

Therapeutic Massages

Anti-stress 25' 50'	35€ / 55€
Muscle relaxation 25' 50'.....	40€ / 55€
Relaxation with Deep Sleep Aromatherapy 25' 50'	35€ / 55€
Sports "active recovery" 25' 50'.....	35€ / 55€
Circulatory "light legs" 25'.....	35€
Foot Reflexology 50'.....	45€
Lymphatic drainage 45'.....	40€
Lymphatic drainage 50'.....	45€
Lymphatic drainage 80'.....	55€
Traditional Canarian Massage "Bajar la madre" 45'.....	40€
Special Massage for pregnant women 45'	55€
Hot Stone massage "energy and balance" 75'.....	60€
Ayurvedic 105'	75€

Body Treatments

Body Peel with LAVA or LAMINARIA KELP SALTS 25'	35€
Cold Leg bandages 20'.....	25€
Anti-inflammatory pain treatment with MUD and cream 40' on specific area.....	50€
Sciatica and lower back pain treatment with MUD and cream 40' on specific area	50€
Detox with MUD 90'.....	60€
Moisturizing and nourishing with COCOA 75'.....	60€
Anti-ageing and revitalizing with CITRUS FRUITS 75'.....	65€
Anti-cellulite ALGO-therapy 90'.....	65€
Intensive Lipolytic GREEN TEA 90'.....	60€
Regenerating BULGARIAN ROSE 80'	70€

Holistic Wellness

· Cranio-Sacral Massage 50'.....	55€
· Cranio-Sacral Massage "Release tension" 50'	55€
· Zen Shiatsu 50' Emotional/Energetic Balance 50'.....	55€
· Zen Shiatsu + specific area 90.....	60€
. Traditional Shiatsu 50' Physical pathologies (migraines, constipation, etc.)	50€
. Traditional Shiatsu 90' Physical pathologies (migraines, constipation, etc.)	60€

Facial Treatments and advanced Skincare

- Detox cleansing with extraction 90' 60€
- Personalized essential cleansing without extraction 50' 50€
- Facial peeling with DIAMOND TIP 50' cell renewal..... 50€

- PREMIUM FACIAL
- Citrus anti-ageing treatment 60' 50€
- Bulgarian Rose Regenerator 60' 50€
- Repulping Lifting & Firming 60' 60€
- Personalized Men's Facial 60€

- KOBIDO FACIAL
- Japanese Kobido Facial and Neck Lifting 75' 70€

- Deep Back Cleansing 45' 50€

Radiofrequency face & body

- FACIAL RADIOFREQUENCY 60': collagen stimulation, rejuvenation 50€
- BODY RADIOFREQUENCY 45' anti-cellulite, firming + PRESSOTHERAPY 25' 50€

- ♦ The radiofrequency programmed includes a free initial consultation to assess the treatment and number of sessions required.

Muds, paraffin and pressure

- MUD PACK (MUD + HOT PARAFFIN) 20€
- MUD TREATMENT FOR ACCESSORY REGIONS/JOINTS 10€

- HOT PARAFFIN FOR HANDS (OSTEOARTHRITIS ARTHRITIS RHEUMATIS) 15€
- PRESSURE THERAPY FOR LEGS AND ABDOMEN 25' 20€
- PRESSURE THERAPY FOR LEGS AND ABDOMEN 40' 30€

Aesthetics

MANICURE & PEDICURE

· Classic Manicure 30'	20€
· Classic Pedicure 45'	24€
· Semi-permanent manicure 50' with removal included.....	24€
· Semi-permanent pedicure 50' with removal included	26€
· Spa manicure 45' (cleaning without polish + exfoliation+ paraffin moisturizing treatment)	30€
· Spa pedicure 45' (cleaning without polish + exfoliation + paraffin moisturizing treatment)	35€
· Extra manicure or pedicure polish with spa treatment 15'.....	10€
· Semi-permanent polish removal	10€

HAIR

REMOVAL

· Eyebrows 15'	10€
· Upper lip	10€
· Upper lip 15'/chin	15€
· Underarms 15'.....	10€
· Bikini line 15'	16€
· Half legs	25€
· Full legs 30'	38€
· Full legs 30', bikini line 15', underarms 15' upper lip	64€

Rituals

· CALM EL HIERRO 100' Volcanic peeling + hot stone massage	80€
· COMPLETE RELAXATION 90' Body peel + hydro bath + body moisturizing + personalized facial without extraction (peel, mask and moisturizing)	80€

Water Circuit

Private Turkish bath, sauna and jacuzzi circuit 50'.....	15€
--	-----

Maximum entry of 3 people per hour. If you are coming as a group, you can reserve the required hours. You must bring a towel, water shoes and a swimsuit.
Rate per session and person. Ages 12 and up (inclusive).

One day packs

· RELAXING PEELING: spa circuit 50' + body scrub 25'	50€
· LIGHT LEGS: press therapy 25' + Cold Leg bandages 20'	55€
· MUSCLE RELAXANT: mud treatment + massage 25'	55€
· DETOX LEGS: press therapy + lymphatic drainage 45'.....	60€
· ENERGY: spa circuit + massage 50'	70€
· ANTI-STRESS: spa circuit + peeling + massage 25'	75€

Programmed

It includes a 30-minute assessment consultation in which we will design a personalized programmed tailored to your need, with a minimum of three sessions.

RADIOFREQUENCY

ANTI-STRESS

DETOX – TOXIN ELIMINATION

TIREDNESS – ENERGY RECOVERY

SPORTS

PAIN RELIEF

ANTI-INFLAMMATORY

SLEEP RECOVERY

ANTI-CELLULITE

TIRED LEGS

AESTHETICS

5 use vouchers

Choose the treatment or package that best suits your needs, and enjoy one FREE session for every four sessions you purchase.



922 559 495
922 559 591



reservas@hotelbalneariopozodelasalud.es



www.hotelbalneariopozodelasalud.es