

*massages & self-care*

# Treatments Menu



LUANA D'AMBROSIO

# Massages & Self-Care

## RENATA FRANÇA METHOD LYMPHATIC DRAINAGE

*50 min*

The Renata França Method Lymphatic Drainage stands out from traditional techniques for the precision of its touch, with a completely unique rhythm, pressure, pumping and sliding maneuvers that deliver visible aesthetic results from the very first session.

The technique stimulates blood circulation, reduces swelling (edema) and supports the elimination of toxins. With consistent treatments, it helps achieve a noticeably slimmer silhouette, reduces the appearance of cellulite and strengthens the immune system.

## RENATA FRANÇA METHOD SCULPTING MASSAGE

*50 min*

This sculpting massage stands out for its exclusive maneuvers, performed with firm pressure and a slower rhythm to help reorganize fat cells (adipocytes), improving body contours from the first session.

It is recommended for those seeking a more defined body shape, a sculpted waistline and more visible muscle tone. With continued treatments, it enhances a more harmonious and sinuous silhouette.

# Massages & Self-Care

## SCULPTING BODY

*60 min*

Exclusive draining and body contouring technique Sculpting Body is the treatment I created to effectively combine lymphatic drainage with body contouring. It is a deep, strategic manual massage that works on the entire body, with targeted focus on areas affected by fluid retention, localized fat or loss of tone.

Each session is personalized: during the initial consultation, we assess together where to work more intensively (legs, glutes, abdomen, hips, arms) to achieve optimal results.

The treatment promotes:

- Reduction of water retention and swelling
- Improved lymphatic and blood circulation
- Progressive body contouring with a slimming effect
- Visible reduction of cellulite imperfections
- Increased skin firmness and tone

Sculpting Body does not promise miracles, but concrete, visible and progressive results from the very first sessions. It is the ideal massage for those who wish to slim, sculpt and restore harmony to their body in a natural and professional way.





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## TREATMENTS MENU

# Massages & Self-Care

## EXPRESS MASSAGE

*30 min*

The quick massage that knows exactly where to work. A brand-new addition at Estic Clinic: Express is designed for those with little time who still want to care for their body.

Perfect during a lunch break, in the morning before starting the day, or after work, it is ideal for a targeted, light and immediate action.

In just 30 minutes, Express focuses on the areas that most commonly accumulate tension or stagnation — such as legs and abdomen — helping to:

- Stimulate tissues and activate the treated area
- Restore comfort and a feeling of lightness
- Refresh body and mind, leaving a sense of vitality and care
- Enhance tone and definition

It is not a full-body massage, but a smart and effective intervention to integrate into your weekly routine and maintain good shape while enjoying a moment just for yourself.

# Massages & Self-Care

## RESET MASSAGE

Exclusive massage for relaxed muscles and a lighter mind.

This treatment combines deep tissue and relaxing massage techniques to offer a complete experience: releasing muscular tension deeply while providing an intense sense of overall well-being.

Through targeted maneuvers, I alternate deeper pressure with fluid, soothing movements, working on both the muscular and nervous systems. The result is an effective release of contractures accompanied by lasting mental relaxation.

### *Ideal for:*

- Muscle pain and stiffness (back, neck, shoulders, legs)
- Physical and emotional stress
- General fatigue
- Those seeking a complete, regenerative and rebalancing treatment

A massage designed for those who feel the need to release what weighs on the body and mind, and return to feeling at ease within themselves.



# Massages & Self-Care

## HOLLYWOOD FACE

*45 min*

The elite facial ritual inspired by celebrity treatments.

Hollywood Face is more than a massage: it is an exclusive natural rejuvenation ritual for those who wish to preserve facial beauty with elegance, intelligence and visible results.

Inspired by high-end celebrity treatments, this lifting facial massage is a holistic, non-invasive alternative to traditional aesthetic procedures.

Through expert draining, lifting, myofascial and tension-releasing techniques, we work deeply on the face, neck and décolleté to promote:

- Immediate radiance and luminous complexion
- Visible reduction of puffiness, under-eye bags and swelling
- Softening of fine lines and harmonization of facial features
- Enhanced jawline definition and reduction of double chin
- Reactivation of microcirculation and deep tissue oxygenation
- Collagen stimulation and skin regeneration

### *The distinctive touch?*

A refined and deep manual approach that awakens muscular vitality and releases often overlooked tensions — tight jaw, neck strain, emotional micro-blocks in the face. Particularly beneficial for those suffering from bruxism, nervous tics or chronic stress.

Hollywood Face is the ideal experience for those who wish to care for their face with consistency, refinement and long-term vision.

# Massages & Self-Care

## LYMPH GLOW FACE

*30 min*

Draining facial massage to depuff, rebalance and regenerate

Lymph Glow Face is a gentle yet highly effective manual treatment designed to deeply stimulate the lymphatic system of the face, neck and décolleté.

Ideal after aesthetic procedures (blepharoplasty, fillers, facelift, rhinoplasty) and in all cases where the face appears heavy, swollen, tired or affected by significant fluid retention.

Through slow, rhythmic and respectful maneuvers that follow the natural lymphatic flow, this treatment promotes:

- Immediate reduction of swelling and post-surgical or post-traumatic edema
- Improved skin quality and microcirculation
- Visible facial lightness with a detox effect
- Rebalancing of interstitial fluids
- Deep drainage of under-eye bags and fluid retention

### *Also recommended for:*

- Periods of high stress or irregular diet
- Puffy face upon waking
- Recovery after intensive aesthetic treatments

Lymph Glow Face leaves the face visibly depuffed, relaxed and radiant, bringing lightness not only to the features but also to the mind. Perfect as a standalone treatment or as part of a post-surgical or anti-aging program.



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TREATMENTS MENU

# Massages & Self-Care

## BUCCAL MASSAGE

*Intraoral*

Buccal massage is not just a facial treatment.  
It is a close encounter with the tensions you cannot see.  
Through delicate yet deep work inside the mouth, it releases rigidity in  
the jaw, face and neck — areas where we often hold unspoken words,  
control and stress.

The touch is precise, slow and respectful.  
When the jaw softens, the expression changes.  
The face relaxes, the gaze opens, the breath moves deeper.  
It is not merely an aesthetic effect.  
It is a different quality of the face.  
And of how you feel within.

## CONTACTS

# Nice to meet you!



I'm Luana  
D'Ambrosio

My work today is centered on the body – not to change it, but to understand it. Before becoming a bodyworker, I spent years creating experiences.

I began in the world of events and luxury hospitality, working closely with weddings and high-end banqueting. Organization, attention to detail, and the ability to make people feel truly cared for became my signature.

## Contacts

+39 351 220 8524

[luanadambrosiomassage.com](http://luanadambrosiomassage.com)

IG @luana.dambrosiomassage

Find me in Milan, Varese & Como  
Also available to travel worldwide