the sun to avoid any burns and you will have to moisturize the skin with creams or fragrant emulsions. You can not undergo salt massage more than once a month. Salt, which has always been the biggest enemy of water retention and cellulite and banned from food diets, is instead an excellent ally against these annoying imperfections if applied to the skin. The salt massage frees the tissues of toxins and dead cells, purifies and smoothes the skin, stimulates the circulation and gives energy, strength and vigor to the body. Salt massage can be useful before or after a sports performance or in general physical effort, as it helps the muscles to get rid of excess fluids making them more agile and snappy, soothes muscle and joint pain and relieves fatigue. Salt massage is also useful against osteo-articular disorders, rheumatism, arthritis and lumbosciatalgia. Salt massage helps to treat skin irritations, eczema and psoriasis. Salt massage stimulates the metabolism, regenerates the mind reducing tiredness, anxiety and stress. Salt massage is not recommended for those with excessively sensitive and delicate skin.





### **CERVICAL DORSAL LUMBAR RELEASE MASSAGE**

This type of massage is an effective way to relax the back muscles, as well as to alleviate a specific pain. It must also be known that often, health problems are intensified by a misalignment of the spine. Hereditary factors, incompatible foods and negative or repressed feelings will cause malfunctions of the organs and glands nearby and in some way related. All of this, in turn, weakens or contracts the muscles of the reflex areas connected to the back. This causes an uneven pull of the muscles on the spine, causing pressure on the nerves that emerge from the spine and resulting in pain or other malfunctions. For these reasons, using the vertebral technique is very important, and every masseur should know it thoroughly to work better on their patients. Therefore, most people with health problems will benefit from an initial professional adjustment of the spine, also through this technique. For more or less painful back pain, the masseur can do a lot thanks to the set of maneuvers we are talking about. By relaxing the muscles and working on the inflamed areas, the results will be seen in a short time. The vertebral unlocking technique can also do a lot for common ailments such as torticollis. This is one of the most annoying pains that can really limit a person very much in work and life in general. It is often a psychosomatic disorder caused by stress, or occurs after an incorrect movement, due to cold air currents, as a result of whiplash or arthritis, etc. The vertebral technique is also excellent for treating cervicalgia, dorsalgia, back pain and sciatica. With such manipulation, even the joints connected to the vertebral column will reassemble and find their right balance. This is also why we speak of general well-being and not just localized in the back or the neck. With these maneuvers you can also contribute to the elimination of inflammatory substances that lead patients to have back pain constantly! But the surprising thing is that, thanks to the various connections and the "reflexes" of the body, you can also treat and improve chronic disorders in the gastro intestinal, genito-urinary and respiratory. The vertebral unlocking technique is one of the best dexterities also to alleviate and solve problems that seem insurmountable, such as pubalgia.

