

AgriSpa Frà Viaco

modern spa with ancient mud therapies

AgriSpa body contact

“Ancella del lago massage”

The treatment “ ancella del lago “ (maid of the lake) aims to improve the lymphatic system and to rebalance the circulatory system by using the art of lymphatic draining. It is a specific treatment for those who lead a sedentary lifestyle and would like to strengthen their circulation. The massage is carried out with delicate pumping and the application of draining essences in the points of lymphoid draining. This treatment involves the whole body, from the neck to the toes. Treating the lymphatic ganglion will make you feel light and will give you a sense of well being which you will continue to feel in the days after the treatment. After the massage we advise a short emotional shower, avoiding hot

temperatures. Rituals with cold or warm water are fine. After this you can have a draining drink and relax for 15 minutes with your legs slightly raised.

“Sentiero dei briganti massage”

The treatment “sentiero dei briganti” (path of the bandits) is for those who would like to improve their physical and mental tonicity and vitality. This special massage offers a dark experience, with possible surprises, just like what walking the paths of our woods could have been hundreds of years ago. Coming out of the woods unhurt will make you feel like a new person ! The massage aims to stimulate the neuronal system. The treatment begins with an energetic exfoliation, but not aggressive, which will awaken the skin and reactivate the microcirculation. Wooden tools, brushes and pressure are the methods used during this massage. The atmosphere is perfused with selvatic aromas. With this massage we work mainly on the legs and the back. At the end of the massage relax and take a breath of relief. Recharge yourself and abandon your worries.

“Massaggio degli antichi etruschi”

“The massage of the Ancient Etruscans” is a ritual for those who need to relax, let go and forget their daily craziness. It is a harmonious treatment, full of aromas, subtle touches and elongations.

“Distension” is the key word here for our body’s tissues, joints and mind. The treatment begins with the diffusion of aromas and essences that help you to relax. The aim is to find balance and to control the breathing. The massage continues as an art, increasing the elasticity of the muscle bands. Every area of the body is stimulated, paying particular attention to the legs and arms. After the treatment allow yourself a few more minutes in the relaxing area while enjoying a regenerating herbal tea.

Specialised total body massage, duration 55 minutes, 80 euros each.