

FITNESS

Morning walk

A great way to start the day in the wonderful countryside surrounding Parco Fiorito. The walk is preceded and followed by a stretching session.

Stretching

To promote elasticity and flexibility of the whole body.

Gymnastic Mat-together

A correct, balanced posture is the expression of good muscular and articular equilibrium. The Pilates method guides the individual to adopt graceful, co-ordinated movements.

Fitball

This is a new way to face mobility at 360° in an enjoyable easy way that improves your proprioception, toning and balance. Useful for reinforcing and stabilizing muscles, it's the "correct" way to achieve your physical wellness.

TBW Total Body Workout

This offers all the benefits of aerobic activity with the addition of work on global toning, either free body or with the use of small equipment.

MFT FIT DISC

Your body is stabilized by well coordinated core muscles. Efficient movement coordination provides you with more security in everyday life. When mastering unexpected situations and is valuable protection against injuries. MFT FIT DISK training prevents overloading and one-sided wear on the skeleton and muscles.

Body Blade®

Bodyblade®, the patented, revolutionary workout system for fast, effective muscle strengthening, power development, stabilization and toning, was invented by California physical therapist, Bruce Hymanson.

Single session (1 hour)	Euro 15,00
Daily fitness programme	Euro 30,00
Weekly fitness programme	Euro 120,00
Personal trainer 50 Minutes (max. 2 pax)	Euro 60,00

FITNESS IN WATER

Soft gymnastics in water

In the pool, a sweet muscular and articulation reawakening. Recommended for people who have particular pains in the vertebral column.

Aqua tonic

Activity in pool with the help of small equipment to improve muscular tone.

Aqua gym

Gymnastics to improve elasticity and muscle tone.

Single session (50 minutes)	Euro 15,00
Daily fitness programme	Euro 30,00
Weekly fitness programme	Euro 120,00
Personal trainer (Euro 15,00 per person; Min. 3 Pax)	Euro 45,00

Use of Hammam, emotional shower and relaxing room (included bathrobe and sleepers)

Single Session (15 Minutes)	Euro 15,00
Weekly program (6 days)	Euro 70,00

TREATMENTS - MESSAGES

SWEDISH MASSAGE***

Massage is a natural therapy that works on many levels, both physical and psychological. It soothes and stimulates, producing a feeling of well-being and relaxation and is an aid in the relief of physical and emotional trauma or stress. Muscular strain and soreness can be alleviated and recovery time shortened with this massage treatment, by the stimulation of the Vascular and the Lymphatic Systems which work synergistically to remove any build-up of lactic acid from the muscles, whilst re-supplying them with needed nutrients.

Duration: 50 min. € 52,00

THE BACK MASSAGE**

This treatment is designed for the many people who suffer with back problems and as the spinal column is the fount of all the body nerves, this area is of great importance and must be treated with care, so the massage will begin with warming strokes to soften and relax the muscles. Gradually, deeper, probing massage will reveal problem areas and the massage will be remedial. Depending on the severity of the problem, further treatments may be necessary.

Duration: 30 min. € 35,00

MASSOTHERAPY FOR THE SPYNE **

Massage effected according to personal needs. Stimulates circulation, relaxes and reduces muscular and articular pain. According to the Personal Trainer, It's possible to focus on cervical or lumbar region.

Duration: 25 min. (specific areas) € 30,00

50 min. (total body) € 60,00

Specific Massage to assist Lymphatic Drainage***

The Lymphatic system of the body runs parallel to the Vascular system, Its' role being to collect excess fluid, which it then filters through its numerous Lymph Nodes to remove any toxins, returning this cleaned lymphatic fluid to the bloodstream. To accomplish this, the Lymph must travel throughout the entire body relying only on muscular movements to produce a pumping action. However, as very few of us take enough exercise to provide this pump, many suffer with Oedema, an excessive build-up of fluid. To alleviate this, or indeed as a preventative measure, this particular massage technique can be helpful.

Duration: 50 min. (total body) € 60,00

Aromatherapy massage***

The therapeutic and relaxing effects of this gentle massage is enhanced by the use of aromatic, essential oils added to a nourishing base oil, their desired beneficial effects realised with the inhalation of the essence of the chosen oils and their subsequent absorption through the skin.

Duration: 50 min. € 70,00

Indian Head/Seated Massage***

A revitalizing, uplifting yet calming massage that concentrates on the head, face, shoulders, upper back and arms. These are all areas where tension is harboured, creating problems such as eye-strain, headaches or discomfort in the neck. It helps to relax muscles and by stimulating the blood flow to the brain it encourages focused thought.

Duration: 30 min. € 35,00

Reflexology***

The purpose of this ancient holistic therapy is to treat the whole person, rather than simply a symptom. It involves working with thumb and finger pressure on specific pressure points on areas of the feet called "Zones", each zone relating to an organ or system of the body. The gentle thumb and finger pressure-massage of these zones can unblock energy channels, restoring balance and helping circulation, resulting in relaxation and the consequent relief of symptoms.

Duration: 50 min. € 60.00

Sports Massage

More than any other therapy, this is one a dual one. On the one band there are specific individually tailored treatments to help enhance performance and to prevent injury, obviously these are administered before any sporting activity. On the other hand however, there are inevitably injuries, possibly sustained some time previously, either as a result of over-training or during active sport, with the subsequent treatment taking into account any future physical activity. As an ex-professional cricketer, Stan has a deep insight into the prevention and cure of possible sporting injuries and has treated many professional sportsmen/women.

Duration: 50 min. € 35,00