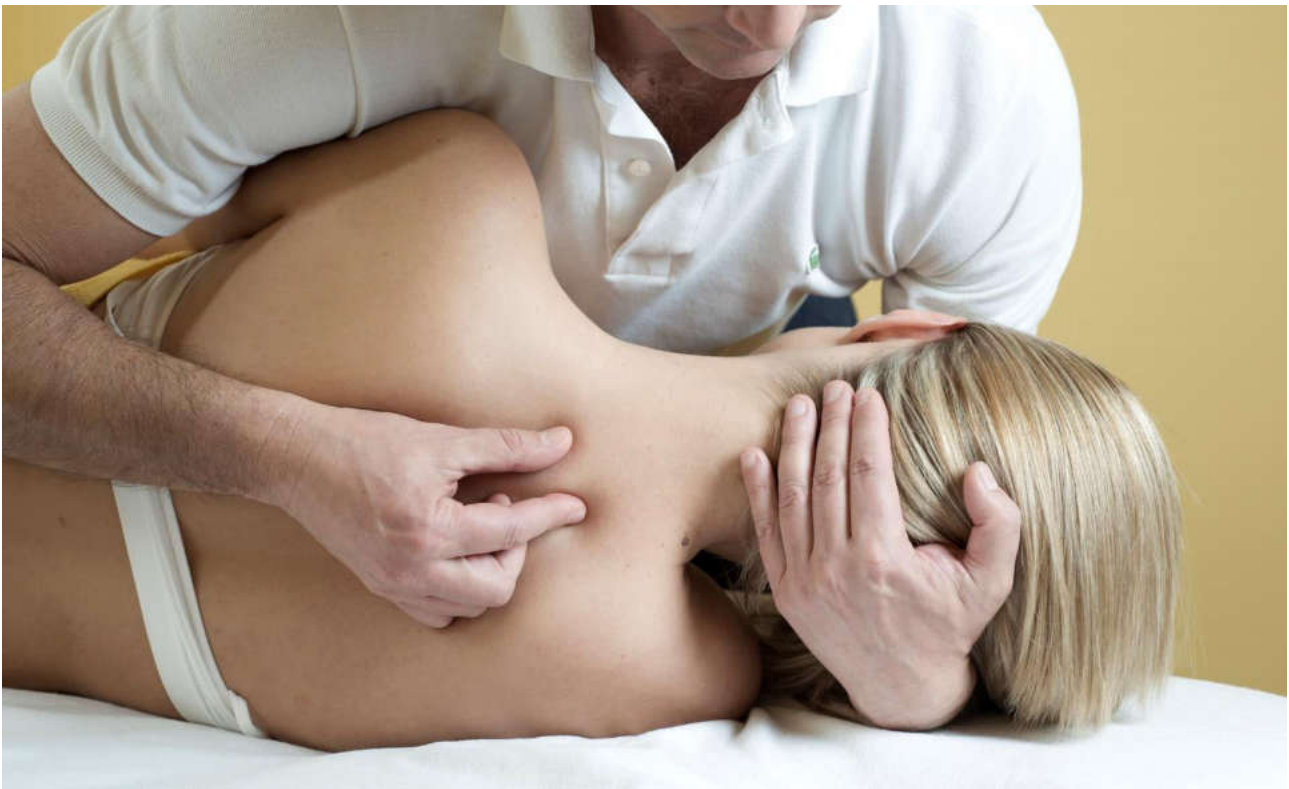
Usually the patient's position is supine, and the maneuvers are mostly static pressures and / or relaxing touches at certain points of the upper body. During the procedure, it may be appropriate for the person subjected to the massage to make small movements or exercises, in order to maximize the effects of the vertebral unlocking technique. In addition, the patient can be advised to do stretching exercises at home, to work in the correct position, to sleep comfortably and with adequate mattress and cushions. The massage based on the vertebral technique, can be carried out periodically on the same person, but it will be appropriate for it to correct also its own habits of posture and position, to enjoy serious benefits. With these techniques the pains will disappear and you can go back to having a more serene and relaxed life.



## **DRAINAGE ANTICELLULITE MASSAGE**

Massages against cellulite, in fact, are incredible allies to say goodbye to the orange peel quickly, regenerating the tissues: thanks to different manipulation techniques on the affected areas, in fact, the connective layer of the skin reactivates, regenerates, it oxygenates and manages to drain fluids and more easily eliminate waste and toxins that generate inflammation. The anticellulite massage techniques are different: some act on the most superficial layer of the skin by activating the lymphatic system. Others instead stimulate the connective tissue, acting right where the problem lies. Still others, however, are even more intense and energetic and are aimed at reviving the blood circulation. Let's find out, then, the main anti-cellulite massage techniques to find a toned, elastic and smooth skin, without too many sacrifices. Cellulite is often the result of severe stagnation of liquids. What does it mean? That the liquids that are ingested by the body are not properly drained by the kidneys, and that the lymphatic system does not work as it should. Thanks to the lymphatic drainage massage it is possible to solve this problem quickly, freeing the occluded lymph nodes and facilitating the flow of liquids towards the main nodes. The lymphatic drainage massage is recognized as one of the effective anti-cellulite massages and ideal for those who are still at an early stage of the problem. Thanks to a light but firm touch, concentrated on the surface of the skin, the lymphatic drainage massage initially empties the lymph nodes from the stagnant lymph, pushing it in the direction of the kidneys and facilitating its expulsion.

