



La Escondida Hotel & Restaurante

## SPA THERAPIES AND MASSAGES

### FACIAL TREATMENTS

#### **ARGAN & CAVIAR**

An effective treatment which prevents and corrects the signs of aging; It helps to repair the skins vitality giving you a younger and fresher look.

1 hour €85

#### **NATURAL TREATMENT**

A totally natural experience! We offer a complete product line based on essential oils coming from ecologic plants, such as white tea which has been found to be one of the most powerful of natures antioxidants.

1 hour €90

Moisturising + nourishing + ecological antioxidant treatment

#### **BEAUTY IN FUSSION**

An adapted treatment for all different types of skin, providing luminosity and elasticity. This facial is ideal for mature skins.

1 hour €85

Characteristics: Serúm 30 – Anti-ageing + vitality

Serúm 40 – Firming

Serúm 50 – Lipids elimination and redensify the skin

#### **NUTRI STAR**

Intensive moisturizing treatment with essential oils. Leaves the skin hydrated, soft, and luminous.

1 hour €85

#### **LIFTING & FIRMING**

Firming and moisturizing treatment. An ideal anti-aging supplement to prevent signs of flaccidity.

1 hour €85



## BODY TREATMENTS

### **MEDITERRANEAN WRAP**

Loose yourself in this unique and unusual treatment thanks to the unrivalled scent and the elegant texture of the exfoliation of Mediterranean algae.

1 hour **€90**

Moisturising + nourishing + relaxing treatment

### **EXQUISITE CHOCO THERAPY**

Sweet and addictive. This therapy is based on a rich exfoliation with real cocoa particles accompanied by a luscious cream wrapping which not only provides a totally hydrated and stimulated skin but contours shape and outline too.

90 minutes **€110**

Relaxing and shaping

### **LUZ LA ESCONDIDA MASSAGE**

Just let the therapist hands fill you with a feeling of peace and calmness. A unique massage made with aromatic butter candles which provide an irresistible aroma and warmth. A multisensorial experience capable to ease the body and mind.

1 hour **€95**

### **A WONDERFUL PRENATAL MASSAGE**

A gentle relaxing massage will help the expectant mum activate the lymphatic circulation, using a technique called lymphatic drainage we will work on your legs, arms and neck. This massage helps to reduce any swelling of the legs and also relaxes the whole body, great for mum and hopefully baby too!

60 minutes **€85**



### **LA ESCONDIDA BLISS**

Experience a feeling of bliss, relax and enjoy one out of wraps and exfoliation treatments following by a wonderful Luz massage.

2 hour **€170**

Skin Rejuvenation + moisturizing + relaxing and regenerative

### **HEAVENLY LA ESCONDIDA**

Switch off completely from the stresses and strains of life, unwind and experience the feelings of deep relaxation. One of our beautiful facials will then be followed by a full body exfoliation and wrap, then if you are still awake the full body massage will complete this wonderful heavenly treatment.

3 hour **€255**

\*Please make note the spa treatments must be booked **24 hours** in advance

### **HEAD MASSAGE**

Neck and head massage ending with a relaxing body massage. Applying oriental and cranium sacral techniques creating an overall feeling of relaxation.

60 min. **€85**

### **REFLEXOLOGY**

Therapeutic massage that helps the entire body, it is an intense therapy beneficial for problems with digestion, saturated liver, cervical or lumbar, strains and hernias and it can also aid emotional problems too.

1 h. **€85**

### **RELAXING BODY**

Corporal massage of 50 or 90 minutes, covering the entire body and helps to create a feeling of complete and total wellbeing.

1 h. **€85**    90 min. **€110**



La Escondida Hotel & Restaurante

### **SPORT, DECONTRACTING MASSAGE OR THERAPEUTIC BODY**

Deep therapeutic massage that helps to relax and release those body parts that are affected by mental-emotional stress and physical stress sustained by injuries. Massage dedicated to your chosen body areas or mixed in a full body treatment. For a full body experience a 90 minute treatment is recommended.

1h. €85 90 min. €110

### **ACUPRESSURE**

Chinese oriental technique based on pressure points over the Chinese meridians which travel throughout the body. This improves the energy balance, and also gets full relaxation into the body too.

1h. €85

### **AROMATHERAPY**

Body massage using the intensity that the client prefers, based on the application of essential oils with the overall aim of providing a much deeper massage, thanks to the therapeutic properties of the oils.

1 h. €85

### **REIKI**

Therapeutic energy work.

Many emotional problems in our bodies can be caused by the blocking of the chakras. This treatment helps to clear these blockages allowing the energy to flow freely around the body, creating a feeling of relaxation and wellbeing.

1 h. €85

**\*Please make note the treatments must be booked 24 hours in advance  
We will not make reservations for treatments on the day of check out after  
11am.**