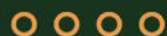




RESIDENCE PANORAMA - HOTEL MAÈ

*your Holiday in the Dolomites*



*At the end of the massage we would be happy to offer you an herbal tea that will give you another 5 minutes of relaxation thanks to the unique flavors and aromas of our mountain flowers.*



## *Our Massages*

Treat your body, calm your mind,  
and heal your soul...

[www.residence-panorama.net](http://www.residence-panorama.net)

### RELAXING HOLISTIC MASSAGE

Achieve a beautiful sensation of physical and mental relaxation thanks to this unique massage. Delicate touch, slow and deep maneuvers, scented essential oils will make it a journey that involves all senses.

Total Body min. 50 £ 60  
Back and Legs min. 35 £ 50

### DECONTRACTING MASSAGE

We use oleolites of Arnica and St. John's wort, handcrafted products from or Dolomites, which make the massage of contracted areas even more effective, giving an immediate feeling of well-being.

min. 50 £ 60

### MANUAL LYMPHO DRAINAGE

Gentle and light massage technique that stimulates lymphatic drainage and carries out an important anti-edema action by promoting the elimination of stagnant liquids.

Total Body min. 60 £ 80  
Legs min. 40 £ 55

### SPORTS MASSAGE

It facilitates tissue oxygenation and eliminates lactic acid, improving the functionality of the muscles, favoring the cool-down process after exertion.

min. 50 £ 60

### HOT STONE

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

min. 60 £ 70

### HOT STONE AND....

RELAXING HOLISTIC MASSAGE: relaxing massage is enriched thanks to the use of volcanic stones which will prepare the body to make the most of the benefits of this massage which becomes a therapy.

min. 60 £ 70

DECONTRACTING MASSAGE: the hot stones will act as an activator of the blood microcirculation in particular points of the body and this will make the massage more effective, deeper and with longer lasting effects.

min. 60 £ 70