

HOLISTIC MADEROTHERAPY

The holistic (wood) maderotherapy is massage therapy integrated with broader themes of health, nutrition and exercise.

Wood therapy is a very effective massage technique that uses special ergonomic massage wood tools with the aim of stimulating the lymphatic system, eliminating cellulite, detoxifying and burning fat, as well as reducing weight by activating the metabolism.

Maderotherapy is a valuable health treatment in itself, but when integrated with these other areas, it becomes a comprehensive and holistic therapy that, among other things, also activates our self-healing powers and regulates functional disorders.

Our therapists have holistic training that includes advice on herbal medicine, physical activity and nutrition. We only use high-quality massage oils with nourishing aloe vera additives.

The goal is to be slimmer, firmer, healthier and fitter, and also to appear so.

Full body massage (FBM)

125€

Duration:

approx. 90 min

FBM and facial massage with aloe vera

145€

Duration:

approx. 120 min

**Ask at reception
for more infos and
for the massage booking**

