



# Spa Menu

## Wellness & Massage Experiences

Welcome to a space of relaxation and rejuvenation. Our treatments combine professional techniques with natural products to restore balance to body and mind.

### BODY MASSAGE EXPERIENCES

**Relaxing Massage** 25'-30€ 60'-60€

Focused treatment that relieves tension and stiffness in the back, shoulders and neck.

**Swedish Massage** 30' - 40€ 60' - 65€

A classic therapeutic massage using long flowing movements and gentle pressure to relax muscles, stimulate blood circulation and reduce stress.

**Aromatherapy Massage** 50' - 60€

A relaxing massage combined with carefully selected essential oils that calm the mind, relieve muscle tension and enhance emotional balance.

**Hot Stone Massage** 60' - 70€

A luxurious therapy using heated volcanic stones placed on key points of the body. The warmth penetrates deep into the muscles offering intense relaxation and relief from tension.

\*This treatment is available only upon prior arrangement

**Lomi Lomi Hawaiian Massage** 60' - 80€

A rhythmic full body massage inspired by traditional Hawaiian techniques. Long, flowing movements create a deep sense of harmony, relaxation and energy flow.

**Activated Seashell Massage** 60' - 70€

A luxurious massage using warm seashells that glide smoothly across the body. The natural heat helps relax muscles and creates a deeply soothing experience.

## SPECIALIZED THERAPIES

### **Cupping Therapy Massage** 45' – 50€

Traditional cupping techniques combined with massage help release deep muscle tension, improve circulation and detoxify the body.

### **Maderotherapy Body Treatment** 60' – 80€

A natural body sculpting massage using specialized wooden tools. This treatment stimulates lymphatic drainage, improves circulation and helps reduce cellulite while toning and shaping the body. It also supports detoxification and skin firmness.

### **Pregnancy Massage** 40' – 50€

A gentle and safe massage specially designed for expectant mothers. It helps reduce back pain, swelling and fatigue while promoting relaxation.

## TARGETED MASSAGE

### **Back & Neck Massage** 25' – 30€

Focused treatment that relieves tension and stiffness in the back, shoulders and neck.

### **Head, Neck & Face Massage** 30' – 40€

A soothing massage for the scalp, neck and facial muscles that relieve headaches, stress and facial tension while improving circulation.

### **Foot Massage** 20' – 30€

Relaxing massage for tired feet that improves circulation and relieves fatigue.

## SPECIAL OFFERS

Book more than one treatment and receive **15% discount.**

### **Maderotherapy Packages:**

4 Sessions – 280€

6 Sessions – 390€

8 Sessions – 480€

10 Sessions – 550€

### **Jacuzzi**

45' – 1 person 35€    60' – couple 60€

\*This treatment is available only upon prior arrangement

# SPA ETIQUETTE

- Please arrive 15 minutes before your appointment.
- Guests must be **16+ years old** to access the spa facilities.

## USEFUL TIPS BEFORE YOUR TREATMENT

### **Take a shower before your treatment**

We recommend taking a shower before your session — not after. This way, your body is already warm, your muscles are more receptive, and your relaxation experience becomes deeper and more enjoyable.

### **Wear comfortable clothing**

Please arrive wearing clothes that make you feel comfortable. Ideally, choose loose-fitting garments that do not restrict your body, so you can maintain a sense of relaxation even after your treatment.

### **Remove your jewelry**

Rings, necklaces, and watches should be removed before your treatment so we can work properly and comfortably on your entire body.

### **Arrive a little earlier**

Please arrive 10–15 minutes before your appointment. If it is your first visit, we recommend coming earlier so you can complete your medical history form comfortably and without rush.

### **Stay hydrated**

Drink some water before your treatment. Proper hydration, combined with massage, helps support the body's natural detoxification process and enhances the benefits of the therapy.

### **Avoid alcohol**

For your safety and to ensure the best results from your treatment, please avoid consuming alcohol before your visit.

### **Avoid eating before your session**

We recommend not having a heavy meal at least 2 hours prior to your treatment, so you can fully enjoy your session without discomfort.