

## Take a break from your everyday routine and recharge your energy in Andalusia!

### Hot-Stone Massage

The hot stone massage is a unique treatment where heated stones are placed on specific parts of the body. This approach aims to induce relaxation, release tension in muscles, and promote healing in various body tissues. Typically, these stones are crafted from basalt, a volcanic rock known for retaining heat effectively. The primary advantages of this treatment encompass alleviating muscle tension and pain, reducing stress and anxiety, enhancing sleep quality, and potentially mitigating symptoms associated with autoimmune conditions.



Duration: 60 min.

Price: €70

## Aromatherapy Full-Body Massage

This massage incorporates essential oils believed to possess therapeutic qualities. These oils are highly concentrated extracts derived from flowers, fruits, seeds, leaves, and certain plant barks.

Aroma massage can positively impact various aspects of your health, including the nervous, circulatory, lymphatic, immune, and muscular systems. Beyond its physical benefits, an aromatherapy massage offers a pleasant route to mental clarity, relaxation, and relief from stress and headaches. The subtle scents of the essential oils permeate the air throughout the massage, enhancing the overall experience.



Duration: 60 min.

price: €70

## Full-Body Herbal Stamp Massage

For over 400 years, Thailand has embraced the practice of using hot herbal stamps in massages. These stamps are composed of a blend of unique herbs enclosed in a cotton cloth, fashioned into a handle for the masseur's use. They're steamed to release the therapeutic properties of the herbs.

During the massage, these movements invigorate the muscles, while the stamp's warmth penetrates to alleviate pain and tension. The herbs also provide a soothing effect on the skin and, according to tradition, are believed to possess healing properties.



Duration: 60 min.

price: €70

## Bamboo Massage and Facelift

This deep tissue massage is specifically crafted to alleviate stress, muscle tension, and discomfort, while the delightful scented oils provide an extra skin-nourishing touch. Instead of the therapist's hands, a bamboo stick is used, allowing for a more intense and firmer massage. This bamboo stick is rolled over the muscles to effectively release all tension and adhesions, promoting muscle strength and restoring inner balance by stimulating reflex zones during the massage. You'll emerge feeling revitalized, both internally and externally.

Our Bamboo Body Massage offers a genuinely unique experience that targets deep-seated muscle tension, unlike anything you've ever encountered before!

Moreover, the stimulation of facial muscles through the bamboo massage enhances oxygen supply to this area, serving as a natural form of anti-ageing skin care. The improved blood circulation in facial skin promotes collagen production, resulting in a healthy and radiant complexion. It also contributes to toning and strengthening facial muscles, enhancing their elasticity.



Duration: 90 min.

price: €90

## Lomi-Lomi Massage

In the Lomi-Lomi massage, the body receives a thorough massage from head to toe, with the therapist using an abundance of oil. Deep relaxation is achieved not just through the therapist's hands but also through their forearms and elbows. Additionally, gentle rotations and loosening of the joints in the arms and legs are incorporated.

The massage employs a constant variation of touch, ranging from small, circular movements to long, flowing strokes, alternating between gentle and firm pressure. This creates the sensation of waves cascading over your body.

The advantages include enhanced flexibility and posture, increased range of motion and vitality, improved circulation of blood and lymph, elimination of waste products and toxins, quicker healing, a bolstered immune response, reduced blood pressure, and a slower heart rate. What's more, you can continue to relish this sensation long after the treatment has concluded.



