



Villa Crespi

Massage body and soul

Siroabhyanga: Euro 150,00 – 1 hour

This massage is used for hair loss, dandruff, anxiety, headaches, insomnia. The benefits are: prevention of premature greying, improves the condition of skin and hair, relaxes the sense organs.

Vyana Vayu Abhyanga (half leg): Euro 140,00 – 1 hour

This massage is used for fluid retention and swelling, poor circulation, aching joints, lymphatic stasis and the benefits are: improved circulation and tissues, helps eliminate fluid and toxins.

Mukhabhyanga: Euro 150,00 – 1 hour and an half

This massage is used for fatigue and widespread tensions and its benefits are: improvement in skin quality and complexion, it reawakens the microcirculation, smoothes wrinkles and rejuvenates the face.

Nala abhyanga: Euro 150,00 – 1 hour

This treatment is used for: water retention and swelling, poor circulation, aching joints, generalized lymphatic stasis and its benefits are: improved circulation and skin tissue, helping eliminate toxins and fluid retention.

Shneana: Euro 150,00 – 1 hour

This special treatment is the oiling of the full body, accompanied by a gentle, delicate massage similar to the waves of the sea. The benefits are: relief of fatigue, it nourishes the body and improves skin tone.

Sarvanga Abhyanga: Euro 150,00 – 1 hour

This massage is used for: joint pain, anxiety, physical and mental fatigue and the benefits are: improved muscle tone and tissues, promoting relaxation at night and reducing anxiety and stress. It increases resistance to pain.

Udvaartana : Euro 150,00 – 1 hour and an half

This treatment is used for and benefits: Reduction of adipose tissue, improving the quality of the skin, releasing the strotas (ie the channels present in our body), alleviates itching sensations and balances hyperhidrosis (ie, swollen hands, feet and legs).

Nadi abhyanga: Euro 150,00 – 1 hour

This treatment is used for poor circulation due to trophism of the tissues and its benefits are: strengthening tissues and muscles.

Nadi's treatment: Euro 150,00 – 1 hour (partial massage) and Euro 200,00 – 1 h. and an half (complete massage)

This is one of the most ancient and fundamental of Ayurveda treatments. This treatment works on the subtle channels (nadis), bringing benefit to the whole body, both in the alleviation of pain in the



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following areas: sacro-coccyx area, lumbar area and upper area of the spine. By nature it is very relaxing and brings new psychosomatic balance.

Udara Abhyanga: Euro 150,00 – 1 hour

This treatment is used for: constipation and intestinal disturbances. It regulates normal intestinal functions.

Kathibasti: Euro 140,00 – 1 hour

This massage is used for and benefits: contracted muscle, stiff neck, lumbago, pain due to osteoarthritis.

Griva Basti: Euro 140,00 – 1 hour

This massage is for the Cervical or upper area of the spine and it is used for muscular contractions of the cervical or upper area of the spine, headache, pain due to bad posture. This treatment may be carried out only by means of the hands on the whole area of the back.

Janu Basti: Euro 140,00 – 1 hour

This treatment is recommended for all knee problems.

Netra Basti: Euro 140,00 – 1 hour

This treatment improves eyesight, reduces inflammation, tones the muscles inside the eye, eases problems of the retina, relieves shortsightedness, burning and various sight problems.

Padabhyanga: Euro 150,00 – 1 hour

This foot massage is used for nervousness, sleeplessness, irritability, stress, and widespread and prolonged anxiety. It improves quality of sleep, brings relaxation throughout the body, improves circulation.

Naisja: Euro 140,00 – 1 hour

This treatment consists of passing a therapeutic liquid through the nasal tract (naisya) and it is used for coughs, colds, sinus congestion, allergy, hiccups, headache, watery eyes, loss of hearing, sense organs subjected to constant stress.

Karnapurana: Euro 140,00 – 1 hour

It consists of passing a therapeutic liquid through the auditory tract (Karnapurana) and it is used for: coughs, colds, sinus congestion, allergy, hiccups, headache, loss of sense of smell, infection and inflammation of the mouth, watery eyes, loss of hearing, sense organs subjected to constant stress.

