



# RITUALS & MASSAGES

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An invitation to slow down, breathe, and restore balance. Each treatment is designed to guide the body toward a deep state of wellbeing through dedicated time, attentive care, and tailored techniques.

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## WELLNESS RITUALS

### Ayurvedic Massage

Long, flowing, rhythmic movements performed over the entire body. Promotes deep relaxation, calms the nervous system, and helps rebalance vital energy, known as prana.

Essential Ritual · 50 min · €95

Deep Ritual · 80 min · €145

### Bioemotional Massage

A treatment designed to release physical and emotional tension. Helps reduce stress and anxiety, encouraging a feeling of lightness, calm, and inner balance.

Essential Ritual · 50 min · €95

Deep Ritual · 80 min · €145

## **Relaxing Massage**

The mind slows down, the breath softens, the body lets go. Ideal for releasing daily tension and rediscovering a deep sense of wellbeing.

Essential Ritual · 50 min · €95

Deep Ritual · 80 min · €145

## **Hot Stone Massage**

The warmth of volcanic stones melts muscular tension, stiffness, and deep contractures. An enveloping treatment that brings a pleasant sensation of relaxation and lightness.

Essential Ritual · 50 min · €95

Deep Ritual · 80 min · €145

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# **BODY & RECOVERY RITUALS**

## **Deep Tissue Massage**

Deep and targeted techniques help reactivate circulation while relieving fatigue and muscular tension.

Particularly recommended after intense physical activity or periods of physical stress.

Essential Ritual · 50 min · €95

## **Sports Massage**

Supports muscle recovery, fluid drainage, and relaxation of muscle fascia.

Ideal before or after physical activity.

Essential Ritual · 50 min · €95

## Lymphatic Drainage Massage

Performed with slow, rhythmic, and delicate movements, it helps the body eliminate fluids and toxins, promoting a feeling of lightness and overall wellbeing.

Deep Ritual · 80 min · €145

## Cupping Massage

A technique using glass cups glided over the body to work deeply on muscular tension.

Stimulates blood circulation and helps reduce stress and stiffness.

Essential Ritual · 50 min · €95

Contraindications:

- Use of anticoagulants
- Skin lesions
- Pregnancy
- Cardiac arrhythmias

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# HOLISTIC RITUALS

## Foot Reflexology

Through pressure applied to specific points of the feet, it stimulates the wellbeing of the entire body, encouraging balance and deep relaxation.

Essential Ritual · 50 min · €95

## Thai Massage

An ancient Eastern practice combining pressure, stretching, and body mobilization.

Performed without oils, on a floor mat, to encourage flexibility, energy, and psychophysical wellbeing.

Essential Ritual · 50 min · €95

Deep Ritual · 80 min · €145

## **Energy Cleansing**

A ritual inspired by ancestral purification practices.

The use of aromatic herbs such as rosemary and basil supports the release of tension and stagnant energy, promoting calm and inner harmony.

Deep Ritual · 80 min · €145

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## **FACE & WOMEN'S WELLBEING RITUALS**

### **Face Lifting Massage**

An exclusive massage dedicated to the face, neck, and shoulders using products with remodeling and relaxing properties.

Helps restore brightness, tone, and a pleasant feeling of relaxation.

Essential Ritual · 50 min · €95

### **Prenatal Massage**

A treatment dedicated to expectant mothers, available from the third to the eighth month of pregnancy.

Gentle and enveloping techniques encourage physical and mental relaxation while helping reduce water retention.

Essential Ritual · 50 min · €95

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## **MOVEMENT & AWARENESS**

### **Mat Work Pilates**

A bodyweight practice based on control, breathing, and concentration. Helps improve posture, balance, and body awareness.

Essential Ritual · 50 min · €95

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## ***A Time Dedicated to Wellbeing***

The wellness rituals at Cruccùris are entrusted to Diletta, whose approach combines attentive care, balance, and presence.

For bookings and information:

**Cruccùris Resort Reception**

+39 070 7989020