

mi APARTHOTELS
MOOD®

Where every moment feels special



Therapeutic Massages

Stress relief and improved
physical well-being
through personalised
massage treatments



Service provided in collaboration with **Arion Wellness**

Massage Menu



1. Draining massage

Medium–high intensity massage to improve leg circulation and support the lymphatic system

60 min.

65,00

2. Relaxing volcanic stone massage

Soft–medium intensity relaxing massage with volcanic stones, performed over the whole body

60 min.

65,00

90 min.

80,00

3. Lomi-Lomi massage (Hawaiian)

Fluid, rhythmic, long movements inspired by ocean waves, using hands, forearms and elbows, with gentle stretching

60 min.

65,00

4. Craniofacial massage + foot massage

Relaxing massage of neck, scalp and face, followed by a foot massage with almond oil or massage cream

60 min.

65,00

5. Relaxing massage

Gentle–medium intensity massage with sweet almond oil and natural essences, performed over the whole body.

60 min.

65,00

90 min.

80,00

6. Arion massage

High-intensity massage for back and neck muscle release, combined with a leg-draining treatment to reduce aches and heaviness

60 min.

65,00

7. Deep tissue massage

High-intensity massage to relieve muscle discomfort, performed over the whole body

60 min.

65,00

90 min.

85,00

8. Sports massage

High-intensity massage recommended for muscle overload from sport activity. Bamboo sticks may be used

60 min.

65,00

90 min.

85,00

Services available Monday to Sunday, from 10:00 a.m. to 8:00 p.m., by appointment.