



## SLOWLY

WELLNESS & SPA

### Craniofacial Massage | 45m **55€**

Massage on the chest, shoulders, head and face. These areas of the body are where we normally accumulate a lot of tension and which can cause several imbalances, such as: headache, back pain, sleep disorders, general tiredness, among others. This massage removes accumulated tension, relaxing the neck and head and consequently the whole body.

### Reflexology | 45m **55€**

Foot reflexology is a technique that stimulates the body's self-healing through the stimulation of reflex points in the foot. The pressure of these points will improve body functions and provide general relaxation. To enhance the effects and for greater relaxation, movements on the hands and head are also included.

### Facial Hydration | 30m **60€**

Each person has a specific need at any given time, and these facials are suited to the skin condition at the time. They are facial treatments made with sustainable products with biological active ingredients, offering the skin what it naturally needs.

### Relaxing Massage | 50m **65€**

Massage with a calm rhythmic touch, providing relaxation in body and mind. It is indicated for those who seek to restore balance, reduce stress and prevent the emergence of tensions in the body.

### Therapeutical Massage | 50m **70€**

Massage indicated when there is some localized pain that needs to be relieved. The massage is done in the area of pain and may also be done in some other part of the body that may be related, so that the well-being is installed again.

### Sports Massage | 50m **70€**

Deep touch massage done on the whole body, which is indicated for athletes. This massage prepares the body and mind for effort and stress, or can be done after exercise to help muscle recovery and physical and mental relaxation. This massage helps eliminate toxins, increases tissue oxygenation and improves blood and lymphatic circulation.

### Full Body Massage | 90m **90€**

Massage done on the whole body, including the head, with deep touches, which helps to relax the body, mind and spirit. It helps release tension, reduce pain, detoxify the body, improve the immune system and bring a general feeling of lightness to the body and mind.