

CARTA *de massatges*

Escapi de l'estrès diari amb un massatge al nostre centre de benestar

Escape del estrés diario con un masaje en nuestro centro de bienestar

Escape daily stress with a massage at our wellness centre

Évadez-vous du stress quotidien avec un massage dans notre centre de bien-être



RELAXING - 60 min 120€

A slow body massage with firm pressure that helps release accumulated tension, providing a deep sense of calm and well-being.

THERAPEUTIC - 60 min 120€

A firm and effective pressure massage designed to eliminate pain and tension caused by stress and muscle contractures. Ideal for those seeking deeper and longer-lasting relief.

SPORTS MASSAGE - 60 min 120€

A massage using different stretching techniques and pressure points. It helps prevent micro-tears in muscles, improves circulation, and increases joint mobility. Perfect for athletes or active individuals.

REFLEXOLOGY - 60 min 120€

An ancient technique that, through a massage on specific points of the feet or hands, helps relax and restore the body's balance, promoting overall health and well-being.

FACIAL & PEELING - 60 min 120€ *(Must be reserved in advance)*

This treatment involves relaxing the facial muscles with gentle and constant movements, helping to reduce facial tension. It includes a gentle peel to rejuvenate the skin and improve its texture.

BAMBOO MASSAGE - 60 min 120€ *(Must be reserved in advance)*

A massage performed with bamboo canes of different thicknesses that roll across the body. It helps shape the silhouette, improve circulation, and burn fat, providing a deep sense of relaxation.

Consult Guest Relations for advice on our massages and to book by
calling 9