



# HOTELS MEDITERRÁNEO

## SPA WELLNESS

### MASSAGES

**Active massage** - A massage that stimulates with essential oils, releasing tension with rhythmic and active motions, promoting balance and calm.-----  
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(partial) **30 min.**  
(full) **45 min.**  
(full) **60 min.**

**Relaxing massage** - Slowly carried out, this brings a feeling of serenity and well-being, relaxing the mind and body and eliminating physical and emotional tensions.-----  
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(partial) **30 min.**  
(full) **45 min.**  
(full) **60 min.**

**Geothermal massage** - Massage involving heated stones which brings pleasuring and healthy benefits for the body while helping to connect body & mind and reducing stress.-----

**60 min.**

**Craniocervical massage** - Neck and shoulders massage aimed at freeing physical and emotional tensions.-----

**30 min.**

**Foot reflexology** - Feet massage consisting in the application of pressure onto particular areas of the soles of the feet in order to stimulate a reflex action in another part of the body.-----

**30 min.**

**Sports massage** - Indicated for before or after exercising, to prepare the muscle tissues for competition and keeps the muscles in good conditions and prevent injuries.-----  
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**30 min.**  
**45 min.**

**Circulatory leg massage** - Ideal to activate blood flow or for those who suffer from heavy legs or varicose veins.-----  
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**30 min.**  
**45 min.**

**Lymphatic drainage** - It consist of applying gentle massages on different areas of the body, improving the circulation of lymph and the lymphatic system. It promotes the elimination of toxins.-----  
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**30 min.**  
**60 min.**

### EXFOLIATIONS

**Earth** - An authentic delight for all the senses. Inspired by the warm Mediterranean, this is a perfect cellular renovation body treatment.-----

**45 min.**

**Sea** - This releases dead cells by means of a delicious ocean-flavoured massage. Its regenerating effect cleans, softens and deeply hydrates the skin.-----

**45 min.**

**Chocoscrub** - Delicious exfoliation by means of thousands of little cocoa pieces that wrap around the skin. An intense pleasure that also makes the skin shine in a uniform, soft and impurity-free fashion.-----

**45 min.**

**Exfoliation + Massage** -----

**60 min.**

## WRAPS

**Clay wrap** - The sea clay, rich in marine sediments and mineral salts, is a natural element that helps to eliminate impurities from the skin, promoting circulation and nourishing and toning skin.- **45 min.**

**Chocolate body wrap** - Cacao brings many benefits to the skin as well as to the nervous system.----- **45 min.**

**Algae wrap** - A compound based on micronized marine algae and natural sea salt, this has a detoxifying effect.----- **45 min.**

**Morning breeze**- A refreshing breeze that caresses the body. An unforgettable moment of comfort and well-being through the properties held by Aloe Vera and Mint aromas.----- **45 min.**

## TREATMENTS

**Thalasso experience** - Inspired by the Mediterranean, this therapy has exfoliation, followed by a clay wrap and a pleasant massage; the perfect combination to enjoy relaxation in mind and body.----- **70 min.**

**Mediterranean** - Inspired by the Mediterranean sea, this body treatment with scent of sea consist in one marine exfoliation and one seaweed body wrap followed by a pleasant relaxing massage.----- **70 min.**

**Chocotherapy** - Wrap yourself in every sense. Smell the scent of chocolate with this cacao exfoliation, chocolate body wrap and moisturising massage.----- **70 min.**

## FACIAL TREATMENTS

**Basic facial hydration**- A thorough, personalised hygiene for each skin type.----- **60 min.**

**Anti-age** - Revitalising anti-age care that intensely repairs the light, vitality and uniformity of the skin.----- **60 min.**

**So delicate** - This provides immediate comfort and relief to the most sensitive skin by means of a combination of phytoactive extracts.----- **60 min.**

## HOTELS MEDITERRÁNEO

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