



MASSAGES

Relaxing massage

The combination of smooth, gliding strokes and gentle pressure, along with slow and repetitive rhythms, means that you will forget any feelings of pain and that your muscles will be fully relaxed.

40€. 30 min **75€.** 60 min

“RIWO” massage

The rhythm of Kenyan music, accompanied by shea butter, will transport you to the African corner of Riwo during this manual toning massage. Let your mind fly and feel the percussion of this massage on your skin which provides toning and elasticity.

45€. 30 min **85€.** 60 min

Anti-cellulite massage

This zone massage breaks down fatty tissue and drains the areas which have been treated. For the best results and noticeable effects, this is a treatment which should be repeated several times.

45€. 30 min

“RIWO” foot ritual

Enjoy the sensation as your physical and mental tensions are released through a foot bath with essential oils. The massage on the sole of the foot, along with the warm water temperature, will give way to a very pleasant foot massage that you will be sure to remember for a long time.

45€. 30 min

Children’s massage

Children are not made of rubber... This 15-minute massage provides the child with relaxation and removes their stress and fears and helps them to relax.

20€. 15 min

Muscle relief massage

This massage is used to relax the muscles in order to relieve the tensions that may occur due to the stresses of everyday life, lack of rest or bad posture.

45€. 30 min **85€.** 60 min

Chocolate therapy

This technique, used in Aesthetic Naturopathy, uses cocoa that has been transformed into chocolate as the main element which is applied to the skin. Its properties are absorbed and improve your skin health, appearance and well-being.

45€. 30 min **85€.** 60 min

Podal reflexology

Podal Reflexology is applied to the reflex zones located on the ankles, the heels and the soles of the feet. Together with a relaxing atmosphere of light and sound, the main internal organs will be reactivated. Let yourself go...

45€. 30 min

Relaxing ritual of flowers

With long, sensual movements, relaxing music and Mediterranean flower gel, daily tensions are eliminated which helps and allows you to move forward in your life.

55€. 40 min

Back or leg massage

This short massage of 20 minutes will help to reduce and relieve the heaviness in your legs or back.

28€. 20 min

Coffee ritual (anti-cellulite)

Massada has created this latest-generation treatment which attacks cellulite, activates metabolism and helps eliminate toxins thanks to caffeine. It is designed to achieve the greatest efficiency in the most natural way thanks to its specific products and massages. The result is a beautiful and balanced body.

55€. 45 min

"RIWO" ritual

This full body ritual massage mixes manual techniques with wooden rollers that are used in order to deepen the treatment and to relax the muscles without pain. The relaxation and hydration provided by the shea butter cream will evoke afternoons in the African savannah.

55€. 45 min



BEAUTICIAN

Facials Treatments
Según tipo de piel

45€

Peeling

50€

Body
wrap

50€

Manicure
Spa

25€

Pedicure
Spa

40€

Manicure +
Pedicure Spa

60€

Manicure Spa +
Gel nails polish

35€

Pedicure Spa +
Gel nails polish

50€

Manicure+pedicure
+Gel nails polish

75€

Painted
nails

10€

Gel nails
polish

25€

Remove
nail

15€



WAXING

Eyebrows or
underarm

8€

Top lip

6€

½ leg or arm

25€

leg or arm

35€

Bikini

12€

Brazilian

15€

Reservations will be pre-paid.

Cancellations made 24 hours before service will not be refunded.

Please be 10 minutes early to receive your therapy.

Tlf de información y reservas 15700 Recepción del Health Club

NUTRICIÓN y BIENESTAR
ALICIA GARRALÓN