

THE
FIRST
STEP
TOWARDS

WELNESS

# SPORT MASSAGE

A powerful massage concentrated on specific areas of concern such as tight shoulders, stiff neck or painful back.



45 min—70 €

### **MYO ROLLING CUPS**

An alternative therapy that increases blood circulation. This may relieve muscular tension, improve overall blood flow and promote cell repair.

X

60 min - 80 €

#### **HOLISTIC MASSAGE**

A relaxing top to toe massage that stimulates circulatory, muscular and nervous system.



60 min - 80 €

#### **INTENSE MASSAGE**

Powerful techniques that relieve any aching muscles and give the sense of relaxation.

X

60 min - 80 €

# AROMATHERAPY MASSAGE

Using the power of essential oils, this approach will stimulate your senses and harmonise your body.

X

60 min - 80 €

# HEAD TRANQUILLITY

Scalp and shoulder massage with gentle techniques offer relaxation and eliminate tension.



30 min - 50 €

# FOOT TREATMENT

Specific pressure and massage from knee to foot improving circulation.



30 min - 50 €

# AFTER SUN MASK

Using natural products, this mask takes away any irritation after sun exposure offering hydration to the skin.



30 min - 50 €

# OLIVE OIL SCRUB

The power of pure olive oil in combination with herbs or salts, this scrub eliminates the congested skin leaving it soft and refreshed.



30 min - 50 €



