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APARTHOTELS

MOOD<sup>®</sup>

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.

75,00

## 2. Relaxing volcanic stone massage

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

60 min.

75,00

90 min.

90,00

## 3. Lomi-Lomi massage (Hawaiian)

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

60 min.

75,00

## 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.

75,00

## 5. Relaxing massage

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

60 min.

75,00

90 min.

90,00

## 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.

75,00

## 7. Deep tissue massage

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

60 min.

75,00

90 min.

95,00

## 8. Sports massage

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

60 min.

75,00

90 min.

95,00

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