



GRAND HOTEL DELLA POSTA
SONDRIO | ITALY

Massage & Spa

FUNCTIONAL MESSAGES



Decontracting massage

It relieves muscle tension and eliminates stiffness.

25 minutes - €50
50 minutes - €80



Thai migraine and headache

This is a specific massage that mainly treats the back, head and scalp. It provides healthy, lasting and natural relief for those suffering from tension and headaches.

45 minutes - €90



Sport massage

This massage can be performed both before and after physical exertion. It aids muscle recovery and improves performance.

50 minutes - €80



Myofascial postural massage

With its deep movements, this massage works on adhesions and contractures at the muscular and connective tissue level, promoting a general state of well-being.

50 minutes - €80



Vodder lymphatic drainage

With its gentle, enveloping movements, this massage stimulates cellular metabolism and promotes tissue drainage with a significant diuretic effect.

70 minutes - €95



Cupping therapy

The cups generate a rhythmic action that facilitates lymphatic drainage, reduces water retention, improves the appearance of cellulite and relieves the feeling of heaviness, particularly in the legs.

45 minutes - €70



Thai Foot

It is a traditional technique that combines acupressure, reflexology and gentle stretching. It focuses on the feet and lower legs, but has beneficial effects on the whole body.

45 minutes - €90



Only upon reservation

For info and reservations, please contact 0342 060999 or info@grandhoteldellapostasondrio.it



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MASSAGES AND RELAXING TREATMENTS



Relaxing massage

Suitable for relieving physical and emotional tension.

25 minutes - €50
50 minutes - €80
80 minutes - €105



Thai Yoga Massage

A massage that combines two oriental disciplines: the finger pressure and stretching techniques of Thai massage with the passive stretching of yoga. It is performed on the whole body.

45 minutes - €90



Gua sha and roller facial lift

This massage, derived from Thai tradition, helps keep the skin supple, relaxed and rejuvenated. The tools used are both made of natural stone.

45 minutes - €70



Tibetan Body Deep Sound Ritual

The ritual is performed with Tibetan bells and manual techniques, with or without oil, depending on the recipient's energy state. It can be purely vibrational. Areas treated: deep meridians corresponding to the chakra points.

50 minutes - €90
80 minutes - €110



Oriental massage

Treats energy and emotional imbalances. Through the manual techniques of this ancient holistic discipline, it provides deep relaxation.

50 minutes - €80
80 minutes - €105



Reiki treatment

It is a natural healing method capable of restoring mental and physical balance through the use of energy, which flows in and out of our bodies.

50 minutes - €80



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