Ubtan (from Sanscrit "Moon skin"): Euro 150,00 – 1 hour (legs or face) and 1 hour and an half (total body)

Complete face and body treatment, consist of the exfoliation of the face and body by using special pastes prepared by the beautician. This treatment may be recommended to remove dead cells and then subsequently benefit more from individual treatments, as clean skin that is free from impurities allows better absorption of medicated oils and greater receptivity.



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Thandabhyangam: Euro 150,00 – 1 hour

The back is one of the areas of the body where major stress accumulates especially in the region of the neck, shoulders and waist. This treatment is used for tension and widespread pain and its benefits are: relaxation and consequent alleviation of muscle pain.

Pindasweda: Euro 170,00 – 1 hour

The back is one of the areas of the body where major stress accumulates especially in the region of the neck, shoulders and waist and it is used for tension and widespread pain. Its benefits are relaxation and consequent alleviation of muscle pain. After treatment the pindasweda consists of applying warm bags on the back containing specific ayurvedic remedies to reduce pain.

Manicure ayurveda (oriental cuddles): Euro 140,00 – 1 hour

Washing of the hands with aromatic essences, scrub and massage, cleaning of the nails and if necessary, cutting and reshaping with entirely natural tools. Final massage.

Pedicure ayurveda (oriental cuddles): Euro 140,00 – 1 hour

Washing of the foot with aromatic essences, scrub and massage, cleaning of the nails and if necessary, cutting and reshaping with entirely natural tools. Final massage.

Basic Oriental Facial Cleansing : Euro 140,00 1 hour

Facial washing and cleaning with specific products in order to remove dead cells and improve the condition of the skin. Final massage.

Facial Cleansing With Anti-Age Treatment : Euro 160,00 - 1 hour and 45 minutes

The face is washed and cleaned with specific products in order to remove dead cells and improve the condition of the skin. Then, an invigorating face mask of Himalayan Herbs will be apply to eliminate wrinkles. Final massage.

Relaxing Facial Cleansing (Oriental Cuddles) : Euro 160,00 - 1 hour and 45 minutes

The face is washed and cleaned with specific products in order to remove dead cells and improve the condition of the skin. Then the face is subjected to an Indian massage and to the application of a particular face mask. At the e3nd of the treatment, the condition of the skin will be effectively improved bringing a well being feeling to the whole body.

Ayurvedic Facial Cleansing: Euro 190,00 – 1 hour and 45 minutes

This treatment is made up of five steps. Facial washing. Massage. Toxins removal through sweating. Face mask (according to the specific needs of the skin). Whole final massage.

Preparatory yoga class: the correct breathing: Euro 150,00 - 1 h. and 15 minutes

Some simple breathing exercises that will allow you to free both your body and soul, keep anxiety and fatigue away, helping you to practise easily every kind of physical activity. Learning the correct way of breathing means to adjust bad postures and to avoid vertebral column pain. At the end of each class you will receive lecture notes to keep on practising even at home.



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Ohashiatsu: Euro 90,00 – 1 hour

Ohashiatsu is a unique form of movement of the body. It works on the Ki energy in our bodies and brings about the joining of spiritual components of the psyche with physical ones. Intense relaxing of the body, mind and spirit rejuvenates and encourages a state of peace and harmony. Ohashiatsu helps safeguard health and wellbeing, regenerating and giving new strength. When the body's energies are balanced there is an impulse toward natural healing. In an Ohashiatsu session, one lies on a Cotton Futon wearing comfortable clothing. The masseur moves the body of the client and applies pressure which exercises the meridians and also the muscles. At the end of the session, time is left for absorption of the experience and a feeling of replete satisfaction and serenity are apparent. Ohashiatsu is suitable for everyone, at any time and at any age.

Salt therapy: Euro 90,00 - 1 hour

The salt massage is the new entry at Villa Crespi. It may be used when the therapeutic aspects of salt may be needed or the energy properties of the salt crystal is warranted-Reiki for example. Of course, salt bars may eventually pit or corrode on the surface and cannot be warmed to the exact temperatures of hot stones with water heated bathes but with therapeutic, crystal and sanitary properties, they have advantages which are not present in traditional hot stones. Not the least of these is the antimicrobial nature of salt, which can quickly kill almost all viruses, bacteria and fungi.

Hot stone massage: Euro 90,00 – 1 hour

Deeply relaxing massage which lasts an hour and brings with it enormous feelings of well-being. Mainly Chakra hot lava stone massage which transmits and holds heat at 50/60°. The stones are moved in dynamic spiral shaped movements all over the body and then placed over the Chakra points, while listening to Indian and Tibetan music.

