



BREATHE WELLNESS

Rossana Barbaro

MOBILE MASSAGE SERVICE

REGISTERED HOLISTIC PRACTITIONER IN THE FEDOLISTICA PROFESSIONAL REGISTER WITH CODE OL-182P, PURSUANT TO LAW 4/2013.



HOLISTIC WELCOME RITUAL



MASSAGGIO TOTAL BODY

A journey into the senses that involves the whole body. Fluid, enveloping movements relax the mind and nourish the skin with a delicate scent of lavender and rosemary to ensure a deep sense of lightness.

Durata 50 min.

80€

MASSAGGIO EXPRESS

It arises from the need of those who don't have much time available but want to take a relaxing break. It helps release stress and fatigue in a short time.

You can choose between:

- Face, neck and arms
- Legs and feet
- Legs and back

Durata 30 min.

55€



COUPLE MESSAGES

Let yourself be enveloped in an atmosphere of total relaxation, without having to leave your room. Two experienced therapists will bring the spa to you, for an experience of connection and shared intimacy.



Emotional connection



Choice between:

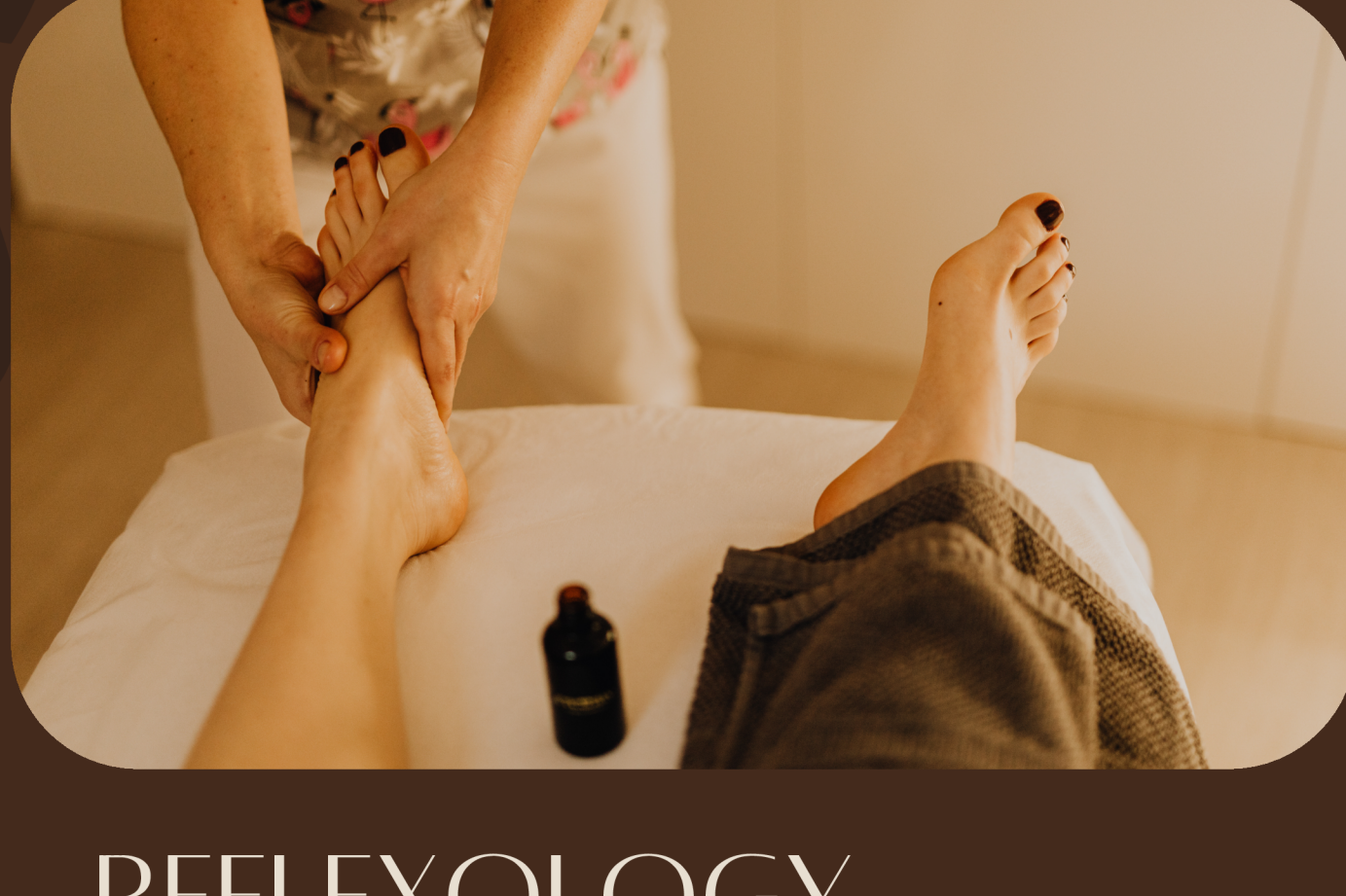
- Couple Break 30 min. 110€
- Wellness in Two 50 min. 160€
- Massage candles 50 min 180€

wellness-focused

Duration: 45 min.

