



SPA TREATMENTS



Classic Treatments

Eden Roc Special Massage	80 min	108.00 €
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.		
Aromatic Candle Massage	50 min	83.00 €
Relaxing body treatment that combines the effect of gentle massage manoeuvres with the sumptuousness of the aromatic oils of the candles.		
Therapeutic Massage	50 min	90.00 €
Massage whose main purpose is to relieve discomfort of different parts of the body caused by contractures, bad postures and stress among others.		
Partial Therapeutic Massage	25 min	55.00 €
Massage that aims to relieve tension mainly from the back or the legs.		
Full Body Massage	50 min	77.00 €
Full body massage, whose main objective is to relieve tension and decrease the level of stress of daily life.		
Partial Body Massage	25 min	50.00 €
Relaxing massage applied to a certain area of the body. Skull, back, legs or feet. It has a calming and relaxing effect.		
Lymphatic Drainage	50 min	72.00 €
Manual massage technique with very soft emptying manoeuvres, which favour circulation and help to eliminate fluid retention in the body.		
Foot Reflexology	25 min	55.00 €
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		
Craniopodal Massage	25 min	50.00 €
Perfect combination of cranial and podal massage that help to achieve a state of relaxation both physical and mental.		
Craniofacial Massage	25 min	50.00 €
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	88.00 €
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	74.00 €
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	80.00 €
Body treatment that uses radiofrequency and galvanic stimulation with different effects. Firming, anti-cellulite or draining. (Specific areas)		
Body Sculptor Treatment	50 min	108.00 €
Body treatment indicated for people who want to reduce fat in localized areas and shape the silhouette.		

Facial Aesthetics

Facial hygiene	75 min	85.00 €
Deep cleansing of the facial skin. Does not include hair removal.		
Firming treatment	50 min	96.00 €
Treatment with a moisturizing, nourishing, antioxidant and regenerating effect. Visibly smoothes the appearance of existing wrinkles.		
Moisturizing treatment	50 min	91.00 €
Moisturizing treatment that helps keep the skin supple and young.		
Sensitive Skin	50 min	91.00 €
Indicated for sensitive skin, with a calming and decongestant effect.		
Facial radiofrequency	40 min	79.00 €
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.		

Facial Aesthetics

Radiofrequency eye contour 40 min 57.00 €

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 70.00 €

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 170.00 €

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.

Essence of the Mediterranean 80 min 170.00 €


Facial and body ritual whose main purpose is to achieve the maximum state of relaxation while we enjoy a moment of harmony and well-being.

Beauty

Semi-permanent manicure 50 min 46.00 €

Semi-permanent pedicure 50 min 52.00 €

Ayurveda

Ayurvedic Check-up  **30 min/50 min** **58 € / 105.00 €**

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** **91.00 €**

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.

Udvarthanam (Herbal Peeling)  **45 min** **91.00 €**

Massage based on special powders of herbs with exfoliating effect. Recommended to break the nodules of fat and cellulite. Removes impurities and dead cells, and promotes circulation. It is the appropriate treatment to prepare the skin before any other massage.

Synchron (Synchronized four-hands Massage) **50 min** **145.00 €**

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.

Kayasekam (Oil bath with four hands) **50 min** **162.00 €**

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.

Shirodara (Serenity with four hands) **50 min** **151.00 €**

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".

Pinda Sveda (Herbal massage) **50 min** **125.00 €**

Massage with oil and application of hot herbal bags prepared with rice and medicinal powders. Relieves muscle stiffness and joint pain, especially back pain.

Ayurveda

Marma (Energy Massage)	50 min	91.00 €
In Ayurvedic medicine, marma points are specific locations in your body where a concentration of life energy exists. The masseur applies small pressure with the fingers, thumb or palm at certain points having high concentration of life energy. This increases the energy flow and helps for circulation.		
Omkara (Ayurvedic Cranial Massage)	15 min	44.00 €
Relaxing massage of the head recommended for a proper circulation of energy on the upper body. Indicated to relieve tensions.		
Kansa (Ayurvedic Foot Massage)	20 min	44.00 €
The technique involves massaging the feet with a Kansa wood, which is made of a unique blend of metals, including copper, zinc, and tin. Relaxes tired feet. Improves blood and lymphatic circulation. Enhance joint mobility in the lower limbs. Helps to relieve eyestrain and tired eyes		
Mukhalepa (ayurvedic facial treatment)	50 min	91.00 €
Facial treatment is an ancient beauty ritual of Hindu origin, which treats the skin and balances its imperfections.		
Rasul		44.00€
Treatment of arabian origin with purifying effect. Consistente in a bath of different sludge, combined with a steam bath.		
Steambath	10 min	28.00 €
Increases the effectiveness of Ayurvedic oil massages.		
Yoga (Individual session)	50 min	82.00 €
Personalised yoga session with an international yoga trainer mainly focussing on your health issues.		

Ayurveda

Only on request once in the Center and according to the advice of the doctor

Nasya & Dhoomapana (Nasal therapy) **46.00 €**

It is one of the most important treatments in Indian medicine. Includes facial massage, application of steam, medicinal drops via nasal and finally inhalation of medicinal vapors. Recommended for people with heaviness of head and neck, migraine and other respiratory problems.

Basti **52.00 €**

Ayurvedic Colon Cleansing by means of an enema indicated to eliminate toxins.

Kati Basti (back treatment) **56.00 €**

Combination of massage in the area of the column, bath of warm oil with medicinal herbs, and poultice of herbs. Indicated to relieve tension, stiffness, spasms and pains.

Netra Basti (eye care) **64.00 €**

Traditional ayurvedic treatment to improve eyesight, counteract fatigue, heaviness and dryness of the eyes.

Jaanu Basti (Specific knees) **56.00€**

Specific ayurvedic treatment for knee disorders. Effective in degenerative arthritis and for healing bone injuries of the knee.

Raktamokshana (Blood cleansing) **68.00 €**

Effective blood purification therapy, in which a carefully controlled extraction of small amounts of blood is carried out to neutralize the accumulated Pitta toxins of many blood-borne diseases.

Vaman (Therapeutic vomiting) **113.00 €**

One of the five panchakarma therapies in Ayurveda. Vaman means therapeutic vomit which is a medicated emesis. This treatment is performed for the aggravated kapha dosha, which evicts toxins mainly from the respiratory and gastrointestinal tract.

Virechana (Medicated purge) **68.00 €**

It is defined as medicated purification therapy, which cleanses the Pitta and purifies the blood, eliminating toxins from the body. While performing the Virechana, the vitiated doshas are removed through the rectum. Virechana therapy is an effective ayurvedic treatment that can cure a number of health problems naturally.



Exclusive treatments for our clients who follow a Cure Ayurvedic in our Port Salvi Ayurveda Center



PUNTA PORT SALVI, S/N
17220 SANT FELIU DE GUIXOLS
TEL: +34 972 320 100
PORTSALVI@BRAVAHOTELES.COM