After releasing the channels, it is time to act on the affected areas (thighs, buttocks, abdomen or arms) facilitating the flow of fluids from the inflamed and edematous tissues towards the lymph nodes. Like many other anti-cellulite massage techniques, also the lymphatic drainage part starts from the bottom - feet, ankles and calves - and goes towards the other - up to the neck and the sternum, following the lines and the direction of the superficial circulatory system. How to understand if the lymphatic drainage session has affected your body? Simple: if after a while the treatment is finished you feel a strong urge to urinate, the result is positive. The urge to pee, in fact, is synonymous with an active and lively draining system, which expels liquids and prevents stagnation. When the swelling is now beyond the limits and the skin has assumed the characteristic orange peel look, it is time to intervene with a shock strategy. In addition to lymphatic drainage massage, useful to facilitate the expulsion of liquids from the body, it is necessary to go deeper, stimulating the connective tissue with more energetic and intense anti-cellulite treatments. Thanks to the pressure of the fingers and knuckles on the affected areas, the connective tissue massage reactivates the tissues, loosens the cellulite blocks with force and activates the circulation. Metabolism also benefits greatly from this massage technique, recovering momentum and therefore burning more fat. The movement of this anti-cellulite massage is deep, and alternates slower and more intense moments with fast phases and characterized by more accelerated and strong frictions, ideal for shaking tissues and intervening on the circulatory system. The whole body is involved: as it happens in other massages against cellulite, even in the connective one, we do not focus only on the areas with mattress skin, but we work at 360 degrees for total well-being. Thanks to this massage the cells of the deepest skin layers will be better oxygenated, thanks to faster circulation. The result? The production of collagen will increase, helping the tissues to return compact and elastic. The metabolism, restored, will burn more fat to the body. Liquids, thanks to the movement, will be accompanied towards the ejection nodes. In short: an all-round effectiveness to get rid of this annoying imperfection forever and regain an impeccable physical form.



## PHYSIOTHERAPY OSTEOPATHY MASSAGE

With the term of massage it is generally intended a manual treatment mainly referred to the muscular component, which serves to loosen contractures, drain, stimulate circulation, etc. In osteopathic treatment, on the other hand, massage is generally used as a preparatory part for more specific treatments, articulators (mobilization of a joint), vertebral repositioning, of two bony heads for both postural and post-traumatic problems. The term massage refers more properly to osteopathic treatment to visceral manipulations which, in fact, together with the fascial and sacral treatments, which are peculiar to osteopathy. The inner walls of the abdomen and our organs are wrapped in "sheets", thin lubricated films that, sliding one on the other, allow our viscera to move. These two sheets, in some places, are firmly joined together to go to form real ligaments that are used to connect the organs to each other, or suspend them on the walls of our body. They therefore have a suspensory function, but they also contain vessels and nerves for the various organs. It follows that a loss of mobility, an alteration of the slipping of the two sheets or the mutual movement of the organs with respect to each other, will disturb both the vasculature and the innervation of that given location. Another very important factor is given by the thoracic diaphragm, the dome that separates the abdominal cavity from the thoracic cavity and which, through the breathing, with its alternating movement of rising and lowering, also activates a continuous massage to our viscera. When we are in an optimal situation and everything works best, we do not feel any disturbance, we feel light and fit, but often this sophisticated mechanism

does not work as it should, and small transient alterations are produced, which sometimes, with the time, may tend to become chronic and create real disorders that force us to take action: we then have an "osteopathic dysfunction" which is by definition "the decrease or loss of flow between the organs resulting in deficiencies or stasis of the blood supply and disruption of innervation ". The organ then alters its function, slows it down and here it appears that perhaps a digestive difficulty, an abdominal swelling, a slowing of liver functions, headaches and a sense of exhaustion. These dysfunctions can be caused by simple alteration of posture, the wrong and repeated positions that we assume every day at home or at work, maybe for many hours sitting at a desk, in front of a computer or turning to one side to answer the phone, without ever getting up or stretching the aching muscles, perhaps forcing our feet to wear unsuitable shoes, not very comfortable, with very high heels, just because they are fashionable, also wearing clothing that tighten our belts and prevent us from breathing properly. These postures change the positions of the organs and, sitting or bending over ourselves, we prevent their reciprocal movements and therefore the optimal functioning and the correct raising and lowering of the diaphragm. Those who work on their feet, if they can not breathe properly, can, due to the weight of the organs, undergo ptosis, that is, the lowering of the viscera downwards, resulting in a prominent abdomen that does not only cause aesthetic damage, but a real functional damage. . Naturally being the organs connected to our skeleton through ligaments, we will have as obvious consequence, a further postural worsening, with contracture of the muscles subjected to a super work, in the attempt to keep us in balance and, if at the beginning we only feel an annoying tension, in the long run, we will begin to experience a real backache; this situation can become chronic, and will accompany us as a painful background throughout our days. The signals that our body sends us are very important and should not be underestimated in order not to face more serious damage with wear and crushing of the discs. Very important, therefore, are proper living habits, do not sit too long in the same position, try to get up every now and then stretch and stretch, wear comfortable shoes that respect the physiology of the foot, with heels at the right height and not too tight. For those who do a job standing still on their feet use a small step where to put a foot, thus unloading the weight of the body alternately. It is also very useful to do movement, free-body gymnastics and stretching, or at least go for walks every day. Each of us knows these simple rules dictated by common sense, but chaotic life and full of commitments very often prevents us from putting them into practice. A valid help is therefore from osteopathic treatment, which is exclusively manual and in full respect of our body, is delicate and non-invasive, suitable for everyone, from children to the elderly; the osteopath, in fact after a careful postural and energetic evaluation, of the problems of the person, both in skeletal and visceral muscle, will decide the most appropriate treatment that will be personalized, identifying the starting point that caused the inconvenience reported by the subject .