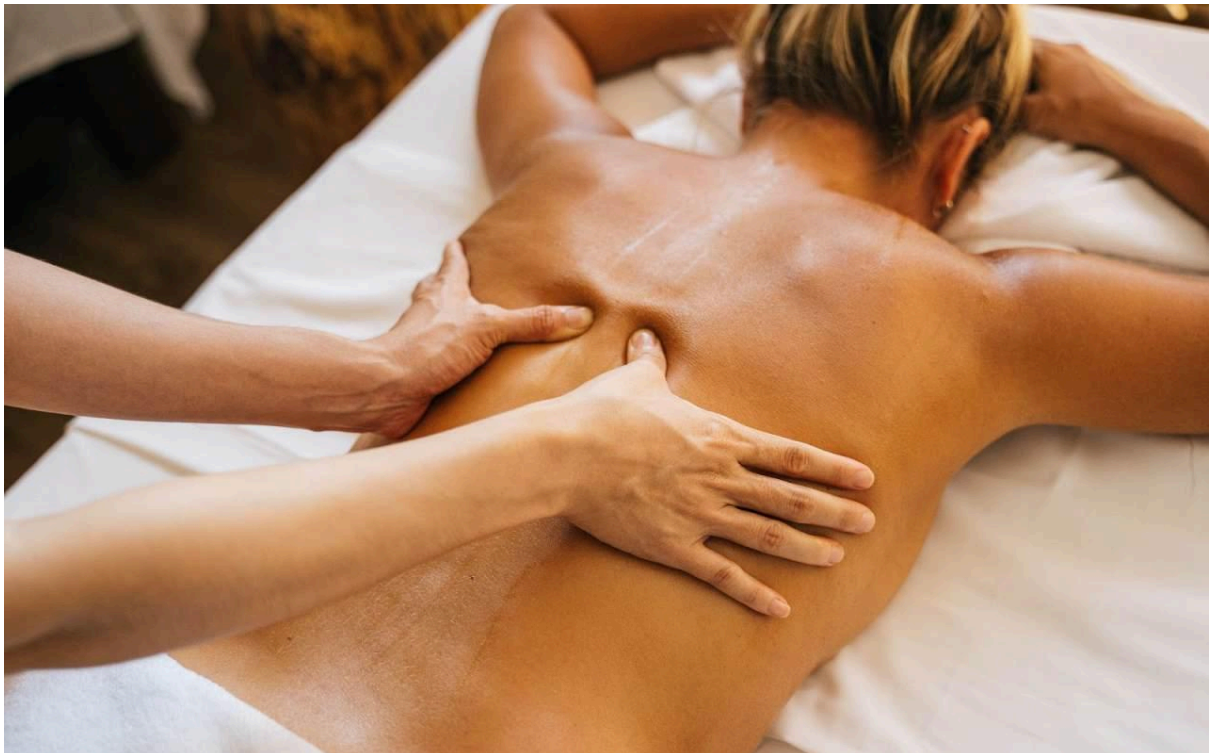
Duration: 90 min.  
price: €90

## Swedish massage

A Swedish massage is characterised by gentle, kneading and stroking movements. Light or medium pressure is used to work the upper layers of the muscles, just under the skin. It is sometimes necessary to move the joints to create more space in the area.

The main purpose of the Swedish massage is to relieve muscle tension, and can therefore be both relaxing and stimulating.

Swedish massage usually involves massaging the entire body.