Shirò: Euro 90,00 – 1 hour

An hour of the finest of oriental therapies combined with the science of Western practices, ensuring a new daily equilibrium. Shirò is the true temple of well-being which will ensure a new balance of body and mind and fine physical shape too. Ancient methods of traditional massage, personalised chromotherapy and a mix of oils and precious essences will regenerate and bring total well-being.

Vodder Method lymphatic draining: Euro 90,00 - 1 hour.

The draining of excessive liquids from body tissues is a special method allowing the lymph to recondition or accelerate circulation in the vascular system by means of special massage technique involving varying movements and pressures applied to the body to induce better circulation.

Lymph drainage is to be considered as a support in the prevention of some antiaesthetic conditions. The main effects are:

- draining
- detoxing, analgesic
- immunitary, regenerating, healing wounds
- Relaxing, anticellulite.

Ortho-bionomy: Euro 90,00 - 1 hour

This is a therapeutic system based on the stimulation of the body's self-correcting reflexes and means *Ortho* = correct, *Bio* = life & *Nomos* = Law, therefore the correct application of the laws of



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life. By means of Ortho-bionomy a person may recover understanding of his or her own original concept as well as balance and harmony. The technique is based on the stimulation of the body's self-correcting reflexes, that is in the capacity our body has for re-establishing balance that has been upset by external agents. It is based on the universal law of Action-Reaction: all actions have an equal opposite reaction and with this principle in mind, it is a question of reliving the emotion that has caused tension but in a safe, secure condition.

White energy: Euro 120,00 - approx. 2 hours

Tone and firm your body. Rediscover your body tone with our innovative treatment. A fresh and natural recipe which combines cosmetic yogurt with natural ingredients that have temptingly sensuous textures and appealing fragrances. A unique experience in three stages: exfoliation, intensive therapy and body massage for a firm more toned body. This treatment is ideal for skins showing signs of relaxation, surface flaws and reduced tone.

Chocolate therapy: Euro 120,00 - approx. 2 hours

The sheer pleasure of chocolate for sensational skin moisturising effect. Chocolate Body is a treatment which exploits the virtues of chocolate. By means of a voyage of the senses, it confers moisture, softness and a natural glow to the skin. There are various stages to the treatment: exfoliation with a Chocolate Body Scrub, massage with Chocolate Body Oil which has a relaxing, anti-stress effect and leave the skin soft and velvet smooth, the Chocolate Body Mask and a final massage with the Chocolate Body Moisturiser.

Aura-soma: Euro 80,00 - 1 hour

The luminous Aura-Soma pen is a tool similar to a torch which, according to the patient's individual disorders, has phials containing the energy of colours, herbs, essences, crystals, and the waters of light: products with great vibrational powers which are illuminated by this tool so as to act on the human body in the areas most sensitive to light. Aura-Soma is defined a vibrational therapy as the vibrations of the products, tuning into the individual energy structure, bring modifications that are necessary to recover original balance .

The luminous pen works on:

- meridians
- chackras
- entry to the subtle bodies responsible for distribution of energy

There are various forms of treatment with the luminous pen for individual problems:

- balancing chackras
- psychosomatic disorders
- stimulation of the immune system
- recovery of informative flow in subtle bodies
- treatment on "Maya Ports" (sensitive areas connected with inner questions).

Californian: Euro 80,00 - 1 hour

This massage more than any other insists on the notion of contact with perfumed oil and with the vastest range of manipulation: light touch, traction, vibration, kneading, local pressure, sliding pressure, twisting, rubbing, rocking and lengthening. It has a toning effect on the skin, acts on the muscular system, relieving tension. It stimulates lymphatic and blood circulation . It reactivates the vitality of breathing and internal organs. It has a haemostatic effect on the body, reducing excessive



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tension and recovering energies where missing. It calms or tones the nervous system. It is good for digestion and detoxing. By means of the use of essences which enrich the oils used for massaging, all body functions can be developed and harmonised.

