

Menu

Zen Experience

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Aromatherapy Relaxing Massage (60 minutes)

60,00€

With a technique that alternately uses smooth and firm movements over the body, providing you with a feeling of well-being and pure relaxation, with essential oils of your choosing.

Relaxing Massage (60 minutes)

55,00€

The main benefits of this massage, in addition to relaxing the body with a profound feeling of well-being, include reducing levels of stress and anxiety, relieving headaches, muscle tension, tiredness, significantly improving blood circulation and the immune system.

Massage with Bamboo (60 minutes)

60,00€

The Bamboo Massage is an excellent treatment with relaxing and modeling massage techniques. It relieves muscle pain, while promoting relaxation and revitalization.

Dry Exfoliation + Moisturizing Massage (60 minutes)

55,00€

Firms and stimulates the skin, nourishing and revitalizing it instantly, while removing impurities and dead cells from the skin's surface through exfoliation with a natural bristle brush. The experience ends with a hydration in a full body massage.

Kid's Massage (5 to 10 years old) (30 minutes)

40,00€

Helps to calm and relax. It promotes increased concentration, reduced stress, stimulates hormones growth, improves the child's motor development and social interaction.



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Massage with Candles (60 minutes)

65,00€

The candle wax is melted, releasing the aroma of essential oils as well as nutrients that moisturize the skin and promote general well-being. The Candle Massage relieves muscle tension, pain, fatigue and muscle stiffness.

Geothermal Massage (90 minutes)

80,00€

Geothermal Massage or Hot Stones: it is performed with volcanic stones and is ideal for relieving tiredness and fatigue. Geothermal therapy goes beyond the physical experience of a typical relaxation massage. With volcanic stones heated to a pleasant temperature for the body, the heat transmits a feeling of well-being. Indicated to relieve muscle pain, to eliminate toxins and reduce stress.

Swedish Massage (60 minutes)

60,00€

The Swedish Massage is a technique that incorporates various movements, stretching and treats the muscle, tension, stress and poor blood and respiratory circulation. Reduces anxiety, promotes emotional balance, regulates sleep and gives a feeling of general well-being.

Localized Massage (Head and Back) (30 minutes)

40,00€

Back massage, balancing the human body in a physical, psychological and emotional dimension. Free yourself from the accumulated stress with this massage that works on tense muscles and leave with an extra dose of energy.

Localized Massage (Legs and Feet) (30 minutes)

40,00€

A Massage for tired legs that consists of a set of movements exercised essentially on the thighs, legs and feet, with the purpose of immediately relieving symptoms of heavy and tired legs. Ideal for those who spend many hours on foot.



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Massage for Two

Massage of your Choosing / 2 People (60 minutes + 10% Discount)

(Except for the 30 minutes massages)

A puré moment of relaxation for two.

Important Notes:

- Massages are performed with Organic Coconut Oil
- Essential Oils are all Biological
- Pregnant women only after 3 months of gestation (13 weeks) - we suggest the Relaxation Massage
- Massages are not given to clients with cancer diseases being treated or undergoing diagnosis
- Mandatory use of a mask