



COMO
SHAMBHALA
CASTELLO
DEL NERO

CHIROPRACTIC CARE WITH DR ALICE GIRAUDI

Experience personalised chiropractic care focused on spinal health, nervous system function and long-term physical wellbeing with visiting practitioner Dr Alice Giraudi.

From October 7th to 11th 2026, Dr Giraudi will be bringing her holistic and patient-centred approach to COMO Castello Del Nero.

Each treatment begins with a careful assessment to understand individual needs, followed by precise manual adjustments designed to restore mobility, reduce tension and support the body's natural ability to maintain health.

MUSCULOSKELETAL PAIN AND DYSFUNCTION

This treatment focuses on conditions affecting the spine, joints and muscles, including joint stiffness, muscular tension and neck, back and lower back pain. Through targeted chiropractic adjustments, treatment aims to restore proper joint mobility, reduce discomfort and support functional movement. Particularly suitable for guests experiencing postural strain or restricted movement, this session supports the musculoskeletal system to regain balance and ease of motion.

FUNCTIONAL DISORDERS AND HEADACHE RELIEF

This therapy is designed for guests experiencing tension-type headaches, sensations of heaviness, dizziness or physical fatigue linked to functional imbalances. By addressing spinal restrictions and reducing interference within the nervous system, chiropractic care supports the body in restoring functional balance. Treatment aims to ease associated symptoms while promoting clarity, comfort and overall physical wellbeing.

POSTURE, PREVENTION AND WELLBEING

Ideal for guests seeking to improve posture and prevent recurring discomfort, in the absence of acute pain, this treatment focuses on maintaining spinal mobility, joint function and musculoskeletal balance. Regular chiropractic care supports long-term physical wellbeing and helps the body adapt more effectively to daily physical demands.

Duration and price:

First consultation (first treatment included): 60 minutes – €16. Adjustment session: 15 minutes – €70

To book a session with Dr Alice Giraudi, please contact
COMO Shambhala by dialling 785 on your in-room phone.