



**ESENCIAL ATENEA – SHIRODHARA**

Partial massage (back, craniofacial, etc.) Energetic with Ravintsara essence to fortify physical and mental energy; unblocks and increases the body's defences.

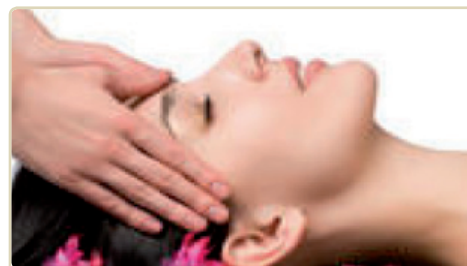
🕒 35' 45 €



**REVITALISING TIRED LEGS**

Exfoliation and massage with almond oil and essences of cypress, mint and lemon.

🕒 30' 45 €



**BREEZES OF THE COSTA DAURADA**

Relaxing and firming for the head, face and neck.

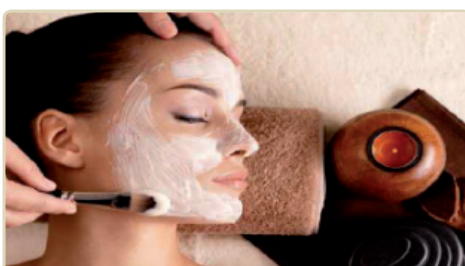
🕒 35' 45 €



**ANGEL'S FEET**

Exfoliation, reflexology massage and deep hydration with shea butter.

🕒 35' 49 €



**FACIAL AND BUST FIRMING**

Massage and deep hydration with hazelnut oil enriched with geranium and palma rosa essences.

🕒 35' 55 €



**MEDITERRANEAN SERENITY**

Full body massage Relaxing with aromas of lavender from Provence for maximum relaxation.

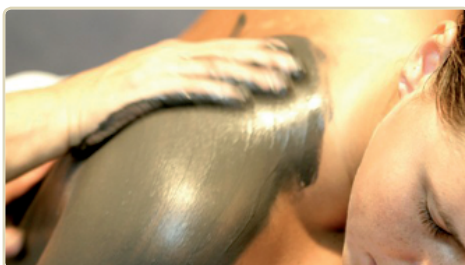
🕒 55' 55 €



**ANTI-AGEING JAPANESE KOBIDO MASSAGE**

Facial + cervical + arm and hand massage. A sleep and beauty cure to return luminosity to the facial skin with a detoxifying, relaxing and firming effect.

🕒 50' 60 €



**CHOCOLATE AND ORANGE WHIM**

Wrap your whole body in chocolate and orange essence. Relaxing full body massage with hydrating, stimulating, anti-cellulite and invigorating properties.

🕒 55' 70 €



**JUNIOR RELAX – FOR CHILDREN**

Relaxing massage for children up to age 14.

🕒 25' 30 €

**MASSAGE TIMES**

Fridays 5 pm to 9 pm and Sundays 10 am to 2 pm  
Saturdays 10 am to 2 pm and 5 pm to 9 pm

**SPA OPENING TIMES**

Every day from 10 am to 2 pm and 5 pm to 9 pm

**SPA CIRCUIT**

Duration 1 hour.  
Bathing costumes, flip-flops and bathing caps are obligatory.  
Under 16s must be accompanied by an adult.

**INFORMATION AND BOOKINGS**

Please ask at reception or dial 9 from your room.  
Prices are per person and include 21% VAT.