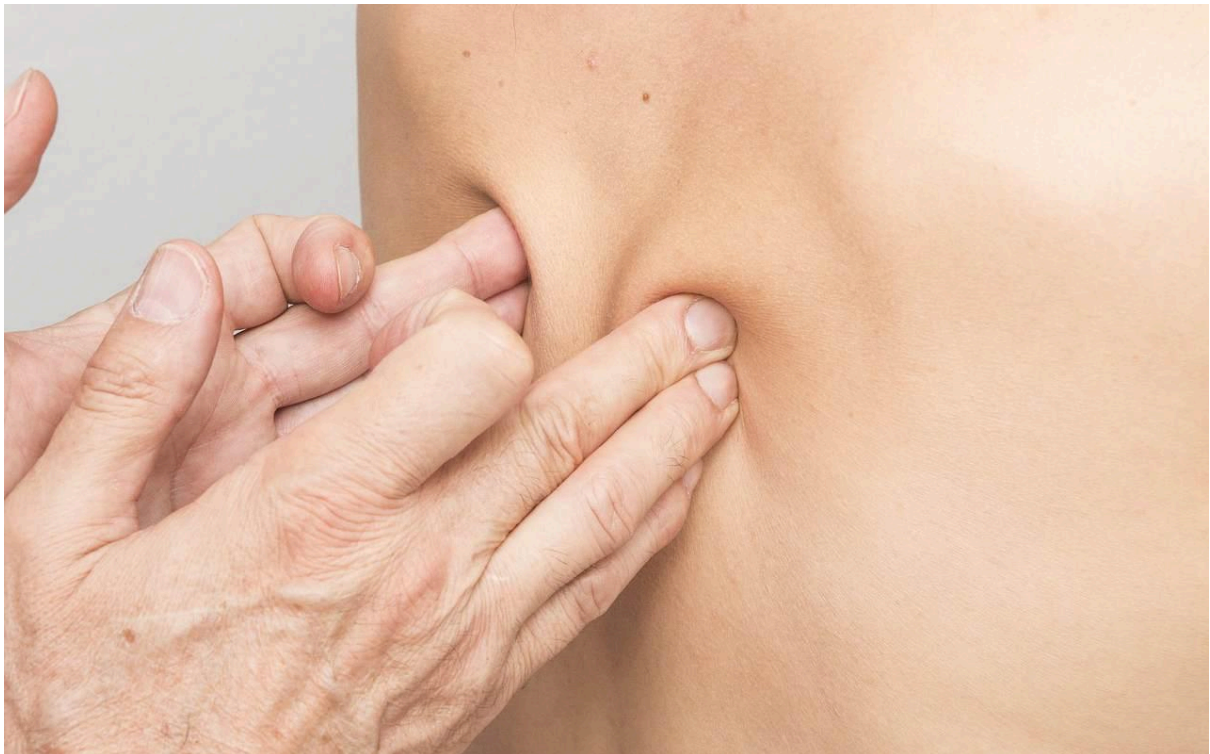
Duration: 60 min.

price: €70

## Deep Tissue Massage

A deep tissue massage focuses more on individual problem areas in the body, the deeper layers of the muscles and connective tissue on areas with pain or restricted movement. It is a powerful type of massage where more pressure is applied. Deep tissue massage can help relieve chronic pain, relax hardened or tight muscles.

The therapist usually works on a specific area of the body such as the neck, back, in the legs, arms or shoulders.



Duration: 90 min.  
price: €90

## Myofascial Release

Myofascial Release is a safe and very effective technique that gently and persistently stretches the connective tissue to relieve pain and restore range of motion.

The slow stretching slowly repairs and regenerates the fascia or connective tissue. Trauma, inflammation and/or surgery can affect the fascia, which in turn can lead to tension and pain.

Myofascial Release aims to release these. This type of massage is performed directly on the skin without using any oil or cream. This allows the therapist to accurately feel impairments in the fascias and stretch accordingly to achieve the optimal effect.



Duration: 90 min.

