

Spa Menu

M A S S A G E S & T H E R A P I E S

€25 / 30 min or €45 / 60 min

Swedish / Relaxing massage

A full body oil massage with gentle touch that will nourish your skin at all levels. It includes the basic techniques for a traditional Swedish massage: effleurage, perissage, friction, tapotament and vibration.

Deep Tissue / Therapeutic massage

A full body oil massage with more focus on the spine, joints and tired muscles. The therapist combines presopuncture, reflexotherapy and joint manipulation to release tension and help the body relax and unwind.

Hot Stone Ritual

This ritual combines the therapeutic effects of heat, lava stones and massage techniques to offer a deep relaxation experience for your body and mind.

Yumeiho

Yumeiho therapy is a preventative and therapeutic method, a holistic Japanese remedial massage and manual therapy used to treat many medical conditions as well as to improve mental and physical health.

B A T H R I T U A L S

DIY Ritual, choice of essential oils, bath salts & herbs to make your preferred combination.

€20 / 60 min

S P A P A C K A G E S

Combine 3 or more treatments for 10% off the full package.

S A U N A & H O T T U B

Unlimited access all day.