



Wellone



SIGNATURE  
EXPERIENCES

# Our Philosophy

We promote wellness as a lifestyle, educating people about healthy living, listening and self-care. We combine ancient knowledge with modern treatment methods, creating wellness experiences to alleviate common problems.

# Our Mission

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We provide luxury wellness services and we celebrate wellness as a universal right, making the excellence of "care" for mind, body and spirit accessible to those with fewer opportunities.

We believe in Integrated Medicine as the only way to reach psycho-physical balance, we support female empowerment and we care for women at all stages of their lives.

# About WellOne

WellOne promotes wellbeing through consulting services for companies, hospitality and the wellness world, supporting female empowerment projects and academic training.

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# About Signature Treatments

Our concept is based on the integration of ancient and modern disciplines, where Ayurveda, Massage Therapy, Yoga, Meditation and Traditional Medicine come together to create an exclusive experience that works on body, mind and spirit. Our signature Treatments are made up of three different experiences: **BODY RITUALS**, **PRANA NOURISHMENT** and **HEALTHCARE**, which can be combined differently according to the client's needs.

## BODY RITUALS

DETOX  
ANTI-STRESS  
REJUVENATE  
GOLD MOON  
CHANDRA&SURYA

## PRANA NOURISHMENT

Pre-treatment breathing and meditation practice to promote psycho-physical rebalancing, with a focus of work according to the chosen ritual.

## HEALTHCARE

Personalised consultation and follow-up with a systemic functionalist doctor in order to support the wellness programme.

# Body Rituals “

From our ever-growing need to support clients in solving common problems, such as toxin accumulation and fluid retention, sleep disorders, cellular ageing and excess weight, we created our rituals:

**DETOX**

**ANTI-STRESS**

**REJUVENATE**

We support female empowerment and celebrate the beauty and value of women with the **MOON GOLD** ritual

We celebrate universal love and balance the Solar (Surya) and Lunar (Chandra) energies that coexist in each of us with the **CHANDRA & SURYA** couple ritual



# Detox Ritual



A full body treatment that combines the ancient Ayurvedic powder massage technique with the benefits of the heat, to promote the elimination of toxins and purify body and mind. Detox mask to remove impurities and facial massage with Kansa Wand, the ancient Ayurvedic "healing" metal that rebalance the PH of the skin with its alkaline properties, to giving brightness and firmness the face. Body massage with Ayurvedic powders with purifying and draining properties.

### **BENEFITS:**

- Promotes elimination of toxins
- Stimulates fluid drainage
- Promotes venous circulation
- Eliminates skin impurities and rebalances PH
- DURATION: 90 min



# Anti-Stress Ritual



A full body treatment where the ancient knowledge of Ayurveda and deep tissue massage techniques come together to promote relaxation of mind and body, providing a unique wellness experience. Sensorial face massage with brushes and stimulation of the Marma points to help release tension and calm the mind. Body massage with oil with relaxing and warming properties, to reduce muscle contractures. Deep relaxation accompanied by the sound vibrations of Tibetan bells.

### **BENEFITS:**

- Promotes muscle relaxation
- Reduces stress and calms the mind
- Promotes deep sleep by stimulating Alpha and Theta brain waves with the sound vibrations of Tibetan Bells
- DURATION: 90 min





# Rejuvenate Ritual



A full body treatment made according to the “flow up” method, created by Denise Baschiroto: a face and body massage combining Ayurvedic principles with manual lifting techniques for an immediate reshaping effect. Very useful in cases of cellulite, swelling and imperfections or as support during slimming diets. Face massage with Kansa Wand, the ancient Ayurvedic 'healing' metal, to stimulate drainage and collagen production, giving tone and elasticity to the skin.

### **BENEFITS:**

- Reshapes the body
- Stimulates fluid drainage and circulation, reducing swelling and imperfections
- Reduces cellular ageing, giving tone and elasticity to the skin
- **DURATION:** 90 min



# Moon Gold Ritual



A sophisticated and exclusive ritual inspired by Ayurveda, where precious stones have always been mixed in various preparations and used on the body and subtle energies for their properties. Illuminating facial treatment with gold powder and massage with rose oil. Body scrub with amethyst powder, rose quartz and sandalwood to relax the mind and give the skin a new glow. Final body massage with sandalwood oil, the precious wood associated with divinities, to celebrate the one enclosed in each of you.

