

MASSAGE

IBIZA RELAX MASSAGE

60' min 120€ / 90' min 180€

This relaxing treatment involves thumb pressure and skin rolling combined with stretching, followed by acupressure of the head, neck and face. A healing medium-pressure massage that soothes, relaxes and energizes.

AYURVEDA MASSAGE

60' min 120€

Warm sesame oil is applied all over the body to relax it. This treatment helps to detoxify, stimulate the lymphatic system, purify the body, restore healthy skin and balance body and mind.

BALINESE MASSAGE

60' min 120€

This method is ideal for restoring vitality thanks to wide, rhythmic movements of the palm of the hand and acupressure techniques that stimulate and energize the body.

PREGNANCY MASSAGE

60' min 120€

This specially designed prenatal treatment is suitable for all stages of pregnancy after the first trimester. Comprising relaxing acupressure and stretching, it improves blood circulation in the legs and feet. It is followed by a full-body massage in the side position.

DETOXIFICATION MASSAGE

60' min 180€

The aim is to release toxins and increase blood and oxygen circulation. The detoxification massage strengthens your immune system and restores your body's natural balance through deep fascia work, organ stimulation and reflexology. It is used to treat colon disease, bloating, constipation or skeletal muscle immobility, as well as pain resulting from an unhealthy lifestyle.

DEEP TISSUE & SPORTS MASSAGE

60' min 140€ / 90' min 200€

This massage uses strong pressure and stretching techniques. Ideal for stiffness and chronic pain, it relieves congestion, relaxes muscle tissue, releases toxins and promotes oxygen circulation. The therapist adapts the treatment to individual needs and can target specific areas.

OUR THERAPIST CONDITIONS FOR MESSAGES:

Prices are 21% VAT excluded. Payment in cash directly to the therapist or by payment link.
If you arrive late, we reduce your treatment time to ensure the next treatment starts on time.
No show and cancelation less than 18 hours will be charged.

BODY TREATMENTS

LYMPHATIC DRAINAGE RENATA FRANCA

75' min 170€ / 105' min 220€

This Brazilian technique combines firm pressure and fast rhythm with pumping and exclusive manoeuvre. It reduces edema, activates blood flows and boosts a complex network of vessels which transport fluids throughout the body, which contributes to reducing the dreaded cellulite. As a result, the body benefits from a reduction in swelling and gains a better-defined contour, in addition to accelerating its metabolism and enjoying well-being. This drainage is on legs, abdomen and arms.

INDIBA RADIOFREQUENCY TREATMENT

75' min 200€

Firming treatment, Reduction & improvement of cellulite. Reduction of adiposity and fatty nodules. Improved drainage and blood circulation for a more hydrated and elastic skin. Areas that can be worked: Legs, buttocks, arms, chest... Very relaxing treatment and efficient at the first session.

FACIAL TREATMENTS

FACELIFT MASSAGE (KOBIDO)

60' min 150€

Japanese massage is an ancient technique that will non-invasively improve the oval of the face, firm the skin and smooth wrinkles. The treatment works on deep skin structures, muscles, and fascia (facial muscles training). This is the most technologically advanced form of Japanese facial massage, which uses the most complex manual techniques.

HYDRA - VACUUM

60' min 200€

Cleaning + Peeling + Nutrition

The treatment brings luminosity and vitality to your face, obtaining an even texture without imperfections, while reducing spots and wrinkles.

PRIVATE CLASS

YOGA

60' min / 90€ - Class duo / 120€

Yoga is the ultimate search for harmony between mind, body and soul. Personalized yoga classes for beginners and experienced yogis, with sessions adapted to your level and personal goals.

PERSONAL TRAINING

60' min / 180€ - Class duo / 200€

A personalized program designed to help achieve individual fitness goals. Whether it's increasing upper body strength, improving tone or developing long-term fitness habits.

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