

Tea wellness Party

Have you ever thought of learning some self-massage moves to help you with small body problems?

Do you get headaches when you are working?

No problem, you may alleviate it immediately if you know what points to press on your head and on your hands.

Would you like to get rid of some wrinkles on your face and have a more toned skin?

We will teach you how to do it!

In front of scented teas and raw snacks, we will sit in a circle for a self-massage lesson of your choice:

Face lifting yoga: slow down time by learning some simple exercises you can do every morning in front of the mirror and in a short time your face will shine!

Headache self-massage: learn some efficient moves to alleviate headache symptoms. Moves you may practice anytime, anywhere.

Neck, and couple massage: do you or your partner suffer from cervical or neck problems?

Learn how to help each other with some simple basic moves to relax and stretch the area of the neck and shoulders. The massage is to be done in a couple, where both take turns.

Lessons are suitable for everybody.

Minimum 4 people, maximum 20 people

- Duration of the event around 2h 30' (time might differ slightly)
- Self-massage lesson to be chosen from the list above
- Notes for every participant
- Detox area with tea and snacks
- Vegan/Raw Cakes
- Gift gadget for all participants



Massage in Chianti

0039- 3495097556

massageinchianti@gmail.com

www.massageinchianti.it

Massage in Chianti

will bring everything needed for the event:

*Massage beds- Massage oil (almond oil, sesame oil, coconut oil, organic and cold pressed) - Mosqueta Rose oil for the face - Clean and sanitized towels - Single use paper sheets - Single use slippers - Single use Headbands and caps - Single use beauty masks - Cleansing milk - Face tonic - Cotton disks - Thermos with herbal tea
- Paper cups and napkins - Gazebo and partitions if necessary*

Travel fee for locations more than 30 km from Florence



Massage in Chianti

*“massage
is an art
that is lost
in the mists
of time”*

experiences
to fully enjoy
your holiday
and totally
recharge
your energy

Spa Party Classic

Start your day with wellness for you, your friends and loved ones.

Minimum 4 people, maximum 20 people

- Duration from 2h 30' (up to 9 people) to 4h (up to 20 people)
- Restorative Meditation 15 min
- Massage of your choice: facial, body, feet from 30 to 45 min
- Detox area with fresh fruit and herbal teas
- Beauty corner with single-use beauty masks that everyone may apply freely
- Gadget gift for every participant

Spa Party Yoga

A yoga lesson to regenerate body and mind, and then your favourite massage.

Minimum 4 people, maximum 20 people

- Duration from 2h 30' (up to 9 people) to 4h (up to 20 people)
- Yoga 45 min
- Restorative Meditation 15 min
- Massage of your choice: facial, body, feet from 30 to 45 min
- Detox area with fresh fruit and herbal teas
- Beauty corner with single-use beauty masks that everyone may apply freely
- Gadget gift for every participant

Spa Party Glowing

Relax and soothe with gong sound bath and a relaxing face massage.

Minimum 4 people, maximum 20 people

- Duration of the event: from 2h 30' (up to 9 people) to 4h (around 20 people). Time might differ slightly.
- Face massage – 30 min
- Gong bath meditation – 50 min
- Detox area with fresh fruit and herbal teas
- Beauty corner with single-use beauty masks that everyone may apply freely
- Gadget gift for every participant

Make your own Spa Party

A wellness party!

Create the wellness party of your dreams.

Choose what you would like, from a minimum of two to a maximum of ten areas.

Every area will treat 3/4 people every hour.

From a minimum of 10 people

- Body massage
- Face massage
- Reflexology
- Yoga
- Pilates
- Reiki
- Meditation
- Henna tattoo
- Manicure – Pedicure
- Make-up
- Hairstyle
- Gong relaxation
- Tarot reading
- Belly-dance
- Indian dance
- Lounge Music

Included in the price there will also be:

- Detox area with fresh fruit and herbal teas
- Beauty corner with single-use beauty masks that everyone may apply freely

To be booked in advance.

Rituals

MEDITERRANEAN Inspired by the sea and the power of salty water, we propose a salty scrub with essential oils for your skin and a full body massage to follow. Perfect against cellulite and tired legs.

