

spa menu

AROMATIC RELAXING MASSAGE

Localized massage 30 min.	€45,00
Integral massage 60 min.	€ 65.00
Localized massage Kids 25 min.	€ 30.00

A relaxing massage with aromatic oils provides relaxation and contributes to improve blood circulation, relieving tension and muscle pain. It reduces stress and enhances relaxation.

HAVAIAN MASSAGE LOMI LOMI

Integral massage 60 min.	€ 70.00
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This technique acts in the lymphatic, immune, respiratory, digestive and circulatory systems, with stimuli that rebalance and tone. It is a relaxing, sensory and holistic massage technique that releases the physical, mental and energetic system of the body. You get a deep relaxation through which you can harmonize the body as a whole and with its essence, where trust, love and peace prevail.

MASSAGE TUI NA

Localized massage 30 min.	€ 50.00
Integral massage 60 min.	€ 70.00

It is an ancient technique within Chinese medicine that goes beyond just a relaxing massage. Restores the energy balance of organs and organic functions. Tui Na manipulations act on the meridians and acupuncture points, opening the Channels and Collaterals, removing stagnation, toning the deficiency, sedating excess, removing pain and discomfort, bringing health and balance between Yin and Yang. It acts in various pathologies and strengthens the person's natural balance and maintaining good health.

MASSAGE WITH HOT STONES

Localized massage 30 min.	€ 50.00
Integral massage 60 min.	€ 80.00

The hot stone massage is one of the most used techniques to relax. It is a technique with a very strong power of relaxation precisely because of the heat of the stones, which besides sliding through the muscles of the body, warms the skin causing a great sensation. This technique with hot stones is not only advised to relax but its application also serves as a massage therapy to fight problems related to stress.

CONTRACTURING MASSAGE

Deep Tissue 30 min. €50,00

It consists of a deeper and stronger sports massage, aiming to work and soothe the uncomfortable senses in the muscles and other tissues of the body. The massage uses fast movements, with a lot of pressure always in specific places that are with muscle tensions and contractures. The movements are similar to those of the Swedish massage, in which the practitioner uses the fingertips, the palm, the wrists and the elbows to apply due pressure to the area to be treated.

ANTI-CELLULIC MASSAGE

Integral massage 60 min. €80,00

Deep and vigorous with reducing and shaping effect, which helps to eliminate localized fat and cellulite, it also improves blood circulation and increases metabolism.

LYMPHATIC DRAINAGE

Integral massage 60 min. €80,00

Lymphatic drainage is a massage technique that aims to stimulate the lymphatic system. This treatment is beneficial for reducing fluid retention, activating blood circulation, fighting cellulite and even body relaxation.

SKULL-FACIAL MASSAGE

Skull-Facial massage €40.00

Massage specifies face and head that relieves the tensions of these regions, reducing all mental stress. For a deeper relaxation we also involved the cervical area and massaging the trapezoids.

REFLEXOLOGY

Foot massage 30 min. € 40.00

Reflexology is a massage technique that uses fingers to put pressure on certain areas of the feet. These areas or points are where the nerve endings, corresponding to each group of organs or system of the organism, are located.

MASSAGE WITH ESFOLIATION AND BODY INVOLVEMENT

Integral massage 120 min. € 125.00

Body wrapping is a SPA treatment that, as its name implies, involves the body with different therapeutic substances. There are many benefits applied to body involvement, beginning with the simple fact that it is one of the most natural ways to moisturize and improve skin's appearance and texture. In addition, it is a treatment widely used to detoxify the body and decrease fluid retention.

BODY MASSAGE AND FACE TREATMENT

Integral massage and face treatment 90 min. € 100.00

Face treatment 40 min. €60,00

Face treatment helps to renew the skin by removing dead skin cells from the face and neck, which are responsible for dry, dull, dehydrated and even aged skin. In addition, it cleans the pores in depth, unclogging them completely.

ACUPUNCTURE

Treatment - 45 min 40,00 €

It is a therapy by inserting needles into specific points on the body, acupuncture points, based on the principles of Chinese medicine. It promotes the regulation of energy circulation and restores the body's balance. Used to prevent or treat physical and emotional illness.