



MAR&SOL

MENU SPA



## MASSAGES AND TREATMENTS

### RELAXING MASSAGE

A gentle massage that uses only hands, through rhythmic and continuous movements that cover the whole body, allows reducing physical and mental fatigue, muscle tension, and decreasing stress and blood pressure.

1PAX / 2PAX

30min. - 35€ / 60€

50min. - 55€ / 100€

### REFLEXOLOGY

Massage technique that consists of applying pressure to certain areas of the feet. These areas or points are where the nerve endings, corresponding to each group of organs or systems of the organism, are located.

1PAX

30min. - 40€

### HOT STONES MASSAGE

Therapeutic massage that uses heated basalt stones that are placed in specific areas of the body, in order to create more pressure on the muscles, resulting in the relief of muscle tension and increased circulation.

1PAX / 2PAX

60min. - 70€ / 130€

### LYMPHATIC DRAINAGE

Drainage technique that helps stimulate the lymph nodes and eliminate fluids and toxins from the body. Great treatment after a long distance flight.

1PAX

45min. - 55€

### CANDLE MASSAGE

This technique uses special wax prepared with essential and aromatic oils, where a maximum temperature of 39°C can be reached in order to provide general relaxation. Candle massage favors skin hydration and helps relieve muscle tension.

1PAX / 2PAX

50min. - 60€ / 110€

### LOCALIZED MASSAGE

Performed on the most critical areas of the body - neck, shoulders, back and legs, it is ideal for relieving pain or accumulated muscle tension. It can be performed with or without oil, or using an anti-inflammatory cream.

1PAX

30min. - 45€

### REDUCTION MASSAGE

Firming and anti-cellulite massage performed in an intense and energetic way, which allows to decompress accumulated fat nodules, also increasing blood and lymphatic circulation in the area.

1PAX

90min. - 70€

### SPORTS MASSAGE

It aims at improving muscle tone and providing increased physical performance, involving manipulation and rehabilitation of the body's soft tissues, including muscles, ligaments and tendons.

1PAX

50min. - 55€

## AYURVEDIC MASSAGE

It acts on the body, mind and spirit, boosting body awareness. Unblocks energy points so that vital energy can flow unhindered.

1PAX

50min. - 70€

80min. - 90€

## ABHYANGA MASSAGE

Massage with slow and precise manipulations, whose objective is to provide the natural harmony of the body, mind and spirit, through a good physical and energetic balance.

1PAX

50min. - 60€

## CHAMPI MASSAGE

Through light touches and pressures on the face, head, neck and shoulders, this technique aims to relax the mind, promote brain oxygenation and inner energy balance.

1PAX

30min. - 40€

## MOM TO BE MASSAGE

Designed for pregnancy to reduce ankle swelling, soothe back pain, energize the body and help you relax.

1PAX

50min. - 65€

## MIRACLE

Method that guarantees results after the first session, in body and silhouette remodeling. Reducing swelling and accentuating curves are the main focus of this massage, which eliminates toxins and helps fight fluid retention and cellulite.

1PAX

30min. - 40€

60min. - 70€

## PRESOTHERAPY

Known as mechanical lymphatic drainage, it is a controlled compression system that promotes the natural process of drainage, through the inflation of intermittent air chambers. Eliminates toxins that cause fluid retention and relieves swelling.

1PAX

20min. - 20€

30min. - 30€

## FITNESS

### GYMNASIUM

Our gym is equipped with 1 treadmill, 1 elliptical, 1 bike and 1 strength training machine.

1PAX

Free use 60min. - 5€

Personal Training 60min. - 45€

### YOGA

During this practice, asanas (postures), focused concentration on specific parts of the body and pranayama (breathing techniques) are used to connect body, mind and soul.

2PAX

60min. - 50€

### PILATES

Method of physical exercise and stretching that improves the connection between body and mind, improving body awareness. The exercises are based on 6 principles: centralization, breathing, fluidity, control, precision and concentration.

2PAX

60min. - 50€

## SAUNA

Space designed to promote relaxation and body purification through dry heat. High temperature causes sweating, helps to eliminate toxins from the body and clean the skin, relax muscles and relieve tension, providing a general feeling of well-being.

1PAX / 2PAX

15min. - 8€ / 15€

## TURKISH BATH

Relaxation technique similar to sauna, but instead of dry air, water vapor is used. Hot steam helps open skin pores, eliminating impurities more easily. Turkish bath also helps to improve blood circulation, reduce stress and muscle tension.

1PAX / 2PAX

20min. - 8€ / 15€

## RULES OF USE

### BOOKING AND CANCELLATION POLICY

Bookings can be made at the hotel reception, by calling +351 244590000 or by sending an email to [reservas@hotelmaresol.com](mailto:reservas@hotelmaresol.com) and are subject to the therapist's availability.

Bookings by external customers are subject to a prepayment of 50% of the value. In case of no-show or cancellation with less than 12 hours notice, no refund will be made.

### VOUCHERS

Gift vouchers are valid for 1 year from the date of issue. They are non-refundable. In case of booking and no-show, it will not be rescheduled, assuming it has been used.

### CONTRAINDICATIONS

It is the user's responsibility to know their physical condition, as well as possible contraindications to the practice of some type of treatment. Inform in advance if you have any pathology, condition or pregnancy that may condition or make it impossible to carry out any treatment. Treatments are not available to minors unless accompanied by a responsible person.

### NOTICE

Management is not responsible in case of theft or loss of personal belongings.

### DISCLAIMER OF LIABILITY

Our treatments are wellness massages and are not intended for medical purposes.