

Venice Lido \*\*

# HOTEL RIVAMARE

## HOLISTIC TREATMENTS YOGA E MEDITATION

SESSION	DESCRIPTION	RATES
OSHO NEO REIKI	Give yourself a deep relaxation with this ancient 'art' original from Tibet, healing energy through loving hands harmonizes chakras reducing stress and giving a new awareness	1h € 35.00
SHIATSU MASSAGGIO	Abandon yourself to the ancient principles of this oriental healing technique, that stimulates and relaxes body and soul with the skilled pressure of thumbs on energetic meridians, naturally activating the self healing process and promoting psycho-physical wellbeing.	1h € 50.00
HOT OR COLD VOLCANIC STONE MASSAGE	Hot or cold Lava stones placed on key points and used to massage the body bring great benefit, improve vascularization and blood flow, relax and lessen muscular pain	1h € 65.00
FRUIT BUTTER MASSAGE	Nourish and stimulate your skin with this precious aromatic butter. The fruit acid butter has emollient and smoothing properties	1h € 50.00
CANDLE MASSAGE	Treat yourself with a scented candle massage. Karite butter drops bring a pleasant warm sensation, melting away tension, reinvigorating the body, filling it of new energy	1h € 50.00
ESSENES OIL MASSAGE	Revive body and mind with rare natural essences particularly indicated to enliven male energy with a deep and strong massage	1h € 50.00
FAIRY OIL MASSAGE	Relax body and mind with precious natural essences particularly indicated to enliven female energy with a draining massage	1h € 50.00
FACE DEEP CLEANSING	The best treatment to get your face ready for the beach and obtain an even and shining tan, free from winter impurities and city life stress	€ 30.00
HATA YOGA INDIVIDUAL SESSION	Practice with us Hata-Yoga (on the beach weather permitting) for beginners and advanced wishing to share the experience of a deep contact with body and nature	1h € 35.00
MEDITATION INDIVIDUAL SESSION	Come back to yourself and taste the magic of Here and Now. In our bright and cozy Meditation Hall you'll be guided to experiment and get involved with Osho's Active Meditation techniques	1h € 35.00
GROUP SESSIONS	Yoga and Meditation for a minimum of 3 people	1h € 15.00