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BORGO  
PALLAVICINI MORI  
ROMA

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# Massages

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Relaxing Massage  
Hawaiian Lomi Lomi  
Californian  
Swedish  
Vodder Lymphatic  
Drainage  
Decontracting  
Massage (*back only*)

Thai Massage with Oil  
Decontracting  
Maori  
Ayurvedic Snehana  
Abhyanga  
Japanese Kobido  
(*facial lifting*)  
Cranio-Sacral Massage

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The rate is **€50** for all treatments, with the exception of the **Kobido** and **Cranio-Sacral massage**, available at **€40**, and the **decontracting massage (back only)** at **€30**.

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# *Description of treatments*

## **Relaxing Massage – 50 minutes**

Fluid and pleasantly de-stressing maneuvers are applied to every body part. There is not much to add, except that in its simplicity it is extremely relaxing.

## **Hawaiian Lomi Lomi – 50 minutes**

It can be considered a true shamanic massage, handed down from generation to generation by *Kahuna* shamans. It awakens the vital energy called "*mana*", unblocks muscle rigidities, and is strongly draining.

## **Swedish – 50 minutes**

Classic Western massage, it brings the client to a general state of well-being as it is decontracting and relaxing. It promotes blood and lymphatic circulation.

## **Californian – 50 minutes**

The slow and enveloping movements of this atypical massage lead above all to the rediscovery of pleasure. It comes in fact from Californian therapeutic centers that treated post-traumatic stress disorder of war veterans. It relaxes the muscles and promotes the sensory richness already inscribed in the body.

# *Description of treatments*

## **Maori – 60 minutes**

Originally intended for athletes, it is a decontracting and draining technique that uses heated wooden tools (like the "*patu*") to act deeply on the tissues and lymphatic circulation, recreating movements inspired by the paths of Maori tattoos. It is certainly a unique massage of its kind.

## **Vodder Lymphatic Drainage – 50 minutes**

Created in the 1930s by Emil Vodder, it is distinguished by delicate, slow, and rhythmic maneuvers. It favors the outflow of stagnant liquids in the tissues. It is recommended in packages, as a single session is not definitive, but only sedative.

## **Thai with oil – 50 minutes**

Daily used in Thailand, it has remained unchanged over the centuries in the normalization of alterations and physical and emotional painful states. The work is performed on energy lines 2 cm below the skin (*Sen*). Besides the pleasantness, among the benefits we find greater flexibility, better posture, and lymphatic drainage (it is also called "*Thai lymphatic drainage*").

## **Decontracting – 60 minutes**

Useful in the presence of acute pain in the cervical and lumbar areas and in general of the whole back, but also for contractures of the whole body. It goes to restore muscle tone, oxygenating it. It reabsorbs edemas and reactivates nerve centers, bringing a sensation of well-being and general relief. It can also be performed on the back only in a 30-minute session.

# *Description of treatments*

## **Decontracting massage back only**

*– 30 minutes*

Treatment targeted exclusively at the back, ideal for relieving localized tensions and muscle contractures. Perfect for those who desire a quick but effective intervention.

## **Ayurvedic Snehana Abhyanga – 60 minutes**

One of numerous massages of this kind, it has its millennial roots in India and is based on the concept that the three fundamental energies of the body, if in imbalance with each other, create all disorders. It stimulates the opening of energy centers, or "*Chakras*", and is indicated for joint pain, swelling, and acute stress states. The first part (*snehana*) involves oiling maneuvers, the second (*abhyanga*) is the actual massage.

## **Kobido – 30 minutes + 10 minutes of mask**

Prestigious Japanese massage of the face and neck that boasts a centuries-old history (15th century); it is also called "*The Way of Eternal Youth*". Through specific stroking, friction, and pressure, a lifting effect is obtained from the first application. With various applications (5/6) the rejuvenating effect is visible. It consists of 25 minutes of massage, 5 minutes of acupressure, and 10 minutes of regenerating mask.

## **Cranio-Sacral Massage – 30 minutes**

Osteopathic technique that uses a non-invasive touch on cranial bones, spine, and sacrum, improving headaches, insomnia, and chronic pain.