# Our Massages

## EDEN SIGNATURE - 75 MIN €110

The spa's signature treatment, featuring personalised massage techniques to release muscle tension, improve mobility and promote deep relaxation of both body and mind.

## CANDLE - 50 MIN €85

A sensory massage using scented butter, gently warmed over a flame and applied all over the body with slow, flowing movements. The warmth melts away tension, while the captivating fragrance envelops the senses in a soothing ritual that nourishes the skin and leaves it feeling beautifully soft.

## REIKI - 50 MIN €75

A treatment based on the gentle placement of hands on the body, following a sequence of specific positions. Through touch, it encourages deep relaxation and offers a moment of mindfulness and reconnection with oneself.

Giardino dell'Eden

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## WAVES - 50 MIN €75

A full-body oil massage featuring flowing, enveloping movements inspired by the rhythm of the waves. It helps stimulate circulation, promote lymphatic drainage and restore a sense of vitality and lightness.

## MUSCLE RELIEF - 30 MIN €55

A treatment tailored to your body's needs, allowing you to choose the area to focus on: back, neck and shoulders, or legs and feet. Designed to relieve tension and restore a pleasant sense of well-being.

## RELAX - 30 MIN €55

A sequence of gentle rocking movements and stretches, designed for those who wish to enjoy a revitalising break, even when time is limited.

*Upon request, a choice of almond, neutral, chocolate or grapeseed oil is available.

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