



Relieving massage

55 min.

Relieving massage, to improve the circulatory function, recover mobility of muscle tissues that may be damaged, relieves and reduces pain.

Therapeutic massage

55 min.

Therapeutic massage to relieve pain and discomfort of the body, caused by various factors such as trauma, poor posture and stress, among others, improving adhesions and flexibility of tissues.

Relaxing massage

55 min.

Massage with slow and deep movements favouring physical and mental harmony.

Circulatory

55 min.

Circulatory massage to activate blood and lymphatic circulation favouring cell exchange.

Lomi lomi

55 min.

Wrap yourself in a traditional Hawaiian dance with deep, fluid and rhythmic movements, using hands and forearms covering extensive body areas allowing a firm massage. It has as one of its purposes to relax not only the muscles but the spirit.

Reflexology of foot

25 min.

Therapeutic technique based on the stimulation of reflex points in the feet, helps to prevent different symptoms and ailments to achieve a physical and mental balance.

Shiatsu

55 min.

Oriental technique, shiatsu is a therapy that bases its benefits on achieving the correct channelling of vital energy (Chi) through the pressure in meridians, in certain key points of our body, exercised with the fingers and the palms of the hands. Know the properties and benefits of this technique.