

**RELAXING MASSAGE**

Massage performed with strong pressure, whose objective is to stimulate the circulatory system, increasing blood circulation, reducing heart rate, blood pressure, tension, aiming at relaxation. Full body massage. Professional massage cream, Xelory.

**Approximate duration of 45 minutes.**

**Price: 40.00€**

**LYMPHATIC DRAINAGE**

Massage performed with light, smooth, rhythmic and precise pressures, in a circular and spiral shape always towards the lymph nodes, whose objective is to stimulate the lymphatic system to work at a faster rate, taking the lymph to the lymph nodes. This process eliminates excess liquids and toxins, stimulating tissue regeneration, improving the immune system and the body's anti-inflammatory action, bringing benefits in reducing edema and water retention.

**Approximate duration of 45 minutes.**

**Price: 40.00€**

**PHYSIOTHERAPY**

Physiotherapy analyzes and evaluates movements and posture, having a global understanding of the human body in terms of its structures and functions. It acts not only at the diagnostic and therapeutic level, but also at the level of prevention of disabilities caused by physical, functional musculoskeletal, cardiovascular, respiratory and neurological disorders, and psychological disorders, with the aim of promoting health and, thus, an improvement in the quality of life

**Approximate duration of 45 minutes.**

**Price: 40.00€**