



Masseria Torre Goccaro

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AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

SPA TREATMENTS

BEAUTY TREATMENTS AND HAIR CARE

MANICURE

Hand care including nail trimming, filing and polishing, cuticle care, application of a special creme. Includes nail polish application in your choice of colour.

Euro 30,00

PEDICURE ESTETICO

Exfoliation and nail care , cuticle and removing calluses , application of a special cream and nail polish, in your choice of colour.

Euro 40,00

APPLICATION SEMIPERMANENT NAIL POLISH INCLUDED REMOVAL ON RESERVATION

Euro 80,00

REMOVAL SEMIPERMANENT POLISH

Euro 20,00

NAIL POLISH APPLICATION

Euro 10,00

WAXING

LIP OR CHIN

Euro 10,00

EYEBROW

Euro 10,00

UNDER ARM

Euro 15,00

BIKINI

Euro 20,00

ARM

Euro 25,00

HALF LEG

Euro 40,00

PARTIAL WAX (half leg - bikini)

Euro 50,00

COMPLETE WAX (full leg - bikini)

Euro 80,00

BACK OR CHEST

Euro 40,00

HAIR CARE

SHAMPOO AND BLOW DRY

Euro 45,00

WOMAN - MEN CUT

Euro 35,00

BABY SHAMPOO

Euro 25,00

EXPRESS STYLING

Euro 30,00

HAIR STYLING (with shampoo and blow dry)

Euro 85,00

HAIR STYLING (no shampoo - no blow dry)

Euro 50,00

BEARD FOR MEN

Euro 35,00

HAIR UP AND MAKE UP FOR SPECIAL OCCASIONS AND WEDDINGS
price upon consultation

OSTEOPATHIC TREATMENTS

It is a manual therapy that works for all kinds of affections craniosacral and coccygeal axis.

The therapy acts in the following cases: headache, migraine, cephalgia, neuralgia, cervical-arthritis, dorsalgia, lombalgia, diffused paresthesia to the upper and lower limbs, head eyes and neck heaviness, muscular atrophy and deep contracture, emotional state of stress.

The craniosacral therapy includes a series of the techniques that reintegrate the functional balance of the person.

Euro 130,00

THE AVEDA FACIAL TREATMENTS

Each treatment includes Aveda's ritual and consultation

For all skin type

PURE FOCUS TREATMENT

A treatment to renew the skin, focusing for more than 20 minutes on imperfections, with exfoliation, face and neck massage or a mask. A customized facial based on your skin's specific needs.

30 minutes - Euro 60,00

AVEDA ELEMENT NATURAL FACIAL

The Aveda facial treatments are ideal for balancing the skin's differences. Thanks to a personal skin test, the treatment will be adapted in each phase to optimize the results. The treatments use balancing compositions, massages with different techniques, purifying or moisturizing or calming facial masks.

50 minutes - Euro 100,00

TULASĀRA™ FACIAL TREATMENTS

Dry, oily, aging, uneven, sensitive and acneic skin conditions can all be addressed with a customized Tulasāra facial treatment. After a thorough consultation, your skin therapist will provide the best combination of products personalized Aveda aromas and techniques and design a customized treatment that will move your skin toward balance and reveal its natural beauty facial treatment are recommended on a weekly or monthly basis to achieve and maintain optimal results. Home maintenance is recommended with the skin care line used in the SPA.

1 hour and 15 minutes - Euro 130,00

Anti-aging

BOTANICAL SKIN RESURFACING

The treatment is similar to the micro skin abrasion. It is an intensive exfoliation in order to obtain a smoother skin, visible reduction of thin lines and wrinkles, immediate radiant shine and visible narrowing down of puffed pores. All without irritations.

1 hour - Euro 120,00

AVEDA EYE ZONE TREATMENT

This soothing, restorative experience for eyes includes our eye massage to help relieve tension and visibly revitalize this skin around the eyes.

