

# Wellness Centre



Relais Villa Valfiore  
Bologna

Servizi disponibili:

Sauna

Massaggi

Doccia Emozionale

The pleasure of your stay at the Villa Valfiore is rounded off in the exclusive Wellness Centre: a place to rejuvenate the well-being of mind and body and restore your natural balance. Offering a fitness area, massage centre, sauna and multi-sensory showers, specialised staff and the latest technologies can satisfy all your relaxation requirements and make your stay an unforgettable break from work commitments or from a visit to Bologna and its breathtaking surroundings.

## The sauna:

The sauna eliminates toxic substances, through perspiration, water and by increasing the activity of the sebaceous glands. The increase in body temperature has beneficial effects on the muscles, which relax and reduce tension.

## Massage therapy:

The use of massage therapy as a way to eliminate fatigue, alleviate pain, relax and allow for an easier application of oils and ointments to the skin, is lost in the passage of time. It probably represents the oldest form of medical treatment.

## Multi-sensory shower:

The multi-sensory shower which is recommended after a steam bath or sauna is a jet of fresh vaporised water, consisting of fine drops of water enriched by aromatic, light and sound sensations, which relax and at the same time, invigorate the mind and body, and are combined with the benefits of chromotherapy. Extremely useful in refreshing the body and restoring the correct level of hydration to the skin, and returning proper vascular tone to the circulatory system.

