



MASSAGES & TREATMENTS

MASSAGES

RELAXING 60 Min. / 100 90 Min. / 135

A holistic and profoundly relaxing massage using essential oils. A combination of techniques based on Shiatsu and Swedish massage will complete this treatment.

THERAPEUTIC 60 Min. / 120 90 Min. / 155

This invigorating massage utilizes greater pressure and slower strokes to reach deeper levels of the muscles, releasing chronic patterns of tension that create painful conditions.

THAI RITUAL 60 Min. / 120 90 Min. / 155

This massage is an authentic Thai ritual that brings together in one treatment the two most typical Thai massages: Thai foot massage and Traditional Thai massage. Stretching techniques are combined with pressure on all the important points of each Zen meridian. This intense massage is recommended to relieve all tensions and stress. The result will be an improved mobility and flexibility, providing harmony to your body, mind and soul.

HOT STONE 60 Min. / 140 90 Min. / 170

A holistic technique using heated basalt stones in combination with warm essential oils to release muscular tensions. Recommended to relieve chronic muscular pain, fatigue and sleep disorders. Perfect to start your holidays.

FOOT REFLEXOLOGY 30 Min. / 60 60 Min. / 120

Foot reflexology stimulates blood circulation, the energy flow and the self-healing forces. This ritual ends with a leg and foot massage that will leave you with a feeling of relaxation and complete revitalization.

AYURVEDA TREATMENTS

AYURVEDIC MASSAGE, RELAXING, INVIGORATING OR THERAPEUTIC 60 Min. / 140 90 Min. / 180

Ayurveda's unique body massages use signature herbal-infused oils to release tension, impurities and trapped energy within the body, taking mind and body beyond relaxation. Depending on the chosen oil and the technique used, this massage can be either relaxing, invigorating or therapeutic.

ABHYANGA MASSAGE 60 Min. / 140 90 Min. / 180

Technique based on Ayurvedic Indian medicine that uses different types of oils depending on the typology of the person. It relieves muscle tensions, eliminating energy blocks to improve physical and emotional well-being.

CHAMPISSAGE INDIAN HEAD MASSAGE 45 Min. / 90

This Indian head massage balances your central nervous system and promotes mental clarity while deeply conditioning your hair follicles and scalp using sesame oils applied on the meridians of your head, neck and shoulders. From a purely pampering point of view, it is a wonderful experience that ensures you're left relaxed and with a rejuvenated feeling.

FITNESS & YOGA

HATHA DINAMIC YOGA 60 Min. / 80 90 Min. / 100

Traditional yoga practise to fully reboot, rest and balance yourself in the pursuit of inner re-connection.

POWER YOGA 60 Min. / 80 90 Min. / 100

Power yoga practise, to balance your mind and body and gain strength in your practise.

YOGA NIDRA AND PRANAYAMA 60 Min. / 90

Deep healing relaxation, to release impurities from the body and mind combine with breathing exercises that calm and balance your mind.

Daily from 10:00 am to 08:00 pm

PUNCTUALITY AND CANCELLATIONS

In order to respect other guests' reservations, please be aware that we will be unable to extend your treatment time in case of late arrival. The last appointment for the day will start at 7:00 pm
If you wish to cancel or re-schedule your appointment, please notify us at least 8 hours before the time reserved.
We will charge 100% of the massages that are cancelled with less than 8 hours as well as no-shows.

To book your treatment please contact your waiter or the front desk team.