



TRULLI GRETA  
EXTRA SERVICES

## OPEN AIR MASSAGE

### 1. Ayurvedic Massage

Restores balance between mind and body. It improves lymphatic and blood circulation, has a beneficial effect on the spine, tones the muscles and positively influences the person's mental state.

<b>60 min</b>	<b>65€</b>
<b>Package 2 Ayurvedic Massage 60 min</b>	<b>120€</b>
<b>80 min</b>	<b>90€</b>
<b>Package 2 Ayurvedic Massage 80 min</b>	<b>170€</b>

### 2. Bali Massage

In the Balinese massage, hand pressure, acupressure, sliding, kneading, traction, stretching and bending alternate to ensure that blood, lymph and energy flow smoothly.

<b>50 min</b>	<b>60€</b>
<b>Package 2 Bali Massage</b>	<b>110€</b>

### 3. Candle Massage

The Candle Massage is an extremely relaxing, decontracting and engaging massage which is carried out by melting a massage candle on the body, giving an extremely profound multi-sensory experience.

<b>50 min</b>	<b>60€</b>
<b>Package 2 Candle Massage</b>	<b>110€</b>

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EXTRA SERVICES FOR TRULLI GRETA

Luxury apartment holiday home in Puglia in Martina Franca (TA, Italy) - CIS: TA07301391000027529



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### 4. Sport Massage

To improve athletic performance, relieve muscle tension, prevent injuries, prepare muscles for physical activity.

<b>50 min</b>	<b>55€</b>
<b>Package 2 Sport Massage</b>	<b>100€</b>

### 5. Relaxing Massage

The relaxing massage can significantly enhance the person's state of well-being, promoting the stimulation of the production of endorphins, improving the quality of sleep, memory and concentration.

<b>50 min</b>	<b>55€</b>
<b>Package 2 Relaxing Massage 50 min</b>	<b>100€</b>
<b>80 min</b>	<b>80€</b>
<b>Package 2 Relaxing Massage 80 min</b>	<b>150€</b>

### 6. Tension-relieving Massage

A mix of techniques and maneuvers that manipulate the deeper tissues, such as connective and muscular tissue. It aims to loosen and relax muscle contractures.

<b>50 min</b>	<b>55€</b>
<b>Package 2 Tension-relieving Massage</b>	<b>100€</b>

### 7. Draining and anti-cellulite Massage

This treatment improves blood circulation, acting on the tissues with the aim of promoting blood, venous and lymphatic return and facilitates the removal of excess fluid.

<b>40 min</b>	<b>50€</b>
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### 8. Relaxing face Massage

This treatment reduces stress and tension that accumulate on the face and contract the neck muscles. Useful for those who suffer from migraines. It focuses on the face, décolleté and scalp.

25 min

35€

### 9. Anti-aging face Massage

This massage touches the right points to oxygenate the tissues which regain turgidity, brightness and elasticity. Stimulates the production of collagen and elastin which help keep the skin elastic. Facial maneuvers have a rebalancing effect on the body.

25 min

35€

# BOOK YOUR MASSAGE NOW

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