



## Health and wellness

### Massages:

- **Relaxing massage with essences:** Is the standard relaxation massage in which, using the essences helps us to customize each massage.

**Duration:** 1 hour.

**Rate:** 35 euros.

- **Descontracturant Massage:** The massage gives us the means to cope a continuous working time and daily pressures. The massage, as well as being a time of comfort and relaxation for the body, helps to release substances called endorphins, hormones that act as the body's natural antidepressants, generates positive emotions and help us to combat pain.

**Duration:** 45 minutes.

**Rate:** 35 euros.

- **Foot Reflexology:** The pressure therapy on the foot reflex points. It Works very well when a pain area is very upset and we work from here.

**Duration:** 1 hour.

**Rate:** 35 euros.

- **Descontracturant massage and foot reflexology:** Mixture of these two techniques that complement each other very well.

**Duration:** 1 hour.

**Rate:** 35 euros.

### Aesthetic Treatments:

- **Facial hygiene:** Cleanliness and complete facial hydration.

**Duration:** 1 hour.

**Rate:** 35 euros.

- **Peeling and corporal hydration:** (Treatment of hydration) This treatment consists in a complete body exfoliation, a mask and a gentle complete massage with a moisturizer.

**Duration:** 1 hour.

**Rate:** 40 euros.



## **Courses:**

- **Massage in couple course:** In this course, besides strengthening ties with your partner, helps to relieve these small daily pains with simple massage techniques, ideas and tricks to use at home (aromatherapy, color therapy, tricks to sleep...).

The course includes two massages, learning of techniques to perform at home and a dossier with all information.

**Duration:** 2 hours.

**Rate:** 70 euros per couple.

*In case of a group with several partners, consult. The course length and price may vary.*

- **Self make-up course:** This course beyond of something superficial, helps to welfare of self-esteem to know the status and treatment of our skin and of course, how to get us benefit knowing trends, how to self make-up and what more favors us.

The course includes the material needed to carry it out, the learning of the techniques to perform at home and a dossier with all information.

**Duration:** 2 hours.

**Rate:** 50 euros per person.

*In case of a group, consult. The course length and price may vary.*

- **Courses for groups:** We offer you yoga and relaxation courses and personal growth courses as coaching or Neuro-Linguistic Programming (NLP) for more than 10 persons groups. All of them are suitable to carry out during the weekend, but we can also offer specific courses for enterprises with duration and dates according to their interests.

We make integrated packages of accommodation and board with the specialty chosen to offer a complete experience with an attractive price.

**Duration and rates:** Consult. We prepare personal budgets.

**TO ENJOY ANY OF THESE SERVICES BOOKING IN ADVANCE IS REQUIRED**

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