



IN ROOM SPA



**Treatments that go beyond relaxation
for mind, body and soul.
A loving touch to a deep emotional nourishment.**



AYURVEDA TREATMENTS

The Ayurveda "science of Life" considers that the body is inseparable from mind and spirit. The hands glide over the body with continuous movements, fluid and enveloping as a genuine sacred dance. It releases the energy by improving circulation of blood and lymph, giving a wonderful sense of lightness and well-being.

Abyanga

110 Euros per person

A traditional method of Ayurveda treatment that combines massage techniques, aromatherapy all done with warm therapeutic oils.

Abyanga helps the body to relax, relieves pain, stress and remove fatigue, restoring good health and vitality, stabilizing the flow of internal energy. It also improves the work of cardiovascular, immune and nervous system, blood and lymph circulation, produces a feeling of peace and tranquillity.



Shirodhara

120 Euros per person

Based on the principle that gentle but constant application of warm oil stimulates healthy blood circulation to the brain. This special treatment helps to relieve states of stress, anxiety and insomnia. It acts on the nervous system and gives a deep feeling of relaxation

Lymphatic or drainage

110 Euros per person

The lymphatic system is of great importance in the proper functioning of our body. Lymphatic drainage is more than pampering yourself and should try it here. It is more than a medical procedure that helps us to: stimulate venous circulation and lymphatic, reduces cellulite, maintains a healthy circulation and detoxifies the body. Lymphatic drainage is vital.





MASSAGE AND THERAPIES

This relaxation massage targets tense muscles and is the perfect way to ease stress and melt away any anxiety at any time of the day.

Shiatsu Massage

120 Euros per person

This Japanese style of massage has a very different 'feel.' It doesn't use massage oil, and it doesn't even directly touch your skin. Direct pressure, via the thumbs, palms, knuckles, forearms, even knees and feet are used to stimulate and relax specific points on the body. Pressure is sometimes applied rhythmically along the length of muscle attachments; where muscles become tendons and attach onto bones. The attachment areas are the areas of highest tension, and therefore are also the areas where you notice the most amount of stress.



Californian Massage

110 Euros per person

With a firm yet gentle touch, this full-body massage relaxes muscles and promotes blood circulation, calming and centering the mind. The technique of using long, fluid, sweeping strokes is key to the Californian's anti-stress qualities.





Reiki

100 Euros per person

A simple but profound Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.



Reflexology

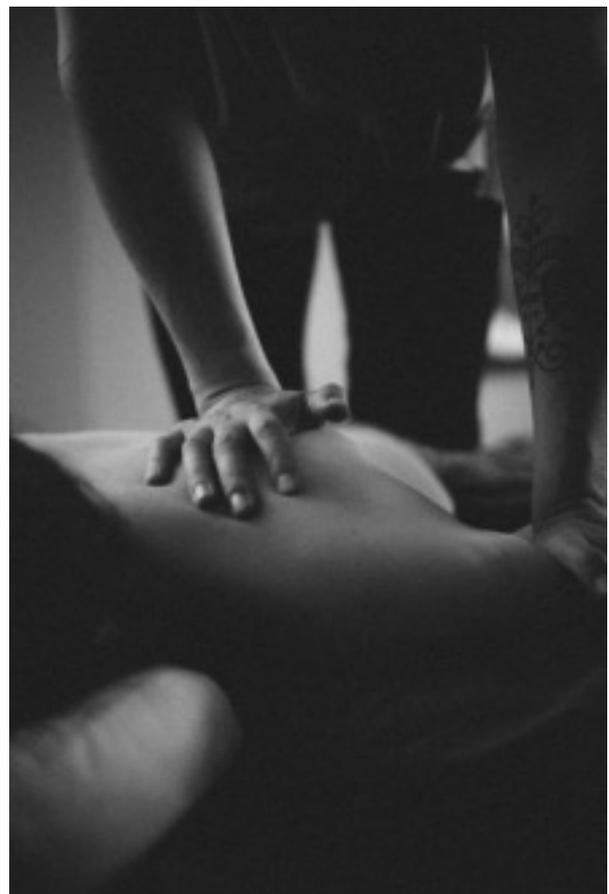
120 Euros per person

Reflexology has its origins in almost every ancient civilization. It is believed that the sole of the foot represents a map of the body and by stimulating certain organ reflex points on the foot the organs itself are being worked on. Reflexology is great to support detoxification of the body, promotes relaxation, sleep, speeds metabolism and supports organ sufficiency

Thai Massage

120 Euros per person

Both a therapeutic art and a dynamic experience, this massage encompasses body, emotion and thought. Practiced fully clothed on a floor mat and inspired by Oriental techniques such as yoga, it combines progressive stretching, joint loosening, and acupressure to invigorate and enhance well-being.





INTENSIVE MUSCLE RELIEF

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

Deep-Tissue

110 Euros per person

Deep-tissue massage is a specific type of massage therapy that concentrates on the deep layers of muscle and fascia in the body; and recommended by many doctors as a treatment option. By using deep finger pressure and slow, firm strokes, deep tissue massage is used to treat a variety of physical ailments.



Sports

110 Euros per person

Sports massage can be used before a sporting event, after or during the training process. This style of massage helps prevent injury, increase performance, flexibility and range of motion. Sports massage also relieves muscular cramps and tension and flushes toxins out of the body to decrease muscle soreness.



Pregnancy

110 Euros per person

As the body changes during pregnancy, massage can help relieve muscle aches and pains, reduce fluid retention, increase circulation to slow the process of varicose veins and calm the nervous system. Massage helps women become aware of tension in the body and teaches how to consciously release it in preparation for the birthing process.



Useful information

Health is put first

Please inform us if you have any health complaints. Our beauty therapist will advise you and adapt the treatment to your needs.

Appointments

All treatments must be booked in advance. Your credit card number will be requested at the time of booking to secure the appointment.

Pregnant Women

Certain treatments and products should be avoided pregnancy. For health reasons and for your peace of mind, please let us know if you are pregnant at the time of booking.

Our services

We provide towels, robes, slippers for your comfort and convenience

Lost Property

We cannot be held responsible for any lost or stolen property.

Cancellation

Treatments cancelled less than 24 hours in advance will be charged at 50% of the full rate. Treatments cancelled less than 12 hours in advance will be charged at the full rate.



For any further information or reservation ask our Hospitality Desk.