Elvira Cipolletti
Experienced remedial massage therapist;

- **Holistic and Swedish massage:**

  "Holistic" come from the words "holism" (whole) a theory or belief that the whole is greater than the sum of the parts.
  Holistic massage is a treatment that is tailored to each client. A holistic practitioner treats the client as a whole, taking into account their emotional and spiritual wellbeing, as well as their physical body.
  Swedish massage therapy is the modality that comes to mind when most people think about massage. As the best-known type of bodywork performed today, one of the primary goals of the Swedish massage technique is to relax the entire body.

- **Deep tissue**

  Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints).

- **Sports remedial**

  Remedial sports massage therapy is aimed toward people with a very active lifestyle such as athletes of every kind, professionals and non-professionals to weekend joggers. The particulars of the sports massage technique are specific to the athlete’s sport of choice. Focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements.
  It’s a manipulation of soft tissue with hands on therapy in absence of common contra indications. It consists of strokes and techniques, which vary, in speed and pressure Used from many athletes and non-athletes for pre - post and during events
  It’s preventative and corrective based on scientific understanding of muscles and other soft tissue structures

- **Pure massage training**


  The Pure Massage concept is based upon using different massage modalities like deep tissue massage, Trigger points, Swedish massage, myofascial release, quantum healing and energy work. Each massage is tailored to the client’s needs adjusting the pressure to the client’s request. The techniques combine Eastern and Western massage traditions and styles addressing the natural rhythm and self-healing abilities of the body.

- **Revitalizing face massage**

  It’s a face massage including chest, neck and scalp. It is very relaxing, rejuvenating, uplifting and revitalizing treatment.
  It improves blood circulation and lymph flow; decreases stiffness and pain in jaws, helps relieving tension in the scalp and face caused by migraines and head aches; restores energy after a long flights; regulates and improves sleeping patterns adding vitality and joy; improves the texture of the skin preventing the ageing process.
  It’s designed both for male and female of all age.
• **Detox massage**

Nowadays toxicity is a great concern than it used to be; there are newer and stronger chemicals, air and water pollution; radiation and nuclear power. People eat more processed foods and sugar inciting to everyday symptoms that are almost part of everyday life such as headaches, digestive disorders fatigue, weak immune system, allergies and many more. So it is very important to Detox on a regular basis; and detox massage helps the system in its natural process of detoxification aiding the lymphatic system to work better in getting rid of toxins.