

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.