60€

A holistic treatment that begins with a preparatory phase, followed by a second phase involving digital pressure and stimulation of points and areas corresponding to organs, joints, and nervous structures. Foot reflexology works deeply on the body, making it a complete and regenerating treatment for the entire organism.



REFLEXOLOGY FOOT MASSAGE



BACK AND NECK DEEP TISSUE MASSAGE

Duration: 45 min.

60€

A deep massage that improves mobility, reduces muscular tension and stiffness through a sequence of manipulations, passive stretching, and finger pressure, effectively releasing tension between the shoulder blades, neck, and lower back.

Duration: 50/60 min.

70€

An option to combine the manual massage with the cupping technique, which acts deeply and amplifies the treatment's effect, making it more intense.



MASSAGGIO CON PIETRE CALDE

Duration: 60 min.

90€

A treatment that combines the art of massage with the therapeutic power of heated volcanic stones. The heat deeply penetrates the muscles, dissolving tension, improving blood circulation, and promoting mental relaxation.

HOT STONE MASSAGE

customer comfort



CANDLE MASSAGE

natural skincare

Duration: 50 min.

90€

An holistic treatment using cosmetic candles made from vegetable waxes, natural oils, and butters that nourish the skin with delicate fragrances. Characterized by slow, enveloping movements that improve blood circulation and reduce muscle tension, promoting a deep sense of relaxation.

TECNICA EFT INTEGRATA

Emotional Freedom Techniques

TECNICA RIEQUILIBRANTE

Duration: 45/60 min.

50€

An excellent relaxing technique that helps rebalance the nervous and emotional system, originally developed to cope with difficult times, is also successfully used to relieve various physical symptoms, allowing harmony and relaxation to be felt in a short time. Before and after the practice, a partial massage of the face and hands is included.



FULL IMMERSION SENSORY MASSAGE

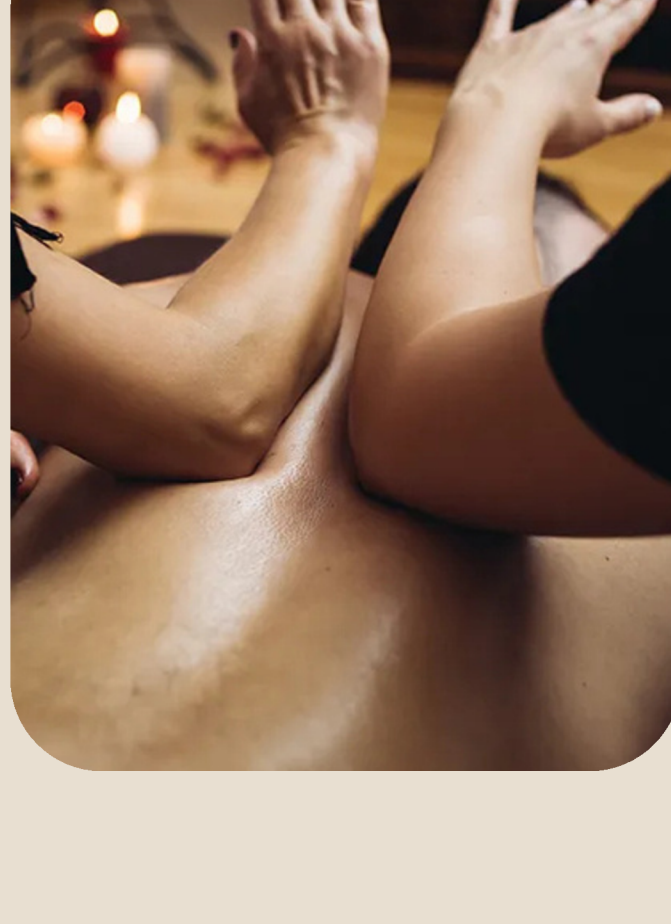
FOUR HANDS MASSAGE RITUAL

THE MOST LOVED BY OUR GUESTS

Duration: 45 min

90€

Two massage therapists work in perfect synchrony on a single client, creating a unique and deeply relaxing sensory experience. The harmonious, choreographed movements of the four hands envelop the body, dissolving muscular tension more effectively. The sensation of "feeling four hands" allows the brain to let go of control, promoting a total immersion in the present moment.



TRAVEL & WELLNESS

Hello, let me briefly introduce myself.

My name is Rossana Barbaro, a professional holistic practitioner who loves nature, animals, and her work. I am the one who joyfully takes care of the massage and wellness treatments at Garden House Amarena.

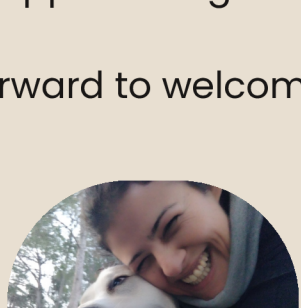
In 2018, I began my training journey in the field of naturopathy and mind-body wellness.

My goal is not only to help relax the body, but to provide a personalized sensory experience.

As this is an external service, advance booking is recommended to ensure availability on your preferred date and time.

For further information and/or reservations, please contact the reception or send a WhatsApp message to +39 328 639 1025.

We look forward to welcoming you to nature!



thank you!

Rossana