

It is to the human  
heart that the  
Nature's show life  
exists;  
To be able to see it,  
you have to feel it.

Jean-Jacques Rousseau

Here you will find the proposals  
that we have designed for you





# Professional Massage Treatment



by Franca

- PARTIAL MASSAGE 30mins

*choose between one of the below:*

- RELAXING to include back or shoulders/neck/face
- DRAIN legs
- or
- THERAPEUTIC back

Price 45 € / person

- BODY RELAX MASSAGE 50min
- back and legs

Price 65 € / person

- TOTAL BODY RELAX 80mins
- legs, back, face and head

Price 85 € / person





# Yoga

Private lesson

with *Ignazio*

*An unforgettable wellness experience  
in the midst of nature  
on our farmhouse grounds*

*Let yourself be guided by master Ignazio  
on a journey of powerful reconnection  
between body and spirit,  
through movement and breathing*

1 hour lesson

*Prices :*

30€/person

from 4 persons 20€/person

from 6 persons 15€/person





# Pilates

Private lesson

with *Ozintia*

Gentle gymnastics focused  
on posture control

→ Exercise suitable for any type of  
person and of any age

→ Enhance muscle elasticity  
for greater harmony  
and fluidity of movements

→ Reduces anxiety and stress  
improving mental and physical  
concentration

*Prices :*

for 1 person 50€

for 2 persons 60€

from 3 persons 25€/person



## Outdoor activities

- services active from May to September -

- Advance booking required  
(date and time agreed)
- Non-exclusive services only  
for guests of the farmhouse
- Group lessons can be booked

For info and bookings

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