

## MASSAGES AND RELAX

### **Express Massage : 30 min/35€**

Relaxing localized massage. Ideal for those who have little time.

### **Total Massage : 60 min./60€**

Therapeutic back, neck or tired legs massage. This treatment is perfect as relaxation and rest therapy to renew your energy lost due to stress and relieve muscle aches.

### **Deep tissue Massage : 60 min./60€**

Deep pressure treatment to stimulate circulation and eliminate toxins from the muscles. Suitable for before or after sports.

### **Triggers points treatment : 45 min/50€ or 60 min/60€**

Pressure treatment to relieve fatigue, contractures and stimulate the body.

### **Back Massage : 45min/ 50€ or 60min/ 60€**

Relaxing therapeutic back massage.

### **Relaxing Massage : 60min/ 60€ or 90min/ 80€**

Full body relaxing therapeutic massage.

### **Legs Massage : 45min/ 50€ or 60min/ 60€**

Relaxing therapeutic leg massage.



**MAKE AN APPOINTMENT AT RECEPTION**



Plaza Cavana, 10



Calle Granada, 27