The problem is addressed from many sides, bearing in mind that the pain referred very often is not generated there, but perhaps even very distant. You can proceed with muscle relaxation techniques, articular treatments, repositioning, with delicate massage maneuvers on the viscera, to restore the correct relationships between the organs and their mutual movement, with the aim of bringing the vascularization and the perturbation of the 'innervation. Everything is generally pleasant and relaxing, and an annoying backache can only disappear after treating the affected organ that apparently gave no signal, while a tired and weary person will feel immediately better after a delicate maneuver on the liver. These are just some examples: osteopathy is more and more current precisely because it can act from different points to deal with the same problem, so there is no back or stomach pain in general, but the particular one of the person we have before is unique and that manifests an uneasiness that involves the whole body at a psychophysical and energetic level.



## Shiatsu Massage

It means "pressure with the fingers". The Shiatsu massage in fact, consists in the execution of pressures made with the palms, fingers and knuckles of the hands, with elbows, knees or feet, intervening on the energy of the patient in order to facilitate the flow so that the body can benefit from it its entirety. Shiatsu massage, as well as other types of oriental massage, is based on the principle that the human body is crossed by channels where energy flows (called "Ki" by the Japanese), in a natural and incessant way. When its flow is partially blocked, for reasons of postural incorrectness, or for emotional problems, or for physical damage independent of the will, an imbalance is created and, if the necessary countermeasures are not adopted, the body's healing will be slowed down or even worse . The Shiatsu massage does not intend to cure the disturbance, but to stimulate the internal energy in order to rebalance the flow, consequently removing the discomfort in a natural way with a self-healing process. In Shiatsu massage, even the muscles are treated, however, unlike other types of massage, the manipulation of the body takes place in a deeper way, coming to touch the patient's energy, acting globally on the person. In this way, the achievable benefits are considerable.

**LIST OF SHIATSU BENEFITS:** Strengthens the immune system It is effective against muscle and joint pain It is effective for cervical disorders and lumbago It is useful against digestive problems It is an effective remedy for headaches Improve physical and emotional stability It relaxes the nervous systemIt improves blood and lymphatic circulation It slows down the aging process

