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Masseria Torre Coccaro

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AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

TRATTAMENTI SPA



Masseria Torre Coccaro

★ ★ ★ ★ ★ *L*

BEAUTY TREATMENTS AND HAIR CARE

MANICURE

Hand care including nail trimming, filing and polishing, cuticle care, application of a special creme. Includes nail polish application in your choice of colour.

Euro 25,00

PEDICURE ESTETICO

Exfoliation and nail care , cuticle and removing calluses , application of a special cream and nail polish, in your choice of colour.

Euro 30,00

AVEDA HAND OR FOOT TRATMENT

The treatment involves the use of a Caribbean mango mixture, lime, cocoa butter and exfoliating ginger. It follows the application of a personalized mask based on skin needs. The ultimate massage will provide an emollient and soothing action.

30 minutes - **Euro 50,00**

MANICURE OR PEDICURE WITH SEMIPERMANENT NAIL POLISH ON RESERVATION

Euro 60,00

NAIL POLISH APPLICATION

Euro 7,00

WAXING

LIP OR CHIN

Euro 5,00

EYEBROW

Euro 7,00

UNDER ARM

Euro 10,00

BIKINI

Euro 15,00

ARM

Euro 15,00

HALF LEG

Euro 20,00

PARTIAL WAX (half leg - bikini)

Euro 30,00

COMPLETE WAX (full leg - bikini)

Euro 60,00

BACK OR CHEST

Euro 30,00

HAIR CARE

SHAMPOO AND BLOW DRY

Euro 35,00

BABY SHAMPOO

Euro 25,00

WOMAN - MEN CUT

Euro 25,00

BABY HAIR CUT

Euro 18,00

EXPRESS STYLING

Euro 25,00

HAIR STYLING (with shampoo and blow dry)

Euro 75,00

HAIR STYLING (no shampoo - no blow dry)

Euro 40,00

HAIR UP AND MAKE UP FOR SPECIAL OCCASIONS AND WEDDINGS price upon consultation

THE AVEDA FACIAL TREATMENTS

Each treatment includes Aveda's ritual and consultation

For all skin type

PURE FOCUS TREATMENT

A treatment to renew the skin, focusing for more than 20 minutes on imperfections, with exfoliation, face and neck massage or a mask. A customised facial based on your skin's specific needs.

30 minutes - **Euro 50,00**

AVEDA ELEMENT NATURAL FACIAL

The Aveda facial treatments are ideal for balancing the skin's differences. Thanks to a personal skin test, the treatment will be adapted in each phase to optimize the results. The treatments use balancing compositions, massages with different techniques, purifying or moisturizing or calming facial masques.

1 hour - **Euro 90,00**

TULASĀRA™ FACIAL TREATMENTS

Dry, oily, aging, uneven, sensitive and acneic skin conditions can all be addressed with a customized Tulasāra facial treatment. After a thoughtful consultation, your skin therapist will provide the best combination of products personalized Aveda aromas and techniques and design a customized treatment that will move your skin toward balance and reveal its natural beauty facial treatment are recommended on a weekly or monthly basis to achieve and maintain optimal results. Home maintenance is recommended with the skin care line used in the SPA.

1 hour and 15 minutes - **Euro 130,00**

Anti-aging

BOTANICAL SKIN RESURFACING

The treatment is similar to the micro skin abrasion. It is an intensive exfoliation in order to obtain a smoother skin, visible reduction of thin lines and wrinkles, immediate radiant shine and visible narrowing down of puffed pores. All without irritations.

1 hour - **Euro 120,00**

AVEDA EYE ZONE TREATMENT

This soothing, restorative experience for eyes includes our eye massage to help relieve tension and visibly revitalize this skin around the eyes.

Refresh and renew your eyes with an ayurveda inspired treatment that combines the Botanical benefits of Botanical kinetics and Tulasāra line. It minimize the appearance of lines and wrinkles and reduce puffiness and dark circles.

