



# Massages Menu

HEALTH & WELLNESS



## Relaxing massage

 30 min. / 1 hour

This massage aims to relieve muscle tension, relax and increase the production of endorphins through gentle movements and using essential oils.

**Lavender:** Sedative, soothing and energy balancing. Indicated to relieve insomnia and anxiety.

**Rosemary:** Strong and fresh aroma. Stimulant, antioxidant and fatigue release.



## Sports massage

 40 min. / 1 hour

Ideal to relax and dissolve the muscular contraction through focused movements in the affected areas. Indicated to relieve the most tense areas of the body.



## Ayurveda massage

 1 hour

The term "Ayurveda" comes from the traditional Indian medicine and means "the science of life". It is made through the use of aromatic and warm oils. The intensity varies according to the body type (3 doshas). Its purpose is the general body and mind well-being.



## Circulatory massage MLD (Manual Lymphatic Drainage) 30 min. / 1 hour

The DLM is a technique whose purpose is to activate blood and lymph flow. It improves the inflammation and fluid retention. Ideal for tired legs and lower back pain.



## Foot reflexology

 30 min.

This therapeutic technique is based on the stimulation of certain areas of the feet, known as "reflex areas". This massage causes specific effects in other parts of the body.

## Kids massage

🕒 20 min.

Full body massage that provides well-being and relaxation for body and mind. It helps children adopt habits that are beneficial for their health.



## Family Pack

🕒 30 min. / 1 hour

This massage for 2 adults and 1 child is the perfect plan if you want to have a different and lovely family holiday. The goal is to relax body and mind through gentle movements and using essential oils.



## Holistic massage

🕒 1 hour

This massage combines different techniques in the same session. It is a personalized massage that activates circulation where most needed. The rhythm of the massage depends on the desired effect, whether it is sedative or stimulant.



Please book your massage at reception: +34 971 34 43 90

Massage Type	Time	Price	Packs
Relaxing	30 min.	40 €	2 for 70 €
	1 hour	70 €	2 for 120 €
Sports Massage	40 min.	45 €	2 for 80 €
	1 hour	70 €	2 for 120 €
Ayurveda	1 hour	70 €	2 for 120 €
Circulatory MLD	30 min.	40 €	2 for 70 €
	1 hour	70 €	2 for 120 €
Foot Reflexology	30 min.	35 €	2 for 60€
Kids* Massage	20 min.	20 €	2 for 35€
Family Pack	30 min.	80 €	Price for 2 adults and 1 kid*
	1 hour	140 €	
Holistic	1 hour	70 €	2 for 120 €

\* Kids between 3 and 14 years old.