Refresh and renew your eyes with an ayurveda inspired treatment that combines the Botanical benefits of Botanical kinetics and Tulasāra line. It minimizes the appearance of lines and wrinkles and reduces puffiness and dark circles.

20 minutes - Euro 45,00

THAI OIL MASSAGE

This type of massage focused on the deeper layers of muscle tissue and specific areas, it is designed to reach the deeper sections of individual muscles; deep tissue and lon strokes tecnique is used to loosen them. It helps to release toxins and promete good blood and oxygen circulation. It is both corrective and therapeutic. It is benefical for sports injuries and chronic pain.

On reservation.

1 hour and 30 minutes - Euro 160,00

1 hour - Euro 130,00

THAI MASSAGE

Thai massage or nuad bo rarn (touch to heal) whitout oil. It is an ancient techbique that combines acupressure points of chinese medicine with assisted stretching yoga inspired indian derivation leaving you a stat of lightness and an emotional and spiritual upliftment. We recommend comfortable clothing. Is done on the futon.

On reservation.

1 hour and 30 minutes - Euro 160,00

1 hour - Euro 130,00

SPORTS MASSAGE

A massage designed to eliminate muscle and joint tensions in different parts of the body. Ideal after intense physical activity or effective in the resolution of contractures or spasms muscle.

On reservation.

1 hour - Euro 150,00

45 minutes - Euro 120,00

STONE MASSAGE

This treatment combines the benefits of hot lava stones and cold marble stones. Released slowly and uniform. The stones are placed on the body, on the strategic points limbering up muscles, relaxing the spinal column, releasing toxins, water retention and surprising effects mood.

1 hour - Euro 150,00

FOOT REFLEXOLOGY

It is a no-stress treatment. This ancient technic blends an exfoliation with Dead Sea salts and the stimulation of foot reflexology.

30 minutes - Euro 60,00

THAI FOOT

It's a technique of thai origin inhgrited from India, which involves the treatment of the goot through acupressure and using the stickwoods. This practice improves night rest and resorgs vitality and energy.

On reservation.

1 hour - Euro 110,00

SHIATSU

Japanese ancient massage based on finger pressure technique for a deep relax, to balance the guest's energy stream System. We recommend comfortable clothing.

On reservation.

1 hour and 30 minutes - Euro 150,00

1 hour - Euro 110,00

HATHA YOGA

It is an ancient form of yoga, using constant practice of asanas (static or dynamic positions) and pranayama (breath control) leads to the achievement of a psycho-physical balance, increasing the awareness and perception of the body to keep it healthy and strong.

On reservation.

Individual lesson 1 hour - Euro 100,00

Group lesson 1 hour - Euro 70,00 p.p.

Individual lesson 1 hour and 30 minutes - Euro 120,00

Personail Trainer - Euro 70,00 1 hour

Pilates - Euro 70,00 1 hour

Sweet Gym - Euro 70,00 1 hour

ESSENTIAL BACK TREATMENT

It is a purifying, smoothing and moisturising back skin treatment. Includes a complete relaxing back massage with a cleaning and purifying skin mask.

45 minutes - Euro 90,00

MASSAGES TO REMOVE STRESS

Each treatment includes Aveda's ritual and consultation

STRESS-FIX MASSAGGE

Clinically proven to reduce feelings of stress, the Stress-FXix aroma with lavender, lavandin and clary sage is incorporate throughout this body massage combinig Swedish and deep tissue massage along with foot reflexology, acupressure points and a guided meditation to calm and rejuventate you.

1 hour - Euro 120,00

AVEDA AROMA MASSAGE/OLIVE OIL

Deep tissue massage, total body with draining techniques based on the client's needs; personalized with aromatic oils or with our extra virgin olive oil. Benefits can be numerous and concern the person at 360°, from the body to the mind, from the spirit to the emotions.

50 minutes - Euro 110,00

30 minutes - Euro 70,00

LYNPHATIC DRAINAGE

Lynphatic drainage is a manual technique through a delicate massage aimed at promoting the drainage of lynphatic fluids from the tissues with oedematous resorption

45 minutes - Euro 100,00

1 hour 30 minutes - Euro 150,00

TRADITIONAL AYURVEDIC MASSAGE

It is a complete body massage inspired to the Indian philosophy. Treatment that use warm oils for the psychological and physical balancing. The treatment includes massage with hands and arms to obtain a deep relax.

1 hour and 30 minutes - Euro 150,00

1 hour - Euro 120,00

TRANQUILLESSENCE SHIRODARA

It is a warm, natural oil flow in the middle of the forehead for 20 minutes for a deep relax.

20 minutes - Euro 40,00

1 hour - Shampoo and blow dry included - Euro 85,00

PINDASWEDA

It is a particular ayurvedic technique that reduces swelling and dissolves toxins in the tissues. It is also efficient for arthritis, cellulite and water retention. It follows a rubbing of hot bags filled with herbs.

1 hour - Euro 140,00

ANTI CONTRACTURES MASSAGE

After a turkish bath, our therapists will help You to remove. Your life stress and body tensions with the exclusive anti contractures massage. Worthy for the neck and the back for a complete and deep relax.

Steam bath included 45 minutes - Euro 80,00

HEAD AND NECK MASSAGE

This head and neck massage uses essential oils that have a balancing composition for your hair and skin, that creates a deep relax.

30 minutes - Euro 65,00

CANCELLATION POLICIES

IN CASE OF CANCELLATION WITHIN THE 3 HRS BEFORE THE APPOINTMENT 50% OF THE TREATMENT WILL BE CHARGED.

THE AVEDA BODY TREATMENT

SWIMMINGPOOL TURKISH BATH

The swimming pool with warm water at 35 degrees and room Technogym.

Turkish bath and fitness use for no guests of the hotel - Euro 40,00

Personal Trainer - 1 hour - Euro 50,00

TREATMENTS TO RENEW AND SMOOTH THE SKIN

Each treatment includes Aveda's ritual and consultation

AVEDA AROMA BODY POLISH TREATMENT

Full-body exfoliating treatment featuring customized Aveda body care products and aromas.

It begins a scrub, includes scalp and foot reflexology techniques. The treatment ends with:

- An application of hydrating cream 1 hour - Euro 100,00
- A full-body massage 1 hour and 30 minutes - Euro 150,00

It's advisable not to epilate before treatment.

TREATMENTS TO RENEW THE SKIN

Each treatment includes Aveda's ritual and consultation

OLIVE PATÈ DETOX TREATMENT

This is a three fase treatment:

- Relax Pindasweda: back massage using warm sacks filled with warm crushed olive leaves.
- Detox: sea scrub using dead sea salts and olive leaves, to eliminate impurities. Steam bath follows.

This action activates the circulation and balances the epidermis, skin.

- Restoration: application of olive pate thanks to its detoxing properties it helps to nourish and restore the skin deep down. I it is personalised with olive oil.

1 hour and 30 minutes - Euro 150,00

AVEDA AROMA BODY WRAP

The Aveda body wrap dry room is a seaweed body wrap treatment customized with Aveda body care products and aromas. This tratment includes a dry exfolation seaweed mask (applied to the back) scalp and face massage.

1 hour and 30 minutes - Euro 140,00

DEEP IMPACT

Anti-cellulite treatment that includes brown seaweed compress and steam bath for about 30 minutes, followed by a deep massage with essential olis

1 hour and 30 minutes - Euro 140,00

ROSEMARY MINT BODY WRAP

Breathing the peppermint perfume, your mind and your spirit will be relieved of every tension. The treatment is based on a dry exfoliation to remove the dead cells. Experienced hands will remove stress and anxiety through the application of the ROSEMARY MINT BODY CLEANSER. The treatment ends with a head massage with balacing Blue Oil Concentrate.

1 hour - Euro 120,00