### **BENEFITS:**

- Gives brightness and tones the face
- Relaxes the mind, tones and illuminates the body
- Sandalwood powder, a precious wood associated with divinities, awakens and strengthens feminine energy
- DURATION: 90 min



# Chandra & Surya Ritual



A couples treatment dedicated to Chandra, the feminine and lunar energy, and Surya, the masculine and solar energy: both coexist in the body and by balancing their union we celebrate universal love, wishing you a life together full of light and prosperity. Foot ritual with jasmine water, the flower of paradise, to purify the subtle energies. Application of Ayurvedic lotus flower oil for her, sacred flower associated with female divinities, to awaken sensuality. Sandalwood and ebony wood for him, to awaken masculine energy. Deep relaxation and energy balancing with the sound vibrations of Tibetan bells.

### **BENEFITS:**

- Balances subtle energies
- Relaxes mind and body
- Fortifies and balances the two energy flows that coexist in our body: lunar energy, feminine and calm, connected to the left nostril, and solar energy, masculine and active, connected to the right nostril.
- **DURATION:** 90 min

# Prana Nourishment

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Prana is the subtle force that animates and sustains life. It nourishes the body and its functioning, it regulates the mind and its faculties, it is the vitality of our consciousness. Through a practice of breathing and meditation, combined with subtle yoga movements, we bring back a state of psycho-physical harmony, regenerating vital energy, freshness, physical and mental balance.

## BENEFITS:

Strength and health of the body

Increased vitality and enthusiasm in everyday life

Better emotional balance, clarity and mental calm

General sense of awareness and freedom

## DETOX PRANA NOURISHMENT

Individual purification practice focusing on breath and meditation, to harmonise the energy centres.

## ANTI-STRESS PRANA NOURISHMENT

Individual practice with a focus on balancing the nervous system and meditation through breath. Subtle yoga for eyes and face.

## REJUVENATE PRANA NOURISHMENT

Individual Yogic breathing practice of relaxation and meditation with sound. Subtle yoga for face and head.

## FEMININE PRANA NOURISHMENT

Individual breathing and meditation practice for awakening feminine energy, Subtle yoga with hip mobilisation movements.

## CHANDRA&SURYA PRANA NOURISHMENT

Couple practice of harmonisation and listening through breathing. Meditation to rebalance male and female energies.

# Prana Nourishment Experiences



# Healthcare “

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A clinical functionalist approach predictive and preventive of health, where advanced examinations and evaluations make it possible to plan a fully customised therapeutic or lifestyle adjustment project, according to the patient's needs.

Our mission is to combine allopathic medicine with the wisdom of ancient disciplines as a highly relevant support .

## DETOX

Detox with orally supplemented therapies to support the nutritional plan

**Detox fat burning:** supports diet and physical activity in the process of detoxification and loss of fat mass

Draining toxins deposited in organs such as the liver, kidneys and intestine and rebalance altered levels of free radicals

## ANTI-STRESS AND WELL-BEING

**Stress and sleep:** neurohormonal modulation of circadian rhythm, restoration of energy, neuro and my protective

**Athlete sport:** relieves stress, gives energy and vitality, strengthens the immune immune defences

Intestinal well-being programme

Accurate and customised microbiota reseeded

**Immuno booster:** immunomodulator, strengthens the immune system

## ANTI-AGEING AND ANTIOXIDANTS

**Anti-age with glutathione:** hepatic detox, proenergetic and neuroprotective

**Hair&skin tonic:** improves energy processes, catalyses anabolic and catabolic processes, nourishes and restores hair and skin

**Ozone therapy:** Oxygenating and anti-oxidising medical therapy.

# Healthcare Services

# Our Team



**Denise  
Baschiroto**  
CEO WELLONE and  
Ayurveda Therapist



**Beatrice  
Iulini**  
Wellone Yoga and  
Retreat Manager



**Simonetta  
Mormina**  
Wellone Wellness  
Manager



**Andrea Noemi  
Ipucha Pérez**  
Functionalist  
Systemic Doctor

# Talk to us!

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