

MASSAGES

Trust to the professional équipe of our Wellness Centre Il Casale "Spa&Beauty" and enjoy one of the proposed massages in a relaxing and comfortable place: Yanna massage, Hot Stone Massage, Body treatment "Desert Rose", Chocolate massage, relaxing massage performed with four hands using the oil of the Casale, and many other face and body treatments.

Four hands massage with extra virgin olive oil from IL CASALE

Olive oil has always been appreciated not only for its gastronomic aspects, but also thanks its curative and cosmetic properties. Galeano prescribed it as a remedy to the "stomach ache", for Dioscorides worked against the "deadly poisons" and Hippocrates advised it against ulcers. In more recent times has battled gout, arthritis and rheumatism. Even the cosmetic use is ancient. In an Egyptian papyrus beauty was confirmed rely on creams and ointments prepared with "cypress berries, grains of incense, milk and olive oil". Romans also used it to keep teeth white, while we spread on the skin to promote tanning in solution with avocado oil. Relais Il Casale offers you a massage with olive oil - directly produced by us - flavored with rose essential oil "for her" and orange "for him", that includes the harmonized manual of 2 operators creating a relaxing and rhythmic flow. The treatment is one of the oldest and simplest of the Indian tradition.

Yanna "emotional" massage

As in yoga, the assumption underlying the YANNA METHOD is the consideration of the human body as a kind of concentration of pure energy, that expresses its centrality in the abdomen, seat of emotions and affectivity. The contact and swing of massage with SENSORY OILS of Yanna line induces to child regression playing positive emotional and visceral effect, reconnecting the somatic state with the psychic one (body-mind) Yin-Yang by a widespread sense of freedom and lightness, promoting harmony between the self perception and body structure.

Californian Massage

It's a very harmonious massage, which uses large enveloping movements, that stimulate respiration and other vital functions, giving an extraordinary sense of well being, completeness and inner calm. It has a tonic action on the skin. Acts on the muscular system, reducing tension. Stimulates blood circulation and reactivate the vitality of breathing and internal organs. Acts on the nervous system, inducing a new state of calm. Helps digestion and elimination of toxins. It is an effective cure for stress.

Chocolate Massage

They call it the smile massage because ... Choco-therapy exploits all the properties of cocoa and chocolate for beauty and wellness. Its multiple properties act on both body and mind: the smell of chocolate goes stimulate endorphins (wellness hormones) giving a sensation of peace and prosperity while nourishing cocoa butter properties moisturize the skin leaving it soft and compact .

Massage with Bach Flowers

The massage with Bach flower sis a massage that acts both physically and mentally. The two effects are integrated and complement each other. A unique massage technique that can convey the essence of Bach flower through the chakras and energy meridians, associated with the action of essential oils and gentle physical manipulation. The flowers of Bach, in fact, chosen in the right way, enhance the physical action of massage by adding their healing and emotional ability, certainly less visible but equally effective.

Hot Stone Massage

The stone massage is an ancient art used in the past especially in Ayurvedic medicine, by America Indians, by Chinese and oriental doctors in general, but also by Egyptians and Sumerians. Its origins come from folk customs of shamans: the therapeutic use of Mother Earth and then the STONE MASSAGE, have always been an important part of various traditions and cultures, with much more specific therapeutic applications than a simple remedy for the stress of modern life. The ancient art of massage, often practiced with the aid of hot and cold stones, is therefore always been a very simple but effective technique for healing, relax and increase, in general, our psycho-physical wellness.

Lymphodrainage

Massage aimed to stimulating the lymphatic circulation. Well suited for muscle and joint pain, cellulite, water retention. Lymph drainage is a therapeutic massage that stimulates and accelerates the lymphatic flow. The metabolic waste products are removed more quickly. A technique that promotes self-purification and self-healing of our body.

Reflexology

Reflexology is a natural medicine, dating back to 5000 years ago. This is a technique based on reflex points located in the foot; if stimulated, these areas send impulses rebalancing the internal mechanisms. Working almost exclusively with the thumb using a rhythmic pressure technique - since the sole of the foot is full of nerve receptors - which sends a pulse when they are compressed. Stimuli come directly to the brain and help restore the body's ability function.

Cranial massage (FOR HEADACHES)

The massage of the skull is a gentle and non-invasive treatment that allows to gradually dissolve muscle contractures present in the skull. The massage of the head, often overlooked in the normal massage techniques, allows to obtain benefits already during the first session: in fact, all our tension (shoulders, back pain, nervous tension, depressing thoughts, etc. ...), result, over time, in real "nodes" arranged on the surface of the head, causing headaches of different origins, a feeling of heaviness in the head, slight dizziness, etc. Correctly massaging the whole head (including the face), we obtain a gradual dissolution of muscle tension, leading to a sense of lightness in the back of the neck, improved flexibility, reduction of some forms of headache, general relaxation.

Connective back massage

More and more people, and in increasingly younger age, approach to massage to relieve back pain disorders. The treatment of back pain (which does not replace any medical treatment, but acts as an aid in maintaining the health of your back), makes use of integration among different disciplines natural: massage, Bach flower remedies, aromatherapy, crystals, psychosomatics and much more. Regular practice of this treatment results in a gradual stretching / relaxation of all muscles of the back, therefore enhancing the tension and helping to alleviate a variety of pains in the neck, back or lumbar area.

Sport Massage

The massage aims to maximum physical recovery after muscle exertion with draining, moisturizing and relaxing action. After sporting efforts is possible to feel a cramp at the legs. To alleviate this unpleasant experience enjoy a relaxing massage.

Toning massage

Massage for tissue toning. Operated with vigorous maneuvers according to treatment area. This would serve to superficial and deep blood circulation and muscles tone.

Modeling massage

Massage performed with various maneuvers that correspond to different movements of the hand, exerted with pressures according to the treatment area. The result is the reactivation of Haemolymphatic circulation and muscles tone, for body detoxification, better supply of oxygen to tissues and relative revitalization.

Circulatory massage

The circulatory massage has aesthetic aims, to maintain elasticity of tissue and prevent aging. The maneuvers are performed in order to facilitate venous and lymphatic system return. It also acts on muscles, fat and connective tissue, with draining and stimulating action, preventing and combating the various stages of cellulite. Emo-lymphatic massage extends the benefits of lymphatic drainage and can give excellent results in alternating with sessions of mud and sauna. The tissue will thereby detoxified and healthier.