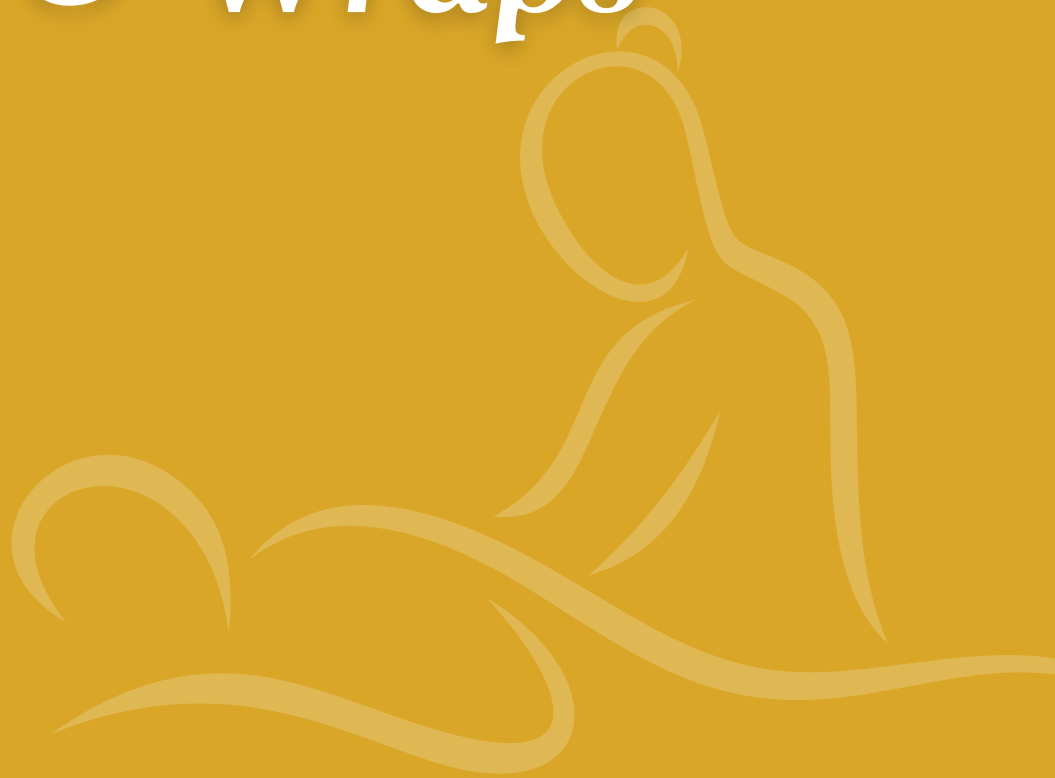


# *Massages & Wraps*



**LISOTEL**



hotel & spa

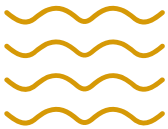
## RELAXATION RITUALS



### RELAX EXPRESS (35 MIN)

- Relaxation of an area of your choice (legs / back / skull / face)
- Foot bath
- Massage with neutral oil

**40€**



### LOMI LOMI (HAVAIANA) (55 MIN)

- Long, rhythmic movements with hands and forearms, imitating ocean waves, focusing on energy balance, deep relaxation and spiritual healing.
- Deep relaxation massage with neutral oil

**75€**



### CALIFORNIANA (50 MIN)

- Suitable for reducing stress, boosting self-esteem and releasing accumulated tension.
- Relaxing massage that uses long, gentle movements to shape the body.

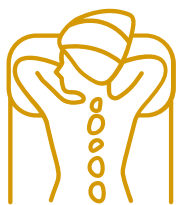
**75€**



### RELAX AND DEEP NUTRITION (50 MIN)

- Exfoliation with laminaria salt, neutral oil and Palma Rosa essential oil that evens out skin texture, revitalizes and provides well-being
- Relaxing massage with essential oil that nourishes and moisturizes, leaving the skin soft, perfumed and with a velvety touch.

**65€**



### VOLCANIC ROCKS (50 MIN)

- Hot stone massage with specific movements at strategic points on the body
- Very strong power of relaxation due to the heat of the stones, which slide through the muscles of the body, warming the skin and causing an excellent sensation.
- Recommended technique for relaxation

**85€**



## LISOTEL MASSAGE FOR TWO (55 MIN)

- Relaxing massage for two, with a romantic setting and candles
- Massage with warm candles and essential oils
- Foot bath

**120€**  
\*COUPLE



## AROMASSAGE (50 MIN)

- Relaxing body massage with essential oils that stimulate the chakras and the fundamental channels that regulate energy. To be chosen according to physical and mental state

**65€**  
\*PERSON  
**125€**  
\*COUPLE



## CHINESE PINDAS MASSAGE (50MIN)

- Well-being and relaxation
- Helps with body detoxification and rebalances the body (physical and mental state in total harmony)
- During the massage, the pindas are heated, accentuating the benefits produced by the herbs and the relaxing effect transmitted by the heat.
- Heated vegetable oil and essential oils are also used, taking advantage of the benefits of aromatherapy.

