

Massages

OUTDOOR NATURE MESSAGES

PERSONALISED MESSAGE

This massage is tailored to your individual needs, which fuses different massage techniques applying customised pressure. This massage can be alleviating (relieves tension and relaxes muscles), sport focused (relieves sore muscles and improves flexibility) or therapeutic. Choose your own combination of the areas to be treated.

30 minutes - €35

CRANEO FACIAL MASSAGE

The craniofacial massage helps to reduce stress applying different therapeutic massage techniques like Chinese, ayurveda or cranial osteopathy. Among its various benefits, this massage relaxes the mind and helps concentration. It also improves blood circulation throughout the cranial area, enhancing brain function and allowing a healthier and a younger looking.

30 minutes - €25

BAMBOO MASSAGE

An excellent combination with techniques using the hands and bamboo sticks that enhance the drainage of toxins and work deep within the muscle tissue, providing relieving and draining effects. Alleviating pain bringing harmony and relaxation.

50 minutes - €75

BODY MASSAGE NAUTILUS

Massage with seashells "Nautilus" and natural oils of cinnamon and saffron.

The combination of aromas and softens the epidermis movements removing dead skin cells while improving the lymphatic system and balances the body's energy. The shells contain calcium ions that brings sense of healing and wellness; in addition to giving a better appearance to tone giving skin a more radiant effect.

50 minutes-€75