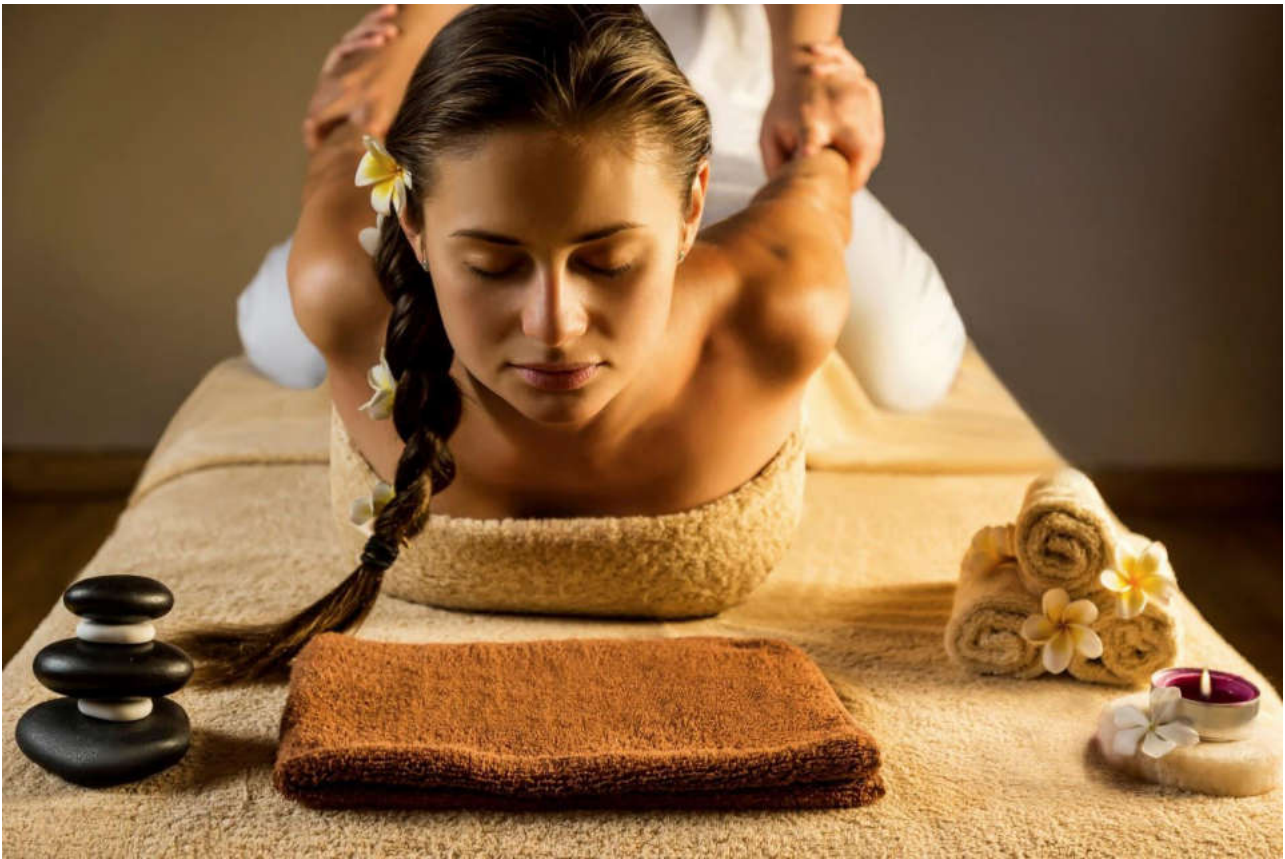
**Benefits of back massage:** The back is the most suitable area to be treated both to get relaxation, through the regularization of the nervous system, and to indirectly treat the internal organs. The massage can be done along the entire spine, between vertebra and vertebra or to the muscles that surround it. Sometimes an extended back massage for half an hour can bring the recipient to peacefully fall asleep. It therefore brings benefits especially to those stressed people who do not find sleep easily.

**Benefits of abdominal massage:** Shiatsu has numerous techniques to treat the abdomen and massage the internal organs. Thanks to its action you can dissolve various blocks including one that can easily be created in the pit of the stomach, an area where emotional tensions often accumulate. According to the style of Shiatsu practiced, as we will see later, the sub-focal areas, the areas corresponding to the intestine, the liver and the other internal organs with great benefits.

**Benefits of cervical massage:** Excellent for relaxing the neck, removes cervical disorders, reminding us how our neck can still be able to move in an elastic way and in every direction.



