

IS CHEAS SPA



MASSAGES & TREATMENTS

RELAXING MASSAGE

DURATION 60 min Euro 120

Gentle manual technique that aims to release muscle tension and induce a state of deep physical and mental well-being, relieving stress

PINK HIMALAYAN SALTS

DURATION 60 min Euro 140

The Pink Salt Massage is an holistic treatment that combines the benefits of traditional massage with the therapeutic properties of Himalayan pink salt crystals.

Known for being rich in minerals and trace elements, known for their purifying, detoxifying and rebalancing properties



LEG AND BUTTOCK WOOD THERAPY

DURATION 60 min Euro 130

A massage that can combat cellulite and orange peel skin. This innovative massage uses anatomical wooden tools to reshape the silhouette, tone the tissues and reduce water retention. You will rediscover smoother, more toned and luminous skin

DECONTRACTING MASSAGE

DURATION 60 min Euro 130

Specific manual technique that aims to release deep muscle tension and contractures, through energetic and targeted manipulations, we work on painful muscle knots, restoring the normal elasticity and functionality of the muscle



SPORT MASSAGE

DURATION 50'/60' - euro 130

It is a massage designed for athletes and physically active people.

It combines different manipulation techniques in order to improve athletic performance, prevent injuries and speed up recovery.

Sports massage techniques can vary depending on the specific needs of the athlete and the type of sport practiced.

WOOD THERAPY TOTAL BODY

DURATION 70' - 150€

Massage technique that uses wooden instruments of different shapes and sizes to massage the body.

In the Total body session, all areas of the body are treated, starting from the feet and going up to the head. Among the countless benefits, we will notice a notable drainage of excess fluids and toxins, better oxygenation of tissues, reduction of cellulite and localized fat, stimulation of elastin and collagen up to general relaxation and also relieves muscle contractures and tension.