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RESTIA

Spa Treatments

# Massages

## **SERENITY WAVES** 45'/60' - 80/100€

A gentle and calming massage designed to relax the body and mind. It uses smooth, flowing movements to reduce stress, improve circulation and promote overall wellbeing.

## **DEEP TISSUE ELIXIR** 60' - 100€

A therapeutic massage that focuses on the deeper layers of muscles and connective tissue. Ideal for relieving chronic muscle tension, stiffness and knots.

## **RECOVERY RITUAL** 45'/60' - 80/100€

A dynamic massage designed for active people and athletes. It helps reduce muscle fatigue, improve flexibility and support faster recovery after physical activity.

### *Disclaimer*

*We are committed to providing an unparalleled wellness experience rooted in tranquility and serenity. All our premium treatments are meticulously crafted without silicone or parabens, ensuring the highest standards of skin-friendly and environmentally conscious care.*

*Please inform our therapists of any allergies, sensitivities, or medical conditions prior to your treatment, as we prioritize personalized care tailored to your unique needs.*

*Indulge with confidence, knowing every detail is designed for your luxury and peace of mind.*



**CANDLE GLOW RITUAL** 45'/60' - 80/100€

A luxurious massage using warm candle oils that melts into nourishing oils for the skin. It deeply relaxes the body while hydrating and softening the skin.

**ANTI-STRESS RITUAL** 45' - 80€

A relaxing massage focused on the back and neck, designed to relieve tension caused by daily stress. It helps release muscle tightness, reduce fatigue and restore a feeling of calm and balance.

# Extra Treatments

*to accompany the massage of your choice*

## **DRY BODY SCRUB** 25' - 45€

A rejuvenating exfoliation ritual performed with a natural bamboo-bristle brush. Inspired by the ancient Ayurvedic practice of dry brushing, this treatment gently removes dead skin cells, stimulates circulation and leaves the skin smooth, energized, and radiant.

## **BODY SCRUB** 20' - 35€

A gentle exfoliating treatment that removes dead skin cells, leaving the skin smooth, soft and refreshed.

## **REFLEXOLOGY** 20' - 35€

A specialized foot massage that stimulates pressure points connected to different organs and systems of the body, promoting relaxation and balance.

## **HEAD & NECK** 20' - 35€

A targeted massage that relieves tension in the head, neck and shoulders ideal for reducing headaches, stress and muscle stiffness.

## **FACIAL HYDRATION** 20' - 35€

Experience an exceptional facial treatment crafted to restore hydration and elevate your skin's natural glow. A sophisticated ritual designed to leave your skin silky, radiant, and impeccably refreshed.

*Choose essential oils or creams to accompany your treatment:*



*jasmine  
orange  
cinnamon  
ylang ylang*



*chocolate  
ginger*



*blueberry  
sweet raspberry*