Reflexology of the foot: Euro 80,00 - 1 hour

Reflexology is a gentle art which goes back at least five thousand years, a fascinating science and a very effective form of therapeutic massage of the foot which is one of the “complementary” forms of medicine. It is calming, comforting and relaxing. Sensations are different in the various areas of the foot, according to the functioning of the corresponding parts of the body. Sensitivity varies from person to person and the results are usually most evident after three or four sessions.

Ayurvedic: Euro 80,00 – 1 hour

An hour of therapeutic action of the hands which has been of great importance to the ancient world. The massage, which probably had quite empirical origins, was efficiently encrypted in ancient texts which are the basis of Ayurvedic medicine. Through the pressure of the hands, a therapeutic action on nerves and muscles brings great relief to patients. Some of the effects of this massage are that it:

- helps to preserve youth
- increases vitality
- eliminates stress, tiredness and fatigue
- protects from the imbalance of mind and body
- increases physical resistance
- improves circulation
- is of benefit to those who suffer from insomnia
- improves resistance to illness as it strengthens the immune system

Shiatsu: Euro 80,00 - 1 hour.

The origin of the name Shiatsu comes from Shi (fingers) and atzu (pressure), so the pressure of the fingers is applied to the acupuncture points; in some cases Artemis is used to warm and rebalance the patient's Ki, a procedure called Moxa. It causes the body to relax so the Ki is rebalanced throughout the body, bringing a smile of inner serenity back to the person

Relaxing massage: Euro 80,00 - 1 hour.

Pampered by a harmonious, fluid massage producing sensations of relaxation which free you from the stress accumulated during the week.

Hawaiian Massage (Lomi Lomi): Euro 80,00 - 1 hour.

A massage involving body, mind and spirit. It consists of wave-like movements of the forearms all over the body, accompanied by Ritual Hawaiian or Indian music.

Hatha Yoga: Euro 80,00 - 1 hour 30 minutes.

Hatha Yoga teaches us to dominate the cosmic energy present in man, manifested as breathing, and therefore to build up control of the most unstable and mobile element we are able to imagine, i.e. the mind in its constant restlessness, so easily distracted and ready to wander.



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Reductive Treatment : Euro 85,00 - 1 hour

Thanks to a specific equipment this treatment helps to reduce the excess adipose tissue.

Well Being Treatment : Euro 85,00 - 1 hour

This treatment is used for reducing cervical pains (neck, shoulders and waist area) using a specific equipment. Its benefits are relaxation and alleviation of pains.

Scrub Treatment: Euro 85,00 - 1 hour

Thanks to a specific equipment, this treatment regenerates and smooths down the skin, bringing benefit to the whole body.

Microabrasive Treatment: Euro 85,00 - 1 hour

This foot massage consists of removing corns and callus with specific equipment.

Exfoliating body scrub with natural salt, pinus cembra and honey: Euro 100,00 - 1 h.

This treatment brings to skin elasticity and smoothness. It activates cellular balance and restores the natural brightness of the skin.

Exfoliating body scrub with natural St John's wort salt and biopur: Euro 100,00 - 1 h.

It is a toning and detoxifying massage. This treatment has an anti-age, regenerating and toning up effect.

Exfoliating body scrub with natural salt and arnica: Euro 100,00 - 1 h.

This refreshing treatment is used for moisturize tired skin damaged by daily stress and smog.

Exfoliating facial scrub with pinus cembra flour, Neroli oils and orange: Euro 100,00 - 1 h.

Want to be young looking? This treatment cleanses the skin and removes dead cells; it activates skin regeneration.

Face mask with nourishing extracts of brewer's yeast: Euro 100,00 - 1 h.

This treatment acts as a strong and natural anti-age treatment thanks to the several properties of brewer yeast.

Personal trainer: Euro 40,00 - 1 hour.

Work with a personal trainer to reach or maintain top physical shape ...

Manicure: Euro 30,00

Pedicure: Euro 45,00

Waxing: Euro 45,00

Shampoo and blow dry: Euro 50,00



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Cut: Euro 70,00

Facial : from Euro 90,00

Sauna: Euro 15,00

Spa arrival

Do please arrive in good time for your treatment reservation to enjoy full use of the facilities. Please be aware that late arrivals will not receive an extension to their treatment time.

Heat experiences

To ensure the comfort of all guests, a bathing suit is required for use of our same sex facilities.

Health condition

Please advise us of any health conditions, allergies or injuries that could affect your treatment or use of the spa facilities.