

MASSAGE IN THE VINEYARDS

A moment to relax yourself, to take a break with a massage among the vineyards.

- A relaxing massage surrounded by the smell of grapes

This armonious and fluid massage envelops the whole body in soft and rhythmic movements, encouraging relaxation and giving a deep sense of wellbeing.

120,00 € per person
Duration: 60 minutes

MASSAGE

- Relaxing massage

This harmonious and fluid massage envelops the whole body in soft and rhythmic movements, encouraging relaxation and giving a deep sense of wellbeing.

Duration 50'

Euro 90,00

- Sports massage

The main purpose of the Sports massage is to help relieve the stress and tension that accumulates in the soft tissues of the body during physical activity.

The Sports massage brings several benefits such as a reduction in heart rate and blood pressure, the increase in blood and lymphatic circulation, reduced muscle tension, improved flexibility and pain relief.

The Sports massage can be performed before, after or during the sporting event and during training and preparation.

Duration 50'

Euro 90,00

- A pleasant Grape Ritual

The pleasure of the red grape cream on your skin for an anti-stress treatment that will immerse you in the scents of the vineyards in September.

The grape massage requires the application of a cream or an oil which has as its base grape pomace (the skins, pulp and seeds left over from wine production). It is recommended for fragile capillaries.

The antioxidants in grapes work against the free radicals which in turn fight the ageing process caused by stress and external factors such as pollution. This is a treatment which tones and revitalises, peeling and lightening the skin leaving it hydrated and firmer.

It is an excellent ally in the fight against unattractive cellulite and water retention.

A grape massage provides a state of well-being, a feeling of lightness and freshness.

The areas interested in the massage are the back, buttocks and legs.

Duration 90'

Euro 120,00