

At the end of the massage we will be happy to offer a herbal tea that will give you another 5 minutes of relaxation, thanks to the unique flavours and unique scents of our mountain flowers.

Our massages



RESIDENCE PANORAMA - HOTEL MAÈ

your Holiday in the Dolomites



*Pamper your body, calm your mind
and heal your soul*

Tel +390437788707

www.residence-panorama.net



HOLISTIC RELAXING MASSAGE

Achieve a wonderful feeling of physical and mental relaxation with this unique massage. Gentle touch, slow and deep manoeuvres, and fragrant essential oils make it a journey involving all the senses.

Total body 50 minutes € 70,00

Back and legs 35 minutes€ 55,00

DECONTRACTING MASSAGE

We use arnica and St. John's Wort oleolites, handmade products from our Dolomites, which make the massage of contracted areas even more effective, giving an immediate feeling of well-being.

Total body 50 minutes€ 70,00

Back and legs 35 minutes€ 55,00

MANUAL LYMPH DRAINAGE

A gentle and light massage technique that stimulates lymphatic drainage and has an important anti-oedematous action by promoting the elimination of stagnant liquids.

Total body 60 minutes€ 90,00

Legs 40 minutes€ 60,00

SPORTS MASSAGE

Facilitates tissue oxygenation and eliminates lactic acid, improving the functionality of the muscles, aiding the fatigue process after exertion.



HOT STONE

It combines the properties of massage with those of heat released by special volcanic stones, making this practice gentle and therapeutic.

60 minutes€ 80,00

HOT STONE AND ... DECONTRACTING MASSAGE

The hot stones will act as a blood microcirculation activator at particular points of the body and this will make the massage more effective, deeper and with longer-lasting effects.

60 minutes€ 80,00

CANDLE MASSAGE

It is more than just a massage: it is a multi-sensory experience capable of providing your body and mind with profound benefits.

50 minutes€ 70,00