



TREATMENTS

Holistic deep tissue massage (whole body)

A combination of structural massage, deep tissue and joints massage. We recommend this massage for deep relaxation at the physical, mental and emotional level. Find your harmony while you relax.

60 min. 85€

90 min. 120€

Back Massage

Good as Relieving, to relieve tension and stress, releases locks deeply rooted.

30 min. 50€

60 min. 85€

Aromatherapy Massage (Full body)

Stimulating massage, energizing or relaxing, as required by the patient, using essential oils that will transport you to a magical state of inner peace and harmony.

60 min. 85€

90 min. 120€

Head, face, neck and feet massage

Increases mental clarity, balances the nervous system. Experience magical feelings, connecting with yourself.

30 min. 50€

60 min. 120€

Legs, calves and feet massage

Ease tension promoting blood circulation, toning legs. You'll feel light and balanced.

30 min. 50€

60 min. 85€

Massage for athletes

Special massage for athletes. Stimulates and relaxes as required.

Reflexology

Massage the reflex points of all body systems. The pressure on these activates regeneration and stimulates self-healing processes.

30 min. 50€

60 min. 85€

Lymphatic drainage

Lymphatic drainage is applied to the circulatory system and aims to mobilize the body fluids to promote the elimination of waste products. One of the main applications of lymphatic drainage is fluid retention, cellulite, poor circulation, tired legs ... Lymphatic drainage is also a good treatment for skin as it promotes blood circulation helping to avoid forming bags and wrinkles .

60 min. 90€

Massage whole body exfoliating (peeling)

This treatment is suitable for all skin types, is the removal of dead skin cells getting one flaking surface. This got much cleaner skin, soft and fresh skin much more prepared and receptive to any further treatment. After exfoliation do a body massage where we get deep hydration of the skin, thus leaving a feeling of hydration, smoothness and well after making the session.

60 min. 90€

Cellulite massage

Effectively combat cellulite localized massage by activating the circulation of the blood and oxygenated tissues by helping rid the body of water, oil and impurities. This treatment can be combined with lymphatic drainage to achieve optimal results.

30 min. 55€

60 min. 90€

Hot Stone Massage

The hot stone massage or geothermal therapy combines traditional therapeutic massage with the application to the skin of stones at different temperatures, to facilitate the vital energy flow and relieve physical and emotional disorders.

This type of therapy is especially recommended in cases of nervous disorders like stress, anxiety or insomnia, for circulatory problems, and to relieve muscle and joint pain.

60 min. 90€





Osteopathic treatments

*Osteopathic treatment is to treat the dysfunctions that can be found in the spine, joints, nervous system, muscular system, viscera and skull. Find regain lost body balance, reactivating its self-healing mechanisms with various therapeutic techniques. **Each specific osteopathic treatment will be offered in conjunction with muscle massage.***

Structural Osteopathy

Dedicated to the restoration of the musculoskeletal system and posture, focusing on the spine and traumas. Feel better coordination and balance throughout your body.

30 min. 50€

60 min. 85€

Cranio- sacral osteopathy

Cranio-Sacral Therapy is a very subtle manual technique that helps the body restore its natural processes of balance and healing. It focuses on cranial problems, and its influence on the nervous system helps to release tension, stress resistance and blocks accumulated over time.

30 min. 50€

Visceral Osteopathy

Focused on the proper functioning of the organs and viscera, improving the function of these using manipulation to get better blood flow. Break blocks with this technique, emotional fears and internal conflicts.

30 min. 50€



Ayurveda Treatments

Ayurveda "Knowledge of Life". An Indian medicine 5,000 years old. It is a holistic system of healing, which is the human being in body, mind and soul as one entity, harmonizing the person with nature.

Abhyanga (full body massage with medicated oil)

This full body Ayurvedic massage is the king of oil base massage. With the highest quality hot oil, it will clean and nourish your whole body and give you life in a pleasant way. It provides a deep and beneficial relaxation, stimulates detoxification and body cleansing, strengthens the immune system. 90 min. 135€

Nabhi-Marma (stomach massage)

Stomach massage is one of the deeper Ayurvedic massage. This massage relaxes the pelvic muscles, anxieties, sorrows and eliminates energy blockages. Regulates digestion, calms female disorders, relieves mental stress. 30 min. 50€

Upanaha Sweda (Ayurvedic treatment for back)

This treatment releases tissue tension, pain and emotions through the vital points. During the massage, the warm herbal bags (hand-made and adapted to disturbance) are pressed on the body and massage gently. Very helpful and relaxing for all back pain. 60 min. 95€

Pinda Sweda (massage with hot cloth Length)

An herbal preparation, which is made in a cotton cloth and immersed in hot oil. During the massage the skin is gently pushed with the cloth. Reaches the innermost structures, reconstructs tissue locally, boosts metabolism. 60 min. 105€



YOGA

*The **Satyananda Yoga** utilize the traditional practices: **Asanas** (postures) to balance the body and mind through the physical body, **Prayanamas** (breathing practices) improving the cardiovascular and breathing system, increasing the energy and calming the mind, **Yoga Nidra** (deep relaxation technique) relax the whole body and mind and stimulate the brain, eliminate the mental tension, provides well-being and helps to think clearly and positive and **Meditation** techniques to focus the mind develops the ability of concentration, the memory knowledge of self.*

Yoga Classes

Yoga is a comprehensive art and contains a selection of classic postures (Asanas), breathing techniques (Pranayama) , and deep relaxation. The sessions will be tailored to customer needs.

Groups of two or more 45€ (per person)

Private classes 60 min. 70€

