

## CLASSIC TREATMENTS

<b>EDEN ROC SPECIAL MASSAGE</b>	<b>80 MIN 75 €</b>
Relaxing combination of body, cranial and podal massage performed with subtle manoeuvres aimed at harmonizing the nervous system, eliminate physical tiredness and disconnect the mind in order to cause a deep sensation of well-being.	
<b>AROMATIC CANDLE MASSAGE</b>	<b>50 MIN 65 €</b>
Relaxing body treatment that combines the effect of gentle massage manoeuvres with the sumptuousness of the aromatic oils of the candles.	
<b>THERAPEUTIC MASSAGE</b>	<b>50 MIN 61 €</b>
Massage whose main purpose is to relieve discomfort of different parts of the body caused by contractures, bad postures and stress among others.	
<b>PARTIAL THERAPEUTIC MASSAGE</b>	<b>25 MIN 40 €</b>
Massage that aims to relieve tension mainly from the back or the legs.	
<b>FULL BODY MASSAGE</b>	<b>50 MIN 55 €</b>
Full body massage, whose main objective is to relieve tension and decrease the level of stress of daily life.	
<b>PARTIAL BODY MASSAGE</b>	<b>25 MIN 37 €</b>
Relaxing massage applied to a certain area of the body. Skull, back, legs or feet. It has a calming and relaxing effect.	
<b>LYMPHATIC DRAINAGE</b>	<b>50 MIN 61 €</b>
Manual massage technique with very soft emptying manoeuvres, which favour circulation and help to eliminate fluid retention in the body.	
<b>FOOT REFLEXOLOGY</b>	<b>25 MIN 37 €</b>
Technique that promotes the treatment of various conditions by stimulating points in the feet that cause a reflex in other areas of the body, allowing the relief of discomfort.	
<b>CRANIOPODAL MASSAGE</b>	<b>25 MIN 37 €</b>
Perfect combination of cranial and podal massage that help to achieve a state of relaxation both physical and mental.	
<b>CRANIOFACIAL MASSAGE</b>	<b>25 MIN 37 €</b>
Relaxing combination of cranial and facial massage, brings good amount of benefits to the skin of the face and promotes rest.	



## BODY AESTHETICS

### BODY PEELING

50 MIN 70€

Body scrub treatment based on salts and essential oils. Eliminates dead cells and provides freshness, softness and hydration to the skin.

### “ROLL-ACTION” MASSAGE

50 MIN 65€

Physio-active massage application with equipment that promotes blood circulation in the treated area for anti-cellulite, firming or decontracting purposes. (Specific areas).

### BODY RADIOFREQUENCY

40 MIN 70€

Body treatment that uses radiofrequency and galvanic stimulation with different effects. Firming, anti-cellulite or draining. (Specific areas)

### BODY-SCULPTOR TREATMENT

50 MIN 95€

Body treatment indicated for people who want to reduce fat in localized areas and shape the silhouette

## FACIAL AESTHETICS

### FACIAL HYGIENE

75 MIN 75€

Deep cleansing of the facial skin. Does not include hair removal.

### FIRMING TREATMENT

50 MIN 85€

Treatment with a moisturizing, nourishing, antioxidant and regenerating effect. Visibly smoothes the appearance of existing wrinkles.

### MOISTURIZING TREATMENT

50 MIN 80€

Moisturizing treatment that helps keep the skin supple and young.

### SENSITIVE SKIN

50 MIN 80€

Indicated for sensitive skins, with a calming and decongestant effect.

### FACIAL RADIOFREQUENCY

40 MIN 70€

Technique aimed at treating skin laxity, causing a lifting effect on the facial oval. Improves the appearance of the skin, achieving a younger and firmer appearance.



## RADIOFREQUENCY EYE CONTOUR

40 MIN 50 €

Truly effective treatment to restore the youth and health of before to your eyes. Drains, tightens and reduces bags and dark circles.

## FACELIFT KOBIDO

45 MIN 61 €

This Japanese facial massage promotes the regeneration of skin cells and deeper tissues, helps to relax and unwind the muscles of the face, head and neck, has a general healing and rejuvenating effect.

# RITUALS

## OASIS OF SERENITY

80 MIN 150 €

The perfect combination of an anti-stress body treatment and a nourishing and moisturizing facial treatment that will provide you with the peace, physical and mental relaxation you need.

# BEAUTY

## SEMI-PERMANENT MANICURE

50 MIN 40 €

## SEMI-PERMANENT PEDICURE

50 MIN 45 €

## EYELASH LIFT

45 MIN 45 €

# AYURVEDA

## AYURVEDIC CHECK-UP

30 / 60 MIN 51 / 92 €

Our Indian doctor offers you a special determination of the Dosha. He will also advise you on nutrition, yoga and herbal supplements in accordance with the constitution of your body to restore the balance between body and mind.

## ABHYANGA

50 MIN 79,50 €

It's the basic massage in ayurveda. Our professionals will work with warm ayurvedic oil on the head and body favouring blood circulation and relaxation of the mind.

## SYNCHRON (MESSAGE SYNCHRONIZED FOUR- HANDS)

50 MIN 127,50 €

Traditional Ayurvedic massage with warm oil made with four hands at a synchronous rhythm. Excellent for mental and physical relaxation. Ideal massage to strengthen your immune system.



<b>KAYASEKAM (OIL BATH WITH FOUR HANDS)</b>	<b>50 MIN 143€</b>
<p>This is the most exotic of all Ayurvedic treatments. After a full body massage, warm oil is poured continuously all over the body. It is recommended to strengthen all body tissues as well as to relieve pain and other Vata disorders.</p>	
<b>SHIRODARA (SERENITY WITH FOUR HANDS)</b>	<b>50 MIN 133€</b>
<p>Relaxing and complete body massage, with application of medicinal oils on the forehead. This powerful therapy relaxes the mind and is recommended for states of insomnia, anxiety, depression, nervous disorders and also to improve mental clarity. Balance the doshas "Vata" and "Pitta".</p>	
<b>PINDA SVEDA (HERBAL MASSAGE)</b>	<b>50 MIN 110€</b>
<p>Massage with oil and application of hot herbal bags prepared with rice and medicinal powders. Relieves muscle stiffness and joint pain, especially back pain.</p>	
<b>OMKARA (AYURVEDIC CRANIAL MASSAGE)</b>	<b>15 MIN 35,50€</b>
<p>Relaxing massage of the head recommended for a proper circulation of energy on the upper body. Indicated to relieve tensions.</p>	
<b>MUKHALEPA (AYURVEDIC FACIAL TREATMENT)</b>	<b>50 MIN 79,50€</b>
<p>Facial treatment is an ancient beauty ritual of Hindu origin, which treats the skin and balances its imperfections.</p>	
<b>RASUL</b>	<b>41€</b>
<p>Treatment of Arabian origin with purifying effect. Consistent in a bath of different sludge, combined with a steam bath.</p>	
<b>STEAMBATH</b>	<b>10 MIN 25€</b>
<p>Increases the effectiveness of Ayurvedic oil massages.</p>	

