



# Massage



# Natura



**Tasting** 30 min - 30€

Taste relax or loosening massage.

**Relax** 60 min - 55€

Induces tranquillity and a profound sense of relaxation. We apply a smooth and light touch for reliving insomnia and stress.

**Thai** 60 min - 60€

Muscle and ligament stretch. Promotes greater flexibility and alleviates tensions.

**Loosening** 60 min - 60€

It alleviating knots, pains and tendonitis. We apply friction, kneading and attend to pressure or trigger points.

**Couples massage** 60 min - 110€

Enjoy the massage together with your couple. Two therapists at the same time.

## Ayurveda Treatments

**Abhyanga** 60 min - 65€

Helps to better the immune and nervous system promoting vitality and happiness. Invigorates and relaxes the musculatory system.

**Anti-cellulite** 60 min - 65€

Draining and toning. It reduces cellulite, fat and betters the circulatory system.

Consult for more Ayurveda treatments.

## Beauty treatments

**Facial** 40 min - 55€

A rejuvenating treatment that eliminates impurities and toxins, and that nurtures revitalises the skin. Beginning with cleansing floral water, then an exfoliating, mask and finishing up with a moisturising massage.

**Corporal** 80 min - 95€

The complete skin treatment, dispelling dead skin cells, allowing the body to breath and the skin to glow. Beginning with cleansing floral water, then an exfoliating, mask and finishing up with a moisturising massage.

## Specific bodily massages

**Cranial - facial** 40 min - 45€

Calms the tired mind and nervousness. It nurtures and rejuvenates the skin.

**Sport and therapeutic** 40 min - 50€

Choice: Back, neck, legs... this massage is ideal for aches and pains.

**Foot reflexology** 40 min - 45€

Balances the body, stimulating its own mechanism of self-healing.

**Ritual massage** 60 min - 65€

Inspired by the five elements of nature: space, air, fire, water and earth.

- **Cosmic Trip (space):** Calm, immersive and weightless sensation.
- **Fe en el Foc (fire):** Intensity, lightness and activation.
- **Terra fèrtil (earth):** Nourishing serenity and welcoming feeling.
- **Xaloc (air):** Attention to touch and breathing.
- **Mà de mar (water):** Fluidity, cleansing and hydration.

*Possibility to extend time massage and ritual*

More information, news and offers:

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