price: €90



## Reiki

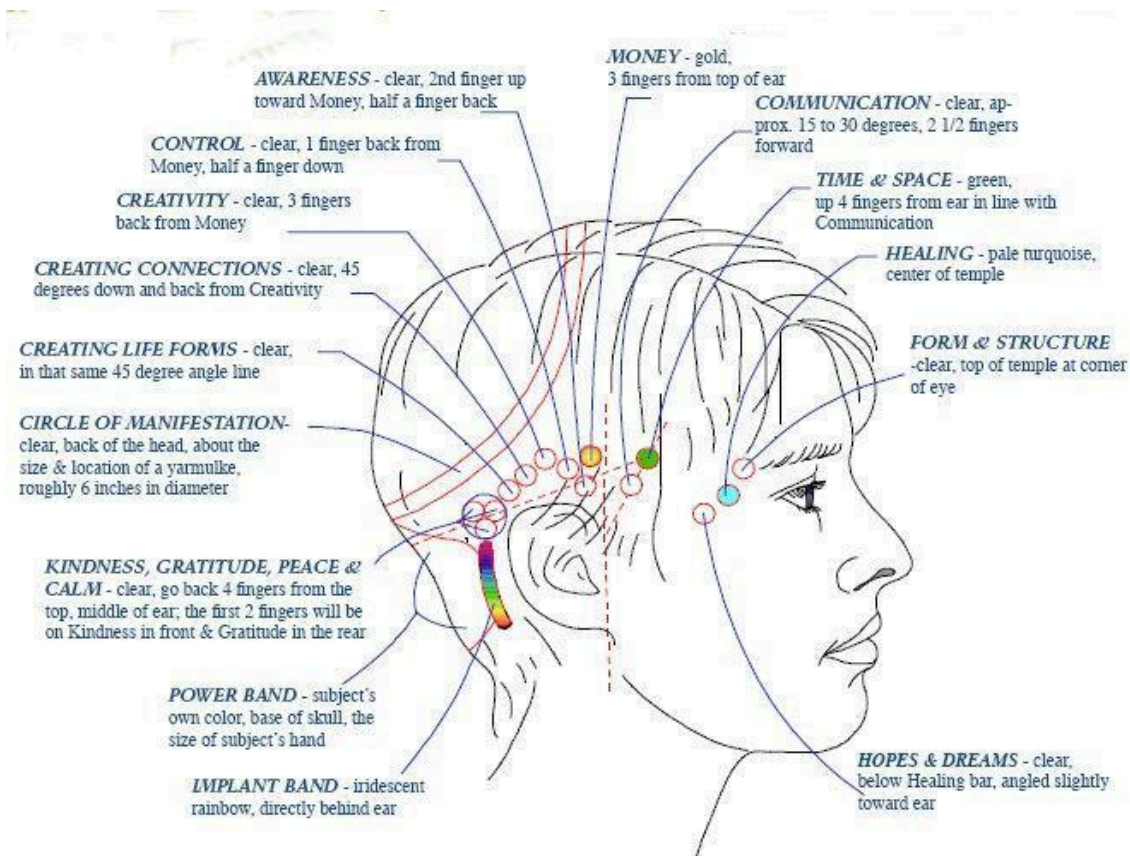
Reiki treatment is a gentle, energetic practice that involves a practitioner placing their hands lightly on or near the recipient's body. During the session, the practitioner channels healing energy to the recipient, aiming to promote relaxation, reduce stress, and support physical and emotional well-being. This holistic therapy is based on the belief that the flow of life force energy can be enhanced to encourage healing and balance in the body, mind, and spirit.



Duration: 90 min.  
price: €90

## Access Bars

Access Bars® could be your new lifeline! Imagine 32 points on your head being gently touched, and voilà – positive changes in the brain are stimulated. No more binge-eating, exhaustion and thought chaos! This method, developed by Gary Douglas, releases physical and mental blockages and creates more ease in all areas of life. After a session, your head feels like it has been swept clean – pure peace and relaxation. Don't worry, it's like a reset for your mind – clear thoughts and serenity await you. Try it out and press the reset button for more freedom and joy of life!



Duration: 60 min.  
price: €90

Duration: 90 min.  
price: €120

## Energetic Facelift

An "Energetic Facelift" is about treating yourself and your body more lovingly. The combination of touching the Accessbars points and gentle touches on the body (head, neck, décolleté) helps you to become more aware of your daily choices and consider whether they also contribute to your body? During this healing treatment, fine lines and wrinkles seem to soften. One can often observe a light rosé appearing on the cheeks, the skin glowing beautifully and the eyes shining again, too. The treatment is a great self-love session and a gift for body and mind! It also really boosts your immune system.

You feel radiantly fresh and beautiful again, inside and out!



Duration: 90 min.

price: €120

Of course, we can also create personalized packages  
and tailor-made arrangements just for you.