20 minutes - **Euro 45,00**

THAI OIL MASSAGE

This type of massage focused on the deeper layers of muscle tissue and specific areas, it is designed to reach the deeper sections of individual muscles; deep tissue and lon strokes tecnique is used to loosen them. It helps to release toxins and promete good blood and oxygen circulation. It is both corrective and therapeutic. It is benefical for sports injuries and chronic pain.

1 hour - **Euro 120,00**

THAI MASSAGE

Thai massage or nuad bo rarn (touch to heal) whitout oil. It is an ancient techbique that combines acupressure points of chinese medicine with assisted strechting yoga inspired indian derivation leaving you a stat of lightness and an emotional and spiritual upliftment. We recommend comfortable clothing. Is done on the futon.

1 hour and 30 minutes - **Euro 150,00**

1 hour - **Euro 120,00**

SPORTS MASSAGE

A massage designed to eliminate muscle and joint tensions in different parts of the body. Ideal after intense physical activity or effective in the resolution of contractures or spasms muscle.

45 minutes - **Euro 110,00**

STONE MASSAGE

This treatment combines the benefits of hot lava stones and cold marble stones. Released slowly and uniform. The stones are placed on the body, on the strategic points limbering up muscles, relaxing the spinal column, releasing toxins, water retention and surprising effects mood.

1 hour - **Euro 130,00**

FOOT REFLEXOLOGY

It is a no-stress treatment. This ancient technic blends an exfoliation with Dead Sea salts and the stimulation of foot reflexology.

30 minutes - **Euro 50,00**

FOUR - HANDS MASSAGE (on reservation)

It is a relaxing massage specifically designed to relieve daily tiredness and tension. Combined steps and the creation of a continuous and harmoniuos flow make it a wraparound treatment and capable of energizing the body and mind. Emotionally, this massage has a stronger impact than the traditional one. The customer feels pampered and cared for.

1 hour - **Euro 170,00**

SHIATSU

Chinese ancient massage based on finger pressure technique for a deep relax, to balance the guest's energy stream System. We recommend comfortable clothing.

1 hour - **Euro 100,00**

HATHA YOGA

It is an ancient form of yoga, using constant practice of asanas (static or dynamic positions) and pranayama (breath control) leads to the achievement of a psycho-physical balance, increasing the awareness and perception of the body to keep it healthy and strong.

Individual lesson 1 hour - **Euro 100,00**

Group lesson 1 hour - **Euro 70,00 p.p.**

Individual lesson 1 hour and 30 minutes - **Euro 120,00**

OSTEOPATHIC TREATMENTS

It is a manual therapy that works for all kinds of affections craniosacral and coccygeal axis.

The therapy acts in the following cases: headache, migraine, cephalea, neuralgia, cervical-arthritis, dorsalgia, lombalgia, diffused parestesis to the upper and lower limbs, head eyes and neck heaviness, muscular average and deep contracture, emotional state of stress.

The craniosacral therapy includes a series of the techniques that reintegrate the functional balance of the person.

time 1 hour - **Euro 120,00**

ESSENTIAL BACK TREATMENT

It is a purifying, smoothing and moisturising back skin treatment. Includes a complete relaxing back massage with a cleaning and purifying skin mask.

45 minutes - **Euro 80,00**

MASSAGES TO REMOVE STRESS

Each treatment includes Aveda's ritual and consultation

STRESS-FIX MASSAGGE

Clinically proven to reduce feelings of stress, the Stress-Fix aroma with lavender, lavandin and clary sage is incorporated throughout this body massage combining Swedish and deep tissue massage along with foot reflexology, acupressure points and a guided meditation to calm and rejuvenate you.

1 hour - **Euro 100,00**

AVEDA AROMA MASSAGE

A complete body relaxation with different massage techniques depending on the client's needs. Deep massage or lymphatic draining. This treatment uses aromatic oils.

1 hour - **Euro 90,00**
45 minutes - **Euro 75,00**
30 minutes - **Euro 55,00**

OLIVE OIL MASSAGE

A full body massage using different movements depending on the client's needs. The olive oil used during the treatment is extravirgin olive oil which is collected from our very own trees.

