

## Shiatsu Massage

**60 minutes: 120€**

Japanese therapy based on finger pressure applied to specific points of the body. Incorporates rocking motions, rhythmic pressure and stretching. Balances vital energy, relieves muscle tension, removes lactic acid from the joints and improves overall well-being.

## Ayurvedic Massage

**60 minutes: 120€**

A massage inspired by traditional Indian medicine, combining essential oils and flowing, wave-like movements to relax the body, balance energy, and boost the immune system. A deeply restorative experience.

## Tuina Massage

**60 minutes: 120€**

A Chinese therapy that blends deep massage, rhythmic pressure, and energy point techniques to relieve pain, boost circulation, restore balance, reduce inflammation, and improve sleep and digestion.

## Acupuncture + Advanced Tuina

**90 minutes: 180€**

This therapy begins with Tuina techniques to release blockages, followed by acupuncture to stimulate energy points, alleviate pain, reduce stress, and restore balance. A natural treatment with remarkable results.

## Osteopathy – Dr. Sutherland’s CV4 Technique

**25 minutes: 40€**

**As part of another therapy: 25€**

A gentle yet effective therapy that targets the craniosacral system to release tension, improve cerebrospinal fluid flow, and promote deep relaxation, helping your body reset and find balance.

## Facial or Champi Massage

**30 minutes : 60€**

**As part of another therapy: 35€**

A revitalizing facial massage that boosts circulation, tones muscles, and reduces fine lines, leaving your skin radiant and refreshed from the first session.

## Relaxing Massage

**60 minutes: 120€**

Immerse yourself in a state of complete well-being with a soft and enveloping massage that releases stress, balances your energy, and relaxes every muscle in your body. The rest you truly deserve!

## Deep Tissue or Sports Massage

**60 minutes: 120€**

A deep, therapeutic massage designed to release muscle knots, alleviate tension, and improve mobility, leaving you feeling lighter and pain-free.