



Touch Life Spa

Services List

Relaxing Massage

Light, gentle strokes to calm the body and mind.

Anti-Stress

Targeting STRESS areas by pressure points

Swedish

Smooth, flowing movements to reduce tension and promote relaxation.

Aroma Therapy

Massage using essential oils to relax and uplift your mood.

Hot Stone Massage

Warm volcanic stones placed on the body to relieve deep muscle tension.

Medical Massage

Focused treatment for pain or injury.

Sports Massage

Firm deep tissue massage to help muscles recover from sports, exercise, etc.

Lymphatic and Madero Therapy

Gentle drainage to reduce swelling and improve circulation,
sometimes using wooden tools.

Ventusa Massage

Cupping technique to improve blood flow and release toxins.

Foot Reflexology

Pressure on specific points on the feet that connect to different parts of the body.

Foot Massage

Relaxing massage focused on the feet only.

Head Massage

Light pressure on the scalp and temples to ease tension and headaches.

Royal Hammam

Traditional Moroccan-Turkish bath combined: body cleansing with black soap, steam, and exfoliation to deeply purify and soften the skin.

Deep Cleaning Facial

A facial that removes dirt, oil, and blackheads to clear pores and refresh your skin.

Deep Nourishment Facial

A rich facial treatment that hydrates, repairs, and revitalizes dry or tired skin.



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