



WELLNESS



VILLA
LA MADONNA

MOOD

The term "wellness" is as much about an attitude, and a sense of mind as a physical experience. At Villa La Madonna, "wellness" stands for a complete overall experience through beautiful nature and a relaxing environment.

With the calm and harmonious surroundings, we have put together programs of treatments, yoga and hikes that all aim to give our guests a relaxing break from everyday life.



Villa la Madonna has chosen to exclusively use products from the Italian organic skin care label Lakshmi. The company Lakshmi, for over 20 years in the wellness sector and natural cosmetics, comes from a deep passion for the East and the ancient wisdom of Ayurveda.

MASSAGE'S

CLASSIC: Specific to the person, based on the client's request.

The goal is to give a gentle touch and to relax the person.

50 min 70 €/80 min 90 €

AYURVEDICO: Ayurvedic massage is a key part of Ayurvedic therapy: just as a machine needs to be oiled, the body loves to have its largest organ, the skin, soothed, which is why hot oils are commonly used in Ayurvedic massage.

80 min 95 €

HOT STONE: Massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Each hot stone massage therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

80 min 95 €

PARTIAL MASSAGE: Dedicated to a specific problems areas as face, neck (cervial) and shoulders, back, legs, feet hands or head.

Massage 25 min for each: 45 €

MATERNITY MASSAGE: To relieve the tensions of pregnancy and restore the lightness of feet and legs.

50 min 70 €

We also have access to an osteopath (on request).

FACE TREATMENT

CLASSIC FACE TREATMENT: A specific skin care treatment for the face - anti-aging, purifying and hydrating. Including exfoliation, cream, lotion, facial mask, and massage.

50 min 70 €



YOGA

50 € per person, 2-3 participants.

25 € per person, minimum of 4 participants.

100 € per person, private lesson.

Lesson duration: approx. 80 min.



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