The cervical massage promotes mental relaxation, removing the sense of heaviness in the head. Benefits of foot reflexology: Shiatsu does not lack foot reflexology, ie foot massage. The treatment acts on the organs reflexively through the nerve centers and the energy meridians, reharmonizing them. How many Shiatsu massages is good to receive? There is no limit to the number of massages that a person can receive: Shiatsu is always good. The body, during the treatment is as if it found nourishment from the pressures received, it can be perceived listening to the response of the muscles that not only relax, but are also recalled to the task. In fact there is not only relaxation, but also a reactivation of muscles, joints, tendons and lymph. The body during the pressures is as if it were squeezed, releasing on the ground everything that for reasons of stress, frustration and improper positions maintained for a long time, has accumulated inside. The energy, the blood, the lymph return to "pump" more fluidly throughout the body stimulated by the intensity of the massage. It is a panacea for the body and mind, with all the consequent benefits. How many massages is good to receive for the treatment of pain? The number of massages needed to obtain an effective result depends on the persistence of a given disorder. If the disorder has emerged recently, the treatment could also be resolved with one or a few sessions, vice versa if it is a chronic disorder (ie persistent for some time) a higher number of massages will be required. It also depends on the nature of the disorder itself. On average, it is advisable to receive at least 3 or 4 massages, aimed at improving a certain condition. In any case, the Shiatsu massage can be received as often as you want, even when you feel you do not need it, as it helps to keep the energy and the psychophysical balance stable and, more generally, for the calming and regenerating effect, anti stress.



## THAY MASSAGE

According to the thousand-year-old Thai medicine, the body is crossed by channels, called "meridians" in which energy flows uninterruptedly. It flows free, nourishing the internal organs, ensuring their well-being and keeping their functions active. When the energy in a channel freezes (due to physical or psychological factors), or effort to flow well, the organ corresponding to the meridian is found to be weakened and still have to perform its full function. In the long run, if the meridian is not released, the organ can weaken to the point of getting sick. In this regard, Thai massage has two purposes: - preventive purpose: by stimulating the various meridians by means of pressure, keeps them free of obstructions, always efficient, preventing blockages from arising. - restorative purpose: in case of disorders, the massage frees the meridians from blocking, favoring the self-healing of the body. The benefits are multiple. Each technique has particular effects, but the common goal is to dissolve the body, keeping it strong and elastic, efficient both in its internal vital functions and in motor capacity. A physique dissolved in the movements, creates a condition of harmony in the mood, a greater propensity to perform both physical and mental activity. Massage can also help remove any forms of depression. Moreover, it induces a deep relaxation and is ideal as an anti-stress treatment.

The most important benefits of Thai massage:

- relaxes the muscles
- optimizes joint movements
- improves posture
- reactivates the venous and lymphatic circuit
- it is effective against muscle and joint pain
- improves the functionality of the nervous system
- is effective against the cervical
- insomnia is effective

Thai massage can also be used as a beauty treatment because its action stimulates, together with the meridians, also the venous and lymphatic system, generating wellbeing even to the skin, which is smoother and more luminous. It is also indicated in this regard as an anti-cellulite treatment.



## AYURVEDIC MASSAGE

The person who undergoes the massage, has the opportunity to rejuvenate the body, keep it healthy and strong, relieve pain, improve the functioning of the organs, regenerate the tissues of the body and bring the mind and body in a state of balance between them for a complete wellness. In India, Ayurveda (literally: "science of life") has been a deeply rooted tradition for millennia. It should not be interpreted exclusively as a means of treating the body when the pain has occurred. Ayurveda is a philosophy, a way of life and people who embrace the principles, undergo daily massage for the maintenance of their health, for the prevention of diseases and for the respect of their body and spirit. According to Ayurvedic medicine, the health of a person is determined by the equilibrium of the three Doshas, health entities: Vata, vital energy and causal factor, Pitta the factor that generates heat and Kapha the stabilizing factor. When Vata flows in an orderly manner, Pitta and Kapha do not give problems. When the Vata energy is not in order, the organism weakens in some part, generating disturbances. Ayurvedic massage or more generally Ayurvedic medicine, corrects the movement of Vata, bringing the balance back into the treated person. Ayurvedic medicine is recognized by Ayurvedic hot or cold massage: hot massage: the most practiced is performed with warm oil and if possible under the sun's rays. It starts by massaging the body from the lower part, the feet, until you get to the head a little at a time. The purpose of this treatment is to stimulate the venous circulation by bringing pressure to the heart, purifying the blood and improving its circulation; cold massage: the pressure is exerted by the heart towards the periphery of the body.

