BORGO
PALLAVICINI MORI
ROMA

SPA

Massages

- Relaxing Massage
- Hawaiian Lomi Lomi
- Californian
- Swedish
- Vodder Lymphatic Drainage
- Thai Massage with Oil
- Decontracting
- Japanese Kobido *(facial lifting)*
- Decontracting Massage *(back only)*
- Foot Reflexology

The rate is **€60 for all treatments**, with the exception of the **Kobido massage**, available **at €50**, 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

Vodder Lymphatic Drainage – *50 minutes*

It is considered the treatment of choice for swelling caused by poor lymphatic drainage, including lymphedema. It acts exclusively on the skin and subcutaneous tissue, without affecting the muscular fascia or using oils. The therapist applies very light, rhythmic pressure directed towards the lymph nodes, producing an overall calming and pain-relieving effect.

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.

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.

Foot Reflexology – *50/60 minutes*

The foot is a map that reflects the entire body. By stimulating specific reflex points on the feet, which are energetically connected to organs and body systems, reflexology aims to help prevent and address imbalances throughout the body.