**70€**



## HOT CANDLES (50 MIN)

- Massage with hot candles based on essential oils
- The heat promotes the penetration of the main active ingredients in the candles (butters, vitamins and essential oils), and contributes to physical and mental relaxation through aromatherapy.

**65€**



## MASSAGE FOR PREGNANT WOMEN (50 MIN)

- Drainage massage (arms and legs)
- Relieves pregnancy-related pain and tiredness. Relieves stress and accumulated anxiety
- Massages should be carried out after the 1st trimester
- Consult your doctor before having any type of massage or treatment

**75€**

## THERAPEUTIC RITUALS



### THERAPEUTIC MASSAGE (50 MIN)

- Pressure massage to treat soft tissue injuries with fibrosis and contractures.
- Through neuromuscular techniques, it promotes physical well-being, relieving muscular and traumatic pain.

**75€**

## DETOX RITUAL



### FULL BODY LYMPHATIC DRAINAGE MASSAGE (60 MIN)

- Gentle, slow movements that stimulate the lymphatic system to eliminate excess fluids and toxins
- Reduces swelling
- Improves blood circulation

**75€**

## INVOLVEMENTS



### ORIENTAL EXPERIENCE (90 MIN)

- 10/15 minute sauna session
- Laminaria salt scrub
- Body wrap with essential oils
- 25-minute relaxing massage with essential oils

**90€**  
\*PERSON

**130€**  
\*COUPLE

## FACE RITUALS



### DEEP SKIN CLEANSING (90 MIN)

- Deep skin cleansing with extraction and hydration
- Cleansing and detoxification of the deeper layers of the skin
- Intensive exfoliation
- Deep moisturizing and nourishing mask
- Enhances skin hydration and nourishment. Develops the vitality of the skin, immediately soft and invigorated
- **Procedure:** deep cleansing, combined physical and enzymatic exfoliation (laminaria salt), soothing mask

110€



### FACIAL NUTRITION (40 MIN)

- Cleanses and detoxifies the deeper layers of the skin
- Enhances skin radiance
- Stimulates collagen synthesis and improves skin support
- **Procedure:** deep cleansing, exfoliation, revitalizing mask

65€

# Head Spa



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# Head Spa



## OASIS DETOX RITUAL (40 MIN)

- Craniofacial Massage
- Aromatherapy
- Washing
- Moisturizing
- Drying\*
- Tea ritual

*\*Brushing / babyliss not included*

**55€**



## IGNIS NUTRITION & MOISTURIZING RITUAL (60 MIN)

- Cranial, facial and shoulder massage
- Facial mask hydration (white clay)
- Aromatherapy
- Washing
- Moisturizing
- Drying\*
- Tea ritual

*\*Brushing / babyliss not included*

**80€**



## LISOTEL GOLD RITUAL (90 MIN)

- Foot bath
- Craniofacial massage
- Neck and shoulder massage
- Arms and feet massage
- Aromatherapy scalp
- Washing, moisturizing
- Ozone steam
- Drying
- Tea ritual

*\*Brushing / babyliss not included*

**105€**

**EXTRAS: BRUSHING= 25€ | BABYLISS= 25€**

## GENERAL CONDITIONS

### BOOKING TREATMENTS

To book services, you must make a reservation in advance with the hotel reception. Our team will be happy to help you select the treatments that are most appealing and beneficial to you. Please note that treatments must be paid for in advance, at the time of booking, by bank transfer, direct debit from a bank card, entity and reference and/or MBWAY.

### ARRIVAL

Please arrive 15 minutes before your appointment so that you can prepare for your moment of relaxation. Arriving late will deprive you of precious minutes of your spa/treatment.

### CANCELLATION POLICY

If you are late for your appointment, your remaining time will be reduced. The amounts charged at the time of confirmation for booking the service are non-refundable; By booking the service you accept the conditions and policies presented; To reschedule the service, you must do so within 24 hours of the time of the original booking; Unused services do not entitle you to any reduction or compensation; In the event of late cancellation (less than 24 hours from the time of the original booking), the hotel reserves the right not to reschedule and to consider the service provided.