



estetica naturopática

Anima Mundi embraces the holistic philosophy of well-being, every ritual becomes an enveloping and regenerating experience unforgettable.

Never one is too young or too old for knowledge of happiness. At any age it is nice to take care of wellness of our soul.

MASSAGE AND BODY TREATMENTS

(duration about 1 hour)

Ayurveda

€ 100,00

By acting on the meridians, this ancient Indian massage creates a deep balance, stimulates drainage, and eliminates toxins, which are the causes of energetic blocs. The Ayurveda massage releases muscular tension and promotes total relaxation.

Pindasveda

€ 120,00

Powerful ayurvedic technique that uses hot pads with expertly mixed medicinal herbs. The body feeds on the active ingredients of herbs dissolving muscle contractions and tensions accumulated over time. Excellent treatment for cellulite and fatty deposits.

Shiatsu

€ 100,00

Ancient Japanese treatment aimed at awakening deep energies. By working on the meridians corresponding to the internal organs, Shiatsu re-establishes a psychophysical balance for total and lasting well-being.

Yoga Massage

€ 100,00

Massage of the ancient Indian warriors who could access the fighting free from the tensions of body and mind. In addition to dissolving the tensions, with warm oils, it works on the flexibility of the joints and restores proper breathing through the relaxation of the diaphragm.

Harmonious soul massage

€ 100,00

A rare massage whose purpose is to harmonize the energetic, vibrational and emotional body. Thanks to gentle manual skills combined with a special mix of Bach flowers, realignment is achieved with one's inner self, serenity, peace, balance and true well-being.

Aromatherapy massage

€ 100,00

This massage is connected to the psycho-body use of plant aromatic essences for the prevention of various disorders. It is one of the easiest ways to use the power of essential oils together with the wisdom of the hands to deal with the well-being of our body-mind. We use a skilful combination of vegetable oils and pure and natural essential oils.

Candle massage

€ 120,00

To characterize the massage with candles is the ability to achieve a state of total relaxation and serenity through a multi-sensory journey. The relaxing power of the colors of candle light (chromotherapy) blends with the feeling of harmony and balance transmitted by the heady scents of essential oils (aromatherapy).

RITUALS OF BEAUTY AND WELLNESS

FAIRY SKIN (dedicated to her) 3 HOURS

€ 300,00

Dedicated to women looking for their femininity, thanks to the invigorating and exfoliating treatment they will find a purified, smoothed skin and a relaxed state of mind.

Inside teh ritual

Scrub massaged with pink Himalayan salt, damask rose powder, sweet almond oil and ylang ylang essential oils.

Facial treatment with essential oils, Damascena rose mask

Turkish bath

Rebalancing massage

BERBER RITUAL (DEDICATED TO HIM) 3 HOURS

€ 300,00

This ritual is a special type of massage that recalls the Berber atmosphere through the aromas and traditions of these warm lands far from the hectic life that we live in our cities. At the same time, it is carried out with an energetic dexterity that takes inspiration from oriental techniques and western maneuvers.

Treatment indicated for those who are heavily stressed or have particularly contracted muscles.

In a first phase you will be treated with Sicilian green clay known for its strong detoxifying properties. This step serves to remove the excess of toxins that the body can not dispose of and which contribute to increase inflammation. The second phase includes a turkish bath with natural products that relax the body and mind. Finally, you will receive a relaxing massage of about one hour in order to complete the preparation work carried out in the first two parts.

LEZIONI YOGA

€ 100,00

Individual and couple sessions of pranayama, hata yoga, energy yoga, yoga nidra and guided relaxation techniques for the elimination of anxieties.

For all other service:pedicures, manicures,hair remova, evening makeup
Please contact Anima Mundi - phone 055 268043 - Cell. 391 3052720