

# MARE NOSTRUM SPA TREATMENTS

## MASSAGES AND RITUALS

<b>RELAX MASSAGE</b> Back and/or leg massage with essential oils to relax the muscles.	25 min. €40
<b>EQUILIBRIUM MASSAGE</b> Complete massage with essential oils to reach a deep connection between body and mind.	50 min. €65
<b>CRANIOFACIAL MASSAGE</b> A combination of different massage techniques that helps to relieve tension, improves the appearance of the skin and reduces headaches and migraines.	25 min. €40
<b>FOOT MASSAGE</b> Different foot massage techniques to balance body and mind.	25 min. €40
<b>EXFOLIATING RITUAL</b> Deep cleansing treatment to moisturise and soften your skin.	50 min. €50
<b>THERMAL ALGAE RITUAL</b> Treatment to help eliminate toxins and replenish the skin with vitamins and minerals.	50 min. €50
<b>WINE THERAPY RITUAL</b> Relaxing treatment to alleviate premature ageing of the skin.	50 min. €50
<b>CHOCOLATE RITUAL</b> A treatment that provides minerals, trace elements and vitamins, nourishes and moisturises the skin while soothing the senses.	50 min. €50
<b>HOT VOLCANIC STONES MASSAGE</b> Ideal massage to relax the muscles, easing the flow of vital energy and balancing body and mind.	50 min. €70
<b>PINDA MASSAGE</b> A massage using hot pouches that contain a mixture of aromatic herbs, rice, sea salt and essential oils that moisturise and relax the body and mind.	50 min. €70
<b>CANE AND BAMBOO MASSAGE</b> This is an energetic balancing and revitalising treatment which helps to reduce fat and cellulite and relaxes the muscles.	50 min. €65
<b>HOT SCENTED CANDLE MASSAGE</b> Moisturising, stimulating and delicate. Performed with the oils and beeswax contained in scented candles.	50 min. €65
<b>DUORELAX (FOR COUPLES)</b> Combination of a 25 minute relaxing massage and a 25 minute hot stone treatment on the back.	50 min. €89

## FACIAL TREATMENTS:

<b>HYDRO-FLASH EXPRESS</b> Treatment with flash effect for a hydrated, rested and luminous skin.	25 min. €45
<b>GOLDEN SKIN TREATMENT</b> Firming and regenerative treatment based on gold and hyaluronic acid to leave your skin firm, luminous and radiant.	50 min. €65