



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



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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.

90 minutes €110

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 masseuses 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!

40 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 + moisturising + relaxing and regenerative



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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**

HEAD MASSAGE

Neck and head massage. Applying oriental and cranium sacral techniques creating an overall feeling of relaxation.

30 min. **€45**

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**

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.

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**



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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

AYURVEDIC MASSAGE

Ayurveda is the traditional Indian medicine, nowadays, it is the oldest practiced.

The term Ayurveda means "science of life".

In Ayurvedic medicine, the constitution of each patient is taken into account, with three great human biotypes, Vata, Pitta and Kapha, each having a diet and medicine appropriate to its characteristics.

The three pillars of Ayurveda methodology are food, movement or yoga and Massage.

Ayurvedic massage is used not only to relieve punctual aches and pains, it is also used as a preventive medicine. Ayurvedic massage increases blood circulation, stimulates and strengthen the lymphatic system, and opens the flow of life force in order to clean and revitalize the body.

We work with essential oils depending on the biotype of the person, these are also give nutrients and detoxify the skin. They help prevent aging leaving the skin soft and shiny.

Ayurvedic massage gives us other benefits such as symptomatic stress relief and elimination of toxins, which makes us feel better physically and mentally.

At Hotel La Escondida, we offer different types of ayurvedic massages to satisfy your individual needs:

- **Srotabhyanga Massage:** It is the perfect treatment to eliminate toxins in the arterial, venous and lymphatic system and to reactivate the metabolism. This massage is the most similar to traditional lymphatic drainage and is usually concentrated in the legs. It is recommended in cases of fluid retention, circulatory problems, fatigue and excess toxins in the body.

(1 hour and 30 min) 95€

- **Massage Marma:** It is an integral massage that activates the blood circulation, strengthens the function of the brain and calms and relaxes your body, mind and soul

(1 hour and 30 min) 95€



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- **Champi massage:** It is a cranial massage that allows you to enjoy and feel its effects during and after the application. It is a head massage that mainly serves to relieve stress and accumulated tensions. Relieves headaches, neck and back pain

(1 hour) 65€

- **Padabhyanga Massage:** This is a very traditional foot massage in India. It has a high relaxing power and is especially advised to improve headaches, reduce nervousness and eliminate problems of insomnia.

(1 hour) 65€

* We have a specialist person in YOGA, PILATES and BELLY DANCING. Please contact reception

* We can provide manicure and pedicure service. Please contact reception.

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