

## Wellness Area



### Free entry

*From 15.30 to 19.30*

### ENTRANCE TO THE CALIDARIUM:

*Sauna - Hammam - Emotional showers*

### ACCESS TO RELAX AREA

*Infusions, refreshing drinks and  
fresh fruit*

Bathrobe and slippers kit + € 10,00

## DO YOU HAVE TIME FOR YOURSELF?

Do not give up the pleasure of a massage designed and proposed based on your needs... Our masseurs will be at your complete disposal to give your body new energy and vitality, the treatment meant for you...

### What is a wellness path?

It is a beneficial course lasting about 90 minutes. The purpose is to relax mind and body through stimulating steam baths, sauna emotional showers and vascular pathways, interspersed with relaxing rest sessions. It is recommended to drink hot herbal tea during relaxing moments to encourage sweating during steam bath sessions and help replenish fluids.



## LIDO DI JESOLO

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**HOTEL GALASSIA**  
IL TUO VIAGGIO NEI SENSI

# Cassiopea

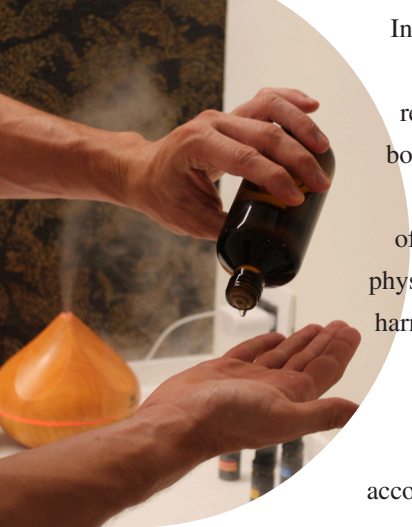
## SPA RELAX

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MASSAGE - SAUNA - HAMMAM  
EMOTIONAL SHOWERS

*Step into a world of pleasure*



In the new concept of the Galassia hotel, the new relaxation area “CASSIOPEA” is born. A service designed to relieve the guest from the fatigues of the sea and lead him to the best physical and mental form, for a total harmony between body and psyche. Sauna, Turkish bath, emotional paths, sensory showers, personalized massages will accompany you in your regeneration process.

## Treatments

### *Classical Swedish Massage*

The most common form of Western massage, it is so called because of its origins; Swedish massage aims to make the individual achieve a state of both physical and mental well-being.

It involves the use of massage oil and the performance of various manipulations practiced with different intensities that generally involve the whole body.

30 min. 45€ / 50 min. 75€

### *Decontracting Massage*

In addition to relieving pain, it has a calming and relaxing effect against states of anxiety; it reactivates blood circulation improving oxygenation of all tissues in the body.

It improves muscle tone by counteracts muscle rigidity and improves articular mobility.

30 min. 45€ / 50 min. 75€

### *Plantar reflexology*

This type of massage uses a technique that uses the stimulation of specific areas of the foot to restore balance to the body.

Useful in cases of congestion and tension, it helps against back pain, anxiety, and stress.

30 min. 45€

### *Anticellulite Massage / Leg Drainage*

The maderá masaje lipid-reducing and draining massage improves the lymphatic system and blood circulation from the first session, determining a significant reduction in localized fat and cellulite.

It also works on the muscle bands determining a firming effect and allowing to achieve body definition by activating lymphatic stimulation and improving blood circulation.

Instruments made of fine wood are used for this kind of treatment.

50 min. 95€

### *Hot Stone Massage*

A full-body massage practiced with hot lava stones that are able to retain heat due to their special properties.

The energy that allows our bodies to regain health and well-being that we are often unaware we possess, with this kind of treatment is reactivated and rebalance.

The main benefits that are obtained are both physical (relaxation, slowing aging, detoxification, tissue rejuvenation, toning of muscles, contribution of flexibility to joints, the alleviation of rheumatic pain) and physiological (good functioning of organs in the digestive, circulatory respiratory systems).

60 min. 95€



### *Hawaiian Massage ( Lomi Lomi Nui )*

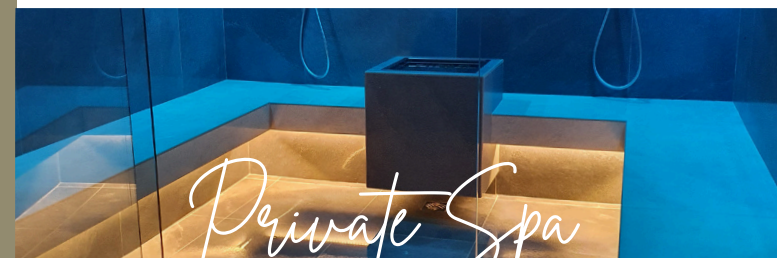
This is a gentle type of massage, with slow, steady movements that reminds the ocean waves, designed to deeply relax the person undergoing the treatment. To promote this relaxed state, the session is often accompanied by a background of Hawaiian music.

30 min. 45€ / 50 min. 75€

### *Facial Anti-Wrinkle Massage*

A massage that is performed exclusively on the face and leads to the improvement of blood circulation as the massage promotes oxygenation of the skin and allows for a better supply of nutrients and elimination of toxins, helping to achieve healthier and more radiant skin; promotes muscle relaxation, reducing tension and swelling; improves the absorption of facial skin care products, such as moisturizers or anti-wrinkle creams; and finally stimulates the production of collagen, a protein that gives firmness and elasticity to the skin.

30 min. 45€



## Private Spa

An experience that gives you the privilege of having our SPA all to yourself for 2 hours without being disturbed. The entire spa area will be at your complete disposal without any other entrance. Included you will receive the kit including slippers and bathrobe. We always have Infusions, refreshing drinks and fresh fruits complete this magical moment

95€ from 13:00 to 15:00 or from 20:00 to 22:00