



## *The Bath-House*

