



Massages

RELAXING MESSAGES

FULL BODY MASSAGE (50 min.) <i>Relaxing full body massage with essential oils.</i>	50 €
ANTI – STRESS (75 min.) <i>Full body massage, sensitive and relaxing. Including facial massage.</i>	70 €
BABY RELAX - FOR CHILDREN (25 min.) <i>Special treatment for kids, with delicate and gentle massage manoeuvres.</i>	25 €

SPECIFIC MESSAGES

BACK MASSAGE (25 min.) <i>Relaxing treatment for your back.</i>	30 €
KOMBI (45 min.) <i>Specific massage for back, neck problems and cervical stretches. Adding rosemary essential oil and anti-inflammatory cream.</i>	45 €
DEEP TISSUE (50 min.) <i>Deep back, neck and legs massage to release the muscle chains. Adding rosemary essential oil.</i>	50 €
CIRCULATION (45 min.) <i>Special legs treatment, for circulation and water retention issues. Massage with Cold bandages.</i>	45 €
SPORTIVE LEG TREATMENT (45 min.) <i>Legs massage discharging, recovering and specific stretching. Special for athletes. Adding hot and cold Aloe Vera gel.</i>	45 €
TIRED FEET MASSAGE (20 min.) <i>Reducing heavy feed sensations, recommended to release pain and stressed feet after physical activities.</i>	30 €

SPECIALIZED THERAPIES

PARTIAL LYMPHATIC DRAINAGE (50 min.) <i>Removes toxins from the lymphatic system.</i>	45 €
COMPLETE LYMPHATIC DRAINAGE (80 min.) <i>Especially indicated in the accumulation of liquid. Cleanse and detoxifies the lymphatic system.</i>	68 €
REFLEXOLOGY (45 min.) <i>Technique based on the stimulation of reflex points on the feet by pressure in areas to produce specific effects in other parts of the body.</i>	45 €
HAPPY MUM (50 min.) <i>A gift for mum and the new baby coming. Helps alleviate the tensions in the lumbar, neck and legs in this sweet moment of life.</i>	55 €

Massages of the World

BODY CARE (Uji-Massage) (80 min.) <i>*****Our Star Massage***** Combination of anti-stress, relaxing and therapeutic Massage using essential oils and hot oils. With essence of lavender and lemon.</i>	85 €
+ Peeling (90min.)	95 €
VOLCAN TIMANFAYA (110 min.) <i>Peeling with salt of Janubio + Massage with hot volcanic stones.</i>	95 €
LOMI – LOMI (80 min.) <i>Hawaiian Massage with coconut oil.</i>	80 €
SPECIAL CANARIES (80 min.) <i>Full body Massage with Aloe Vera.</i>	80 €
SPECIAL DEAD SEA (80 min.) <i>Full body peeling + Seaweed wrap + Massage with specific oils.</i>	85 €
SPECIAL MEXICAN (110 min.) <i>Chocolate body wrap + Energetic Massage with chocolate oil.</i>	80 €
SPECIAL INDIA (with hot oil)	
<i>Head, face and neck (25 min.)</i>	30 €
<i>The whole back (45 min.)</i>	45 €
<i>The whole body (80 min.)</i>	85 €
TOP CARE (80 min.) <i>Relaxing Massage, energetic and de-contracting. Includes reflexology, shiatsu, acupuncture and aromatherapy.</i>	85 €

Love Secret (50 min.)

Relaxing Couple Massage with hot oil 120 €



Beauty Treatments

YOUR EYES ARE THE WINDOW TO YOUR SOUL

BASIC FACIAL AND MOISTURISING <i>Facial cleansing with moisturising products to beautify your face. Light and basic facial cleaning next to a mask and moisturiser with specific products.</i>	45 €
ACTIVE FACIAL HYGIENE <i>A deeper cleaning of the skin in which impurities and dead cells are eliminated, giving it a healthier look. Essential for skin care and for later facial treatment.</i>	55 €
REJUVENATING AND PREVENTATIVE FACIAL <i>Specific treatment for tired skins and prevent premature ageing of the skin.</i>	70 €
SPECIFIC SKIN TREATMENT	55 € - 65 €
<i>Our professionals will determine the treatment that best suits you for the needs of your skin with specific products for it. Let yourself be advised by your beautician.</i>	
ADOLESCENT ESSENTIAL BEAUTY <i>Specific treatment for adolescent skins, eliminating impurities and moisturising thoroughly.</i>	50 €

AESTHETIC CARE FOR HANDS AND FEET

BASIC MANICURE <i>Basic hand Treatment.</i>	22 €
MANICURE BODY CARE <i>Complete hand treatment with peeling and mask to get soft skin.</i>	32 €
BASIC PEDICURE <i>Basic feet treatment.</i>	27 €
PEDICURE BODY CARE <i>Complete treatment of the feet with peeling and mask to get soft skin.</i>	35 €
MANICURE SHELLAC <i>Basic hands treatment + Shellac polish.</i>	42 €
PEDICURE SHELLAC <i>Basic foot treatment + Shellac polish.</i>	45 €

AESTHETIC CARE FOR THE BODY

ANTI CELLULITE 1 day (80 min.) <i>Treatment with esthetic firming products for specific areas.</i>	65 €
ANTI-CELLULITE 3 days	175 €
FULL BODY PEELING (50 min.) <i>To clean skin impurities, finishing with a soft massage with body moisturising milk.</i>	55 €



Despierta tus sentidos
INVIGORATE YOUR SENSES



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www.bodycare-spa.com