The massage starts from the head and ends at the feet. Helps dissolve fats. Thanks to the action performed on the nervous system through the treatment of the spine, the massage is very relaxing. The muscles, the skin, the nerves, the blood vessels, the joints and the bones are massaged. The treatment of the muscles, through friction and kneading, frees

the treated person from fatigue, thanks to the action of melting the accumulated tensions due to psychological or physical stress. Ayurvedic massage brings the following benefits: - eliminates swelling and inflammation - promotes digestion by strengthening the stomach and intestines - increases physical endurance - strengthens eyesight - promotes rest - strengthens the skin - accelerates the process of healing wounds - leads to greater listening to oneself and promotes mental calm. Ayurvedic massage provides treatments of sciatica, arthritis, constipation, obesity, dislocations, fractures, insomnia and the removal of other imbalances. Thanks to the Ayurvedic massage, the lymphatic system, whose task is to protect the body from infections by recovering the useful substances and the excess liquid part, is stimulated to perform its functions more effectively. There is a faster elimination of interstitial fluid and lymph that have accumulated in certain regions of the body due to certain causes. In this way the organism is purified from toxins, reinvigorating itself. Moreover, the massage of the neck, shoulders, arms, back, legs and abdomen make the body tonic and flexible, keeping it healthy and fit. The skin after a treatment is renewed. The oils used in Ayurvedic treatment are various and each of them has certain beneficial properties: - Sesame oil: it is the most used; for general well-being and for hair health - Olive oil: dissolves muscle stiffness and removes puffiness - Almond oil: it mainly benefits the nervous system and slows down aging - Yellow pumpkin seed oils: strengthens the memory and cures insomnia and anxiety - Liver and cod oil: for the treatment of arthritis - Coriander oil: cure anxiety and insomnia - Mustard seed oil: is good for the spleen The oil, applied on the head, is absorbed by the scalp strengthening the hair avoiding its early fall. Furthermore, head massage increases vital and brain energy.



## PLANTAR RIFLEXOLOGYMASSAGE

We all love a good foot massage. It is a simple and universally appreciated method of guaranteeing our body unparalleled relaxation. Reflexology does just that, but there is more: it is based on the premise that the feet are crossed by energy channels, which reach the organs of our body. Applying a certain pressure on the feet therefore, these channels are stimulated by improving the flow of energy in the body, helping to restore the balance and functionality of the internal organs. As already mentioned, this holistic wellness technique is based on the premise that a channel of energy that part of our feet to reach the organs of our body and the application of pressure - wise and conscious - by a reflexologist with his hands on the plantar reflex zones, helps restore the proper health and function of the organs. The principles on which this school of thought is founded is that there are reflections in the feet, which correspond to every part of the body, according to real "maps", which allow us to get anything from relaxing to improving circulation, allowing to achieve, also, a general feeling of well-being. Yes, a foot massage ... that extends to the whole body! Think about how much stress our foot suffer every day. No part of the body is more "abused" than our feet, in fact. They allow us to sport from one side to the other, run, jump, our feet do everything. If you want to balance the body, relieve physical pain, gain relaxation, it is good to start thinking about plantar reflexology. It is a simple, non-invasive method that helps to balance the body. According to "insiders", foot reflexology is a natural treatment that requires the application of a specific type of pressure on particular areas of the feet. Nowadays, reflexology is increasingly becoming a popular form of holistic therapy. Well, the reflexology is based on the principle that the general well-being of our body starts from the feet

to reach, from there, all the various parts of our body, like spiderweb. The benefits of foot reflexology are truly infinite. But let's see what benefits physicians and patients actually believe that reflexology is able to provide:

Deep relaxation; Improvement of sleep; Improvement in mental activity and physical well-being; Voltage distribution and attenuation; Pain relief. Increase energy; Preventing diseases; Cure colds and minor disorders; Relieve stress, pain, anxiety; Improve blood and lymphatic circulation; Preventing injuries; Stimulate the activity of internal organs; Successfully treat liver dysfunction, constipation, IBS, chronic headaches and skin allergies; Relieve pressure on the legs and feet. The benefits are not purely physical. A good massage can also improve one's mental and emotional state. Most of those looking for a reflexologist are looking for relaxation and relief from stress: with less stress in your life, not only do we live better, but the chances of getting heart disease, among other things, are significantly reduced. The reflexology, therefore, as we have certainly understood, is based mainly on the knowledge of the nervous system, since the reflexogenic points are connected to the various organs of the body through the nerve pathways. This discipline is also used for various problems such as anxiety, menstrual problems, lumbago, sciatica, insomnia, depression. All without any risk and without side effects.

