



P A L A Z Z O
S E N E C A

THE MASSAGE

Massage (from Greek “massō” meaning “to handle, touch, to work with the hands, to knead dough”) is the most ancient form of physical therapy used by several civilization to ease the pain and decontract muscles removing strain. Nowadays we find massage in physiotherapy, alternative medicine and in beauty treatments. There are many kind of massage: relaxing, muscular, athletic, lymphatic drainage massage, for the treatment of cellulite. Other oriental physical techniques like shiatsu, thai massage or ayurvedic massage are included in massage techniques.

HOLISTIC MASSAGE

A mix of techniques such as classic Swedish, shiatsu, applied on the entire body, that merge together in a special and enchanting massage thanks to the ability of the masseur. The holistic massage is a total massage in compliance with the anatomical and bio-energetic needs. "Holistic" means total and is meant for a type of treatment that considers the whole person.

Benefits: decontracting, relaxing, reactivates the natural energetic equilibrium

50 min 115 EURO

HOT STONE MASSAGE

Relaxing massage with hot stones and perfumed oils

Deep relaxation with regenerating action, a real wellness ceremony

Benefits: physical, physiological, mental and anti-stress

50 min 125 EURO

EMOTIONAL CALIFORNIAN MASSAGE

TOUCH OF HEART

Long soft and harmonious movement that opens and expands body and mind while swinging and light stretching lead to abandonment.

It allows to meet your own body and find a new equilibrium

Benefits: relaxing and stretching, drainage, psychophysical well-being

50 min 110 EURO

RELAXING SWEDISH MASSAGE

With soft touch, rubbing, percussions, pressures and vibration gives healthy effects for the whole body, allows to penetrate musculature." This classic western massage rebalances body's energies

Benefits: relaxing, invigorating, decontracting

50 min 110 EURO

DECONTRACTING MASSAGE

Personalized treatment aiming to solve and prevent muscular contracture. It heals body to heal mind

Benefits: it helps in eliminating toxins, improves muscle tone and articular mobility, reactivates blood circulation

50 min. 115 EURO

PHYSIOCIRCULATORY AND ANTI-CELLULITE MASSAGE

It acts on the systems revitalizing the entire body, increasing energy and improving tissues' beauty.

Lymphatic and circulatory stimulation. In shape, skyrocketing energy.

Benefits: toning up, shaping, detoxifying, relaxing, moistening, oxygenating

50 min 120 EURO

PLANTAR REFLEXOLOGY

An ancient technique that involves reflex zones located under the foot for relaxing and untie blocks on other parts of the body.

A massage for the body "power station".

Benefits: rebalancing

30 min 85 EURO

CUPPING THERAPY

This ancient technique acts on the blood and lymphatic circulation improving the muscle fibrocells nutrition.

Benefits: effective in acute back pain

50 min 115 EURO

GOMMAGE AND FACIAL MASSAGE

It reactivates microcirculation, makes the skin smoother and firmer. It prevents face aging.

A cuddle for a relaxed and bright face

Benefits: it gives tonic aspect, relieves tension and facial and head pains

30 min 70 EURO

NATURAL AROMA BODY SCRUB AND CALIFORNIAN MASSAGE

It is an exfoliating treatment that removes the cells on the skin surface, in order to give new vigor.

New light and vigor for the skin in a hug of perfume.

Benefits: bright skin, smoother and oxygenated

1h and 30 min 165 EURO

Oils used for massages

carrier: almond oil

essentials: rosemary, lavender, bitter orange, sweet orange, mandarin, lemon, tea tree, grapefruit, patchouli, ylang ylang.

If you desire to benefit from the services and treatments of the spa, remove every accessory like rings, earrings, necklaces or bracelets. If you are not a customer of the hotel, a courtesy kit (bathrobe, bath towel, slippers) will be offered.



**RELAIS &
CHATEAUX**