



MASAJES/MASSAGES

Relajación Técnica Sueca / Relaxation

Armoniza el sistema nervioso a través de maniobras sutiles y pausadas logrando una profunda sensación de bienestar.

60 MIN

Is a gentle Swedish massage that uses smooth, gliding strokes to help you relax. The Massage Therapist will move at a slower pace and use lighter pressure.

Descontracturante / Deep Tissue

Masaje parecido al sueco pero con una presión más profunda que disuelve la tensión muscular que suele provocar dolor y falta de movilidad.

60 MIN

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints)

Deportivo

Conjunto de maniobras que preparan la fibra muscular para la actividad deportiva o bien posterior a ella.

60 MIN

Sports massage is designed to assist in correcting problems and imbalances in soft tissue that are caused from repetitive and strenuous physical activity and trauma. The application of sports massage, prior to and after exercise, may enhance performance, aid recovery and prevent injury

Reflexología Pedal / Reflexology foot massage

Terapia focalizada en los pies que busca, a través de la dígito puntura, activar zonas reflejas de nuestro organismo con el fin de restablecer la armonía y equilibrio

60 MIN

Is the application of appropriate pressure to specific points and areas on the feet. Reflexologists believe that these areas and reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the organs and person's general health.