



### **IKONIKA MASSAGE 85 MIN - €89**

Using traditional massage technique such as body stretching and utilising pressure points on hands and feet together, with typical Swedish massage methods to smooth tension, erase knots and promote total well-being for the body and mind.

### **DEEP TISSUE MASSAGE 55 MIN - €75**

The massage therapist uses slow, deliberate strokes that focuses pressure on layers of muscles, tendons, or other tissue deep under your skin. Therapeutic chronic pattern of tension and help with muscles injuries such as back pain.

### **AROMATHERAPY MASSAGE 55 MIN - €65**

Essential oils extracted from plants are used as a treatment in complementary medicine to relieve tension and cure certain minor ailments.

### **HOT STONE MASSAGE 25 MIN - €40/55 MIN - €75/85 MIN - €95**

The therapist places warm stones on acupressure points, to instantly release physical muscle tension and calm the nervous and joint pain

### **PEACEFUL PREGNANCY MASSAGE 85 MIN - €80**

Can help with these changes in your body by reducing stress, decreasing arm and leg swelling, and relieving muscle and joint pain.

### **SWEDISH MASSAGE 55 MIN - €70**

### **ELEMIS PRO-DEFINITION LIFT & CONTOUR 55 MIN - €89**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

### **ELEMIS PRO- COLLAGEN AGE DEFY 55 MIN - €89**

Tackle fine lines & wrinkles with the clinically proven age-defying benefits of marine-charged Padina Pavonica & red coral. This targeted massage encourages optimum cellular function for nourished, younger looking skin.

### **ELEMIS PRO-RADIANCE 55 MIN - €89**

A nutritional boost rich in superfoods & essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper and radiant.