



Body MASSAGES

FLORENTINE RESIDENTS
HAVE A 10% DISCOUNT ON THE
BEAUTY SERVICES, EXCEPT COSMETIC
DERMATOLOGY SERVICES

*Please note your full appointment time will be from 30 to 60 minutes,
which will include a consultation with your Nine Vita Ambassadeur*

BODY ROUTINE

€60 ★ 30'

NEW SKIN EXFOLIATION

An express body scrub-peel with dual mechanical and enzymatic action for extremely soft skin.
An ideal prelude to any body treatments for a new body skin.

BODY GOALS:

Exfoliate ★ Smooth ★ Detox ★ Hydrate

DRAINAGE BANDAGE

An express bandage with active ingredients to boost the lymphatic system while slimming belly and legs thanks to a concentration of active ingredients and a final manual massage

BODY GOALS:

Smooth ★ Drainage ★ Hydrate

BACK & SHOULDERS

An express deep-tissue massage targeting the back, shoulders and neck for a immediate pain relief and reduction of soreness in the muscles

BODY GOALS:

Trigger Points ★ Soreness ★ Stiffness

LEGS OF WONDER

An express vigorous legs massage to target cellulite, firm lackenss and micro-circulation.

BODY GOALS:

Lymphatic ★ Slim ★ Hydrate

EMBLEMATIC BODY MASSAGES

€120 ★ 60'

NEW SILHOUETTE

The silhouette is reshaped by this slimming and firming massage that combines precise motions and state-of-the-art manual techniques. These draining gestures are associated with rolling, as well as the "Skin Lift" method, allowing a deep and exceptional anti-cellulite action.

BODY GOALS:

Anti-cellulite ★ Slim ★ Firm ★ Drainage

DEEP-TISSUE AWAKENING

The ideal treatment before or after a workout. Tension is released and the body is given a feeling of freedom through an extremely vigorous muscle massage which works on deep tissues fibres, relieves soreness, releases stiffness and helps managing trigger points

BODY GOALS:

Trigger points ★ Soreness ★ Stiffness ★ Deep tissue pain

DANCE OF FIRMNESS

Precise, deep and rhythmic gestures to tone tissues, release physical energy and regain its inner well-being. It promises to regain lost tissue firmness, leaving the body deeply regenerated, toned and detoxified.

BODY GOALS:

Tone ★ Revitalise ★ Firm ★ Regenerate

EMBLEMATIC BODY MASSAGES

€120 ★ 60'

ART OF SUBLIMAGE

Through a special exfoliating peeling with organic cinnamon, fresh pepper & juniper, this expert treatment sculpts the body. Vigorous movements with a special organic cannabis sativa oil and ginger helps to improve microcirculation and optimise skin tone.

BODY GOALS:

Lymphatic ★ Sculpt ★ Exfoliate ★ Detox

ULTIMATE HARMONY

Rediscover the harmony of the body and mind with relaxation at its peak. Slow and enveloping gestures, all over the body, make for a multi-sensory journey that releases muscle tension and offers a sensation of intense tranquillity.

COUPLES MASSAGE

Make the Ultimate Harmony a massage for two and enjoy an hour's couple retreat at Nine Vita for €220

BODY GOALS:

Relax ★ Release ★ Smooth ★ Multi-sensory
