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# WELLNESS

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## Therapies

### HARMONIZATION MASQI

60 minutes / 70€

An **Energy Session** that through radiesthesia, reiki, bach flowers, aromatherapy and nutrition seeks the root of our imbalance. The objective is to highlight and to create awareness of why our health is affected and to solve the ancestral and energetic imbalances. Results are obtained from the first session and it is possible to achieve even greater results by undertaking 2-3 sessions on consecutive days.

### NATUROPATHY

60 minutes / 90€

Through a system using different techniques such as iridology and pulsology, a **tailor-made life program** is proposed (nutrition, hydrotherapy, phytotherapy, aromatherapy, etc ...) with the purpose of optimising health, as well as improving quality of life.

### PSYCHO BIOENERGETIC

60 minutes / 70€

This therapy combines **various healing methods**, from the most ancestral such as traditional Chinese and Ayurvedic medicine to the latest such as quantum healing. Starting with the objective and using kinesiological testing, we will obtain information on where the blockages are and will strive through different techniques to solve them.

### ENERGY BALANCE

60 minutes / 70€

With the help of **Reiki** we will examine the balance of Chakras, and to help the universal energy to flow freely through all the bodies.

### MENTORING

80 minutes / 95€

Through this therapy we will embark on a **general tour** of your health, nutrition and the different aspects of your life. With all the information gathered we will propose how to make improvements, suggesting objectives and methods to achieve this. It will provide clarity in decision making.

## Massages

### CALIFORNIAN

60 minutes / 70€  
soft intensity

**Sensitive massage** from head to toe that uses smooth and harmonic movements, using essential oils to enhance the effects. It allows you to connect with your own body providing deep relaxation, release of blockages and relief of chronic pain.

### SENSITIVE VIBRATIONAL

60 minutes / 70€  
soft intensity

**Gentle massage** that allows the body and mind to be energised thanks to the acupressure in the different energetic channels and the vibrations produced by Tibetan bowls

## Massages

### DETOX

75 minutes / 85€  
soft intensity

**Cleansing massage** that activates circulation and promotes the elimination of waste substances in our body.

### FOOT REFLEXOLOGY

60 minutes / 70€  
soft intensity

**Manual therapeutic massage** that stimulates the reflex zones of the feet to produce effects in other parts of the body and its organs. It helps to activate blood circulation and the immune system, as well as improving quality of sleep.

### ANTI-STRESS

60 minutes / 70€  
mean intensity

**Holistic massage** that incorporates several techniques of medium pressure to facilitate the flow of energy throughout the body and thus relieve stress and anxiety.

### ABHYANGAM

60 minutes / 70€  
mean/high intensity

**Ayurvedic full body massage** with oil and natural essences. It uses enveloping movements and deep pressure, helping to release tension, eliminate toxins and boost the immune system.

### TRADITIONAL THAI

90 minutes / 95€  
high intensity

**Massage** that by means of pressures, stretching and reflex stimulations performed in **Tatami**, improves both the circulatory and nervous systems, as well as favouring muscle tone and flexibility.

### DEEP TISSUE

60 minutes / 85€  
high intensity

A high intensity, **deep tissue massage** that improves physical and sports performance. Helps to lengthen the muscles.

## Treatments

### SENSORY (facial biotherapy)

60 minutes / 75€

With *Calaguala*, *Aloe Vera* and *Hops* that help to soothe irritated and reddened skin. Increases skin defenses.

### DETOX (facial biotherapy)

60 minutes / 75€

With *Plantain*, *Walnut* and *Indian Chestnut* that help to purify toxic substances at the cellular level, allowing the skin to breathe and decreasing pore size.

### ANTI-AGING (facial biotherapy)

75 minutes / 75€

Rich in *Hyaluronic Acid*, *Pomegranate* and *Algae* that help to increase the production of collagen and elastin. Improves the firmness of the facial oval.

### SCULPTING (body biotherapy)

90 minutes / 95€

With *Watery Myrtle*, *Garcinia* and *Mate* that help to smooth and style the figure as well as reaffirming the skin. It includes exfoliation, hydration treatment and massage.