

## MASSAGES AND TREATMENTS

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### RELAX MASSAGE

*A classic massage, relaxing long, slow and smooth passes applied throughout the body with essential oils of lavender and mint, reducing stress and providing an immediate sense of physical and mental well-being.*

50 minutes | 65€

### WELLNESS MASSAGE

*A stimulating massage of body and mind, applied with essential oils of cinnamon and orange. Based on fast and energetic movements of medium pressure that help to dissolve the tension, to favor the blood and lymphatic circulation, at the same time that it calms the stress and provides a great sensation of well-being.*

50 minutes | 65€

### RELIEVING MASSAGE (BACK OR LEGS)

*Especially indicated for those with contractures, problems of back or loaded legs, muscular tensions produced by bad postures or over effort. Based on maneuvers and movements of deep character, gradually giving back the elasticity to the muscle, while decreasing tension and pain in the affected area.*

45 minutes | 60€

## THAI THERAPIES

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### TRADITIONAL THAI MASSAGE

*A healing and millenarian technique based on a combination of pressures and stretches applied in futon. The pressures on specific points along the energetic lines of the body called (Sen Sib), help release tensions, restore energy and harmonize metabolism while passive stretching, very similar to yoga asanas, allows to recover the elasticity and Flexibility of muscles and joints.*

*An authentic health ritual that works on a physical, emotional and spiritual level.*

90 minutes | 110€

### LUNA LANNA MASSAGE

*A wonderfully balanced mix of Thai, Hawaiian and Swedish movements. The strength of traditional Thai massage, the fluidity of the movements of the Hawaiian massage and the deep touch of the Swedish massage, all harmonized and applied with aromatic oils realized in futon. The strong, fluid pressure of long, deep passes relaxes and descontracturante muscles while aromatherapy allows to calm and clear the mind.*

75 minutes | 110€

### THAI MASSAGE WITH TEMPERED OILS

*The perfect ally to help relaxation of body, mind and energies. Based on a delicate and wise combination of the purest style of Thai massage, consisting of pressing palms and thumbs, accompanied by gentle stretching and combined with techniques of medium-high pressure of Balinese inspiration, kneading, friction and percussion, fused in turn with The most delicate caresses of Asia, applied with temperate oils helping to nourish, moisturize and protect the skin and leaving a pleasant feeling of energy and well-being.*

75 minutes | 100€

## HEAD MASSAGE

*A soft massage performed using lightweight digitalopresions concentrated in the areas of the skull, face and neck, combined with a gentle facial massage with the application of rosehip Hip oil of first pressure. Especially indicated to release tensions, balance the emotions and relax the expression.*

45 minutes | 60€

## THAI FOOT MASSAGE

*Extremely relaxing massage in which all the organs and functions of the organism are stimulated through their reflex points in the feet. The strong pressures of therapeutic effect are effectively combined with a pleasant massage sequence applied with Thai balm of herbs, creams and nature oils ending in the whole leg. A body energy rebalance is obtained, improving all the functions of the organism.*

50 minutes | 65€

# RITUALS

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## HARMONY

*It is a combination of traditional Thai massage, Thai foot massage and cranial massage.*

110 minutes | 130 €

## LOS CINCO ENEBROS

*It is a combination of Thai massage with tempered oils, bamboo reeds and cranial massage.*

110 minutes | 130 €

## ORIENTAL

*It is a combination of Luna Lana massage, thai foot massage and cranial massage.*

110 minutes | 130 €