



SPA MENU

Hērēō Spa is a sanctuary of stillness where body and mind find renewed harmony. Rooted in the ancient notion of calming and soothing, the spa offers tailored treatments, gentle rituals and immersive wellness experiences. With tranquil spaces dedicated to restoration, Hērēō Spa invites guests to slow down, breathe deeply and reconnect with their inner rhythm.



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.

CANDLE GLOW RITUAL

⌚ 45'/60' € 80/100

Himalayan salt, coconut oil and lemongrass exfoliation of dead skin cells to improve skin texture and promote cell renewal, resulting in radiant and youthful appearance.

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

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

Choose essential oils or creams to accompany your treatment



Oils
Jasmine,
orange,
cinnamon,
ylang
ylang.



Creams
chocolate,
ginger.



Scrub
blueberry,
sweet raspberry

**Disclaimer: all our treatments are without silicone and parabens..*



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