1 hour - **Euro 90,00**
45 minutes - **Euro 75,00**
30 minutes - **Euro 55,00**

TRADITIONAL AYURVEDIC MASSAGE

It is a complete body massage inspired by the Indian philosophy. Treatment that uses warm oils for the psychological and physical balancing. The treatment includes massage with hands and arms to obtain a deep relaxation.

1 hour and 30 minutes - **Euro 140,00**
1 hour - **Euro 110,00**

TRANQUILLESSENCE SHIRODARA

It is a warm, natural oil flow in the middle of the forehead for 20 minutes for a deep relaxation.

20 minutes - **Euro 30,00**
1 hour - Shampoo and blow dry included - **Euro 65,00**

PINDASWEDA

It is a particular ayurvedic technique that reduces swelling and dissolves toxins in the tissues. It is also efficient for arthritis, cellulite and water retention. It follows a rubbing of hot bags filled with herbs.

1 hour - **Euro 130,00**

ANTI CONTRACTURES MASSAGE

After a Turkish bath, our therapists will help you to relax. Your life stress and body tensions with the exclusive anti contractures massage. Worthy for the neck and the back for a complete and deep relaxation.

Steam bath included 45 minutes - **Euro 70,00**

HEAD AND NECK MASSAGE

This head and neck massage uses essential oils that have a balancing composition for your hair and skin, that creates a deep relaxation.

30 minutes - **Euro 55,00**
on reservation shampoo and blowdry - **Euro 35,00**

CANCELLATION POLICIES

IN CASE OF CANCELLATION WITHIN THE 3 HRS BEFORE THE APPOINTMENT 50% OF THE TREATMENT WILL BE CHARGED.

THE AVEDA BODY TREATMENT

SWIMMINGPOOL TURKISH BATH

The swimming pool with warm water at 35 degrees and room Technogym.

Turkish bath and fitness use for no guests of the hotel - **Euro 40,00**

Personal Trainer - 1 hour - **Euro 50,00**

TREATMENTS TO RENEW AND SMOOTH THE SKIN

Each treatment includes Aveda's ritual and consultation

It is recommended not leaving before treatment

AVEDA AROMA BODY POLISH TREATMENT

Full-body exfoliating treatment featuring customized Aveda body care products and aromas.

It begins a scrub, includes scalp and foot reflexology techniques. The treatment ends with:

- An application of hydrating cream

1 hour - **Euro 90,00**

- A full-body massage

1 hour and 30 minutes - **Euro 140,00**

TREATMENTS TO RENEW THE SKIN

Each treatment includes Aveda's ritual and consultation

OLIVE PATÈ DETOX TREATMENT

This is a three fase treatment:

- Relax Pindasweda: back massage using warm sacks filled with warm crushed olive leaves.

- Detox: sea scrub using dead sea salts and olive leaves, to eliminate impurities.

This action activates the circulation and balances the epidermis, skin.

- Restoration: application of olive pate thanks to its detoxing properties it helps to nourish and restore the skin deep down. I it is personalised with olive oil.

1 hour and 30 minutes - **Euro 130,00**

AVEDA AROMA BODY WRAP

The Aveda body wrap dry room is a seaweed body wrap treatment customized with Aveda body care products and aromas. This treatment includes a dry exfoliation seaweed mask (applied to the back) scalp and face massage.

1 hour and 30 minutes - **Euro 140,00**

DEEP IMPACT

Anti-cellulite treatment that includes brown seaweed compress and steam bath for about 30 minutes, followed by a deep massage with essential oils

1 hour and 30 minutes - **Euro 120,00**

ROSEMARY MINT BODY WRAP

Breathing the peppermint perfume, your mind and your spirit will be relieved of every tension. The treatment is based on a dry exfoliation to remove the dead cells. Experienced hands will remove stress and anxiety through the application of the ROSEMARY MINT BODY CLEANSER. The treatment ends with a head massage with balacing Blue Oil Concentrate.

1 hour - **Euro 110,00**