

Masages Massages



CUÍDATE - TAKE CARE

DECONTRACTING MASSAGE 40 min

Complete active massage applied to the musculoskeletal system of the body that allows the release of muscular tension and stimulates the nervous system, producing a sedative-relaxing effect.

BACK MASSAGE 30 min

Active back massage that helps to restore muscle tone and prepares the tissues for sports effort. Alleviates pain, fatigue and contractures, recovering the athlete's physical shape, as well as hydrating the skin with oils and natural products.

LEG MASSAGE 30 min

Lymphatic drainage, sports or relaxation.

You can choose between a rhythmic movement massage that acts directly on the lymphatic system. It favors the elimination of liquids, helps to reduce the symptoms of swollen legs and improves circulatory disorders.

CRANIO-FACIAL-CERVICAL MASSAGE 25 min

Relaxing massage on the face, head, neck, trapezius and scalp, combined with essential oils. Releases stress, mental and muscular tension, and anxiety, relaxes facial and cervical muscles, improves mobility and muscle tone in the head, neck, and shoulder area.

INDALO MASSAGE WITH ESSENTIAL OILS 40 min

Classic local massage (back and legs) balancing and relaxing, which surrounds you with an intense aromatic sensation.



Pack Detox

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Stress is a generator of toxins that settle in the trapezoids, tense the back, tense the neck and load arms and legs. We propose a complete program divided into 3 steps.

DETOX PACK FOR HER, 80 min

1. Facial and body peeling, to prepare the skin.

Wrap to choose (clay, mud, chocolate) with regenerative effect on the skin for muscle and joint pain, with a powerful draining and anti-cellulite effect. It is purifying, nourishing and gives a dose of vitality and cleanliness to the 100% natural skin (30min).



2. Relaxing back massage to relieve pain, fatigue and contractures (25min).

3. Draining leg massage that acts directly on the lymphatic system. Finishing with a cranial-facial massage with regenerating cream (the specialist will choose depending on the client's need, be it hyaluronic acid, collagen, silica, etc...) (25min).

DETOX PACK FOR HIM, 80 min

1. Active relaxing back massage that relieves pain, fatigue and contractures with essential oils (30min).



2. Massage of tired legs to release tension in the calf and quadriceps muscles (25min).

3. Relaxing massage on the soles of the feet that acts on different points, where the pressure of the energy meridians acts on the whole body in a reflex way. Ending with a relaxing massage in the Cranio-Facial-Cervical area (25 min).



FACIAL TREATMENTS

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NATURNUA FACIAL TREATMENTS

Brand Philosophy:

Natural and organic cosmetics recognized by the health authorities.

The Espirit de Natura Laboratories, S.L. born in the heart of the natural park of Peñagolosa (Castellón, Spain) has constantly updated facilities of 4,000 m² of laboratory and 50,000 m² of own cultivation fields.

The raw material used in the manufacture of these cosmetics is completely natural and free of paraffins, silicones, aluminum, parabens, pegs, pesticides, perfumes with allergens, etc.

These products are manufactured with a high concentration of active ingredients and high-quality raw materials.

Natura never experiments nor has it experimented on animals.

NATURNUA

Cosmetics that care for you.



FACIAL TREATMENTS

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OXYGENATING TREATMENT WITH VITAMIN C 60 min

This treatment provides our skin with an antioxidant, illuminating, moisturizing and firming effect. Due to its high vitamin C content, it is recommended for dull skin with a lack of vitality and who want to restore light and smoothness to the face

HYALURONIC ACID TREATMENT 60 min

This treatment is especially recommended for fragile, aged, rough and wrinkled skin. It provides a hydration, light and juicy recovery with a wrinkle filler booster, a good massage and active ingredients necessary to give density in the "DERMIS".

WHITENING FACIAL TREATMENT 60 min

Smooths and unifies the skin tone. Moisturizes and nourishes in depth, protects the skin most punished by the Sun and external agents. Balances excess fat, helps to remove stains and lighten the skin.

ANTI-AGING TREATMENT 75 min

This spectacular treatment acts on the signs of aging, addressing them in all their aspects: wrinkles, sagging and facial sagging. The synergy of active ingredients promotes collagen synthesis, providing firmness to the face, filling wrinkles with hyaluronic acid and reinforcing the hydrolipidic barrier, preventing transepidermal water leakage, which results in smoother, younger and more hydrated skin.

COLLAGEN REGENERATING FACIAL WITH CAVIAR 75 min

The properties of this treatment is to provide high hydration and nutrition, stimulating the creation of collagen and providing more density and firmness to our skin. Due to the caviar content, the cell regeneration process is accelerated.

