

RESORT NATURISTA GROTTAMIRANDA &  
BELLEZZA INTEGRALE BY VALERIA AND GIANLUCA

## YOUR WELLNESS SERVICES





RESORT GROTTAMIRANDA

L'Italia del Sud, naturalmente

"Because your natural well-being is our priority, we have chosen to offer you a unique experience of relaxation, energy and personal care."

Martine & Pierre



ATMASHAKTI

BELLEZZA

INTEGRALE



## MAKE YOUR CHOICE

---

### WELLNESS PATHS

A la carte Paths for a stay of 4/5 days  
Individual or Couple paths

### GROUP ACTIVITY

Activities where you can feel the group energy and  
spirit

### SINGLE SERVICES

A la carte menu



## WELLNESS PATHS

---

These paths are designed all-inclusive for a stay of at least 4/5 days.

Make your choice.

### MIND AND BODY ANTISTRESS

For You:

- 1 Wellness Consultation
- 2 Earth/Sky Rituals: Face and feet massages with stimulation of energy points (1hour) - 2 Sauna - Shower - 2 Herbal teas
- 2 personalized guided Relaxation sessions

Benefits:

- Deep calm and concentration
- You will feel your body and mind deeply regenerated.
- You will feel more optimistic and enthusiastic
- More physical and mental energy.

...Prices: 1 person : 216 €  
Couple : 370 €

### MIND AND BODY ENERGY

For you:

- 1 Wellness Consultation
- 2 Cold effect Peelings with essential oil + massages (1hour together) - 2 Sauna - Shower - 2 Herbal teas
- ♦♦ 2 personalized guided Relaxation sessions
- ♦

Benefits:

- Freshness and lightness of your body and mind
- ♦ Elimination of excessive heat
- Reactivation of your physical energy

...Prices: 1 person : 216 €  
Couple : 370 €



## WELLNESS PATHS

---

These paths are designed all-inclusive for a stay of at least 4/5 days.

### MIND AND BODY DETOX

For you:

- 1 Wellness Consultation
- 2 Detox Peelings with massages with Detox oil (1 hour together) – 2 Sauna - Shower – 2 Detox Herbal teas
- 2 personalized guided Relaxation sessions
- 

Benefits:

- Detoxify mind and body.
- Strengthen the immune system,
- Help the body regain health, Prevent the onset of diseases.
- Lighten the body and mind.

...Prices: 1 person : 216 €  
Couple : 370 €



## GROUP ACTIVITY

---

Activities where you can feel the group energy and spirit. Those group activities are proposed to you for free.

### **WAKE-UP YOGA**

Morning yoga classes for all

A naked yoga experience, where you can breathe, feel freedom and relaxation, and connect with nature and the elements.

Every morning ----1 hour

### **SOUND BATH AND MANTRA IN THE CAVE**

Tibetan Gong, Handspan, Chanting

Calms the mind, regulates the glandular system and encourages regeneration of the nervous system.

A feeling of harmony and peace,

Helps you get back in touch with yourself.

1 time a week----1 hour

### **GUIDED RELAXATION (YOGA NIDRA)**

Yoga nidra is a practice of guided deep relaxation, specifically designed to take you between wakefulness and sleep.

The aim of yoga nidra is to release physical, mental and emotional tension, break the constant thoughts and thus reduce long-term stress.

Every evening ---30 minutes



## SINGLE SERVICES

---

Make your choice.

### HEAD & FACE MASSAGE

Head and face massage with essential oils

- works on tension points,
- brings the mind into a deep state of relaxation. Anti-stress effect.

----30 minutes

...Price: 49 €

### FEET MASSAGE

Feet massage on energetic points with essential oils

- ◆ improves sleep.
- ◆ improves the immune system.
- ◆ improves blood circulation.

----30 minutes

...Price: 49 €

### EARTH/SKY TREATMENT

Face massage and feet massage with stimulation of energy points with essential oils

This treatment combines the benefits of the two previous treatments.

----60 minutes

...Price: 69 €

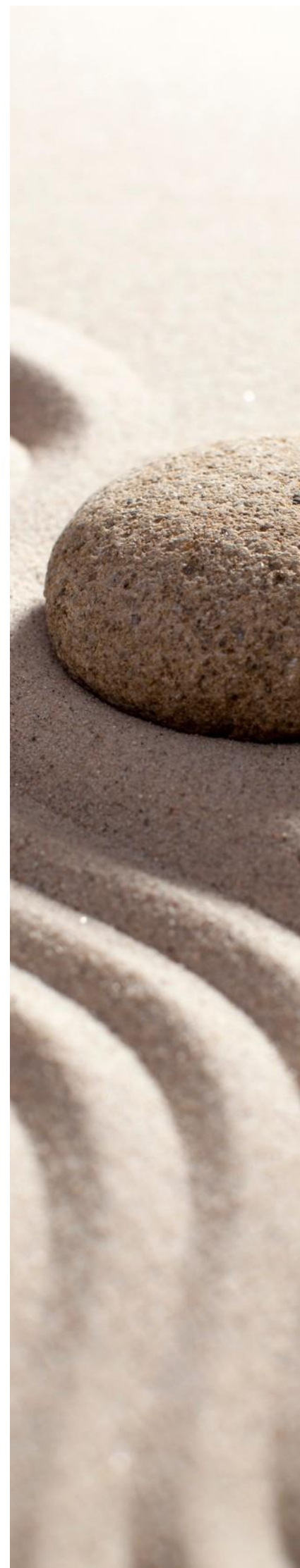
### PURE AIR RITUAL

Treatment of the respiratory tract with ayurvedic oils (Nasya) with facial and neck massage, sauna with balsamic essential oils and shower

- ◆ prevents inflammation of the respiratory tract
- ◆ improves breathing.

----60 minutes

...Price: 69 €



## SINGLE SERVICES

---

Make your choice.

### TOTAL BODY AROMATHERAPY SCRUB

The exfoliating granules with essential oils

- Removes dead skin,
- Stimulates circulation and helps draining the lymph nodes.
- Increases blood flow to the superficial layers of the skin,

----45 minutes

...Price: 59 €

### ANTIAGE TREATMENT

Sauna - Face massage and face mask with essential oils and stimulation of energy points shower:

- ◆ gives a relaxing, lymph-draining with a pleasant sensation of uniform and compact skin.
- ◆ brighter
- ◆ natural lifting effect

----60 minutes

...Price: 69 €

