



Massage: BREEZE of the OASIS:

Zone: FACE, HANDS and FEET

Produces a sense of deep relaxation giving the pleasure to reconnect with those body parts which more than others communicate with the external world. Stimulates the lymphatic system, the venous-arterial system, acts on the neuro-vegetative system, and tones and smooths the skin.

Element: AIR

Massage: WARMTH of the OASIS:

Zone: BACK

Considerably reduces emotional stress by releasing muscle tension in the cervical, dorsal and lumbar regions.

Element: FIRE

Massage: EARTH of the OASIS:

Zone: LEGS

Ideal for those who suffer from ever-tired legs. Culturally speaking, we tend to move our energy upwards, to our head, reducing vitality in the lower parts of our body. By stimulating the meridians in the legs, this massage brings an immediate sense of lightness and reconnects us with our roots.

Element: EARTH

Massage: SPRING of the OASIS:

Zone: FEET

Relieves heaviness, fatigue and pain, produces a relaxing effect on the whole body, improves the mood in general, providing a pleasant feeling of care and pampering.

Element WATER

30 MINUTES 40€

60 MINUTES 60€

ADVANCE BOOKING REQUIRED

Organic Restaurant - Organic Lodges
WWF Oasis for Biodiversity
Biodynamic Agriculture
Meetings and Team Building facilities
Children's Oasis - Wellness

INFO AND BOOKING:

Loredana Banfi 347.08.83.156
Sonia Colombo 380.140.56.18
Elena Welch 338.366.07.01