MOONLIGHT A perfect ritual for the end of the day. A relaxing massage with lavender oil, with extra focus on head, face and feet to release all the tensions and enjoy a wonderful night's rest.

GLOWING FACE For a luminous and radiant face, it starts with a facial cleanse and tonic with natural products chosen according to your kind of skin, followed by a nourishing mask and the "eternal beauty" kobido massage.

CHIANTI LOVER A ritual for those who love to run around the hills all day. A long deep tissue massage with particular focus of areas such as shoulders, neck or legs and feet.

Each ritual is 100 minutes.

Extra services

YOGA hata, vinyasa, ashtanga, yin. Chose your style and enjoy your yoga practice. Personal classes for singles, couples or small groups.

CHIANTI NANNIES Professional Nannies will look after your children while you enjoy your Chianti holiday.



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“your body
is your
home,
treat it as
a temple”

Massages

RELAXING MASSAGE

Whole body massage, with movements that bring a deep sense of relaxation and at the same time awaken the body's vital energy. It eliminates daily stress and efforts and stimulates a feeling of relaxation and wellbeing.

AYURVEDIC MASSAGE

The Sarvabhyanga is a traditional massage involving hot oil and the delicate massage of the whole body, it is relaxing, rejuvenating, detoxifying, reduces joint pain and increases circulation, thus restoring balance of both body and mind.

JAPANESE FACE MASSAGE – KOBIDO

Also called “the eternal beauty massage”, it is based on the benefits of the oxygenation of the face. Basically, with a combination of movements, both vigorous and delicate, the circulation is reactivated and more and more oxygen passes through, thus stimulating the production of elastin and collagen, a fundamental substances for toned tissues.

HAWAIIAN MASSAGE

This massage, through a series of rhythmical and long movements, relaxes the muscles and benefits the joints, it is extremely relaxing yet also toning and very good for the overall circulation. Oils and essential oils are used, and the movements are inspired by the cycle and the grace of the ocean waves.

DEEP TISSUE MASSAGE

The deep tissue massage uses slow and deep movements to reach the depth of the muscles and its fascia. It is used for chronic pain and stiffness especially in the cervical area, the back and the shoulders.

REFLEXOLOGY

A good reflexology sends healing information to the whole body and helps with many symptoms such as headache, insomnia, and chronic fatigue. Reflexology is one of the most efficient treatments to relieve stress and may be a wonderful way to conclude a whole body massage, too.

HOT STONE MASSAGE

Hot stone massage helps to reach an energy balance from which a greater sense of wellbeing and body and mind relaxation naturally comes. It is a mood booster and also makes you aware of your body. The muscles elongate and relax thus giving the body a general feeling of wellbeing. The heat from the stones also improves sleep.

FOUR HANDS MASSAGE

Feeling “four hands” on your body is wonderful, it allows you to surrender with serenity and let go of the mind, you let go of trying to understand what is going on. Through this simple art of contact, two professionals will offer you a mental and physical double relaxation. It is ideal to fight stress and get your energy back. It is a particular treatment, it involves two masseuses who create a rhythmical and relaxing continuum. The Four Hands massage relaxes the whole body, helps joints and the natural flowing of the blood and the energy, leaving you with a relaxed and toned overall feeling.

ESSENTIAL OILS MASSAGE

We choose the most suitable oils, according to what benefits the client's wishes to feel, and mix them to the carrier oil. The massage helps the absorption of the oils which also stimulate all the senses, thus giving a feeling of harmony to the body and the mind.

WINE MASSAGE

Wine a synonym of pleasure not only at the table but also for a massage. The benefits of this ancient elixir are a real treat for skin, circulation and overall body health.

MOTHER MASSAGE

Specific treatment for pregnant women, it helps to keep the skin nice and elastic, helps with circulation, and relieves the sensation of heaviness and bloating in the legs, ankles and feet.

Each massage can be 50 or 80 minutes.

Bride treatments

GOLD Facial cleanse, kobido massage, whole body relaxing massage.

DIAMOND Facial cleanse, face massage, feet massage

Each bride treatment is 100 minutes.

Couple treatments

HONEY MOON

Reflexology and body massage of choice. Snacks and bubbles. .

ETERNAL LOVE

Facial mask, reflexology, and relaxing massage. Snacks and bubbles.

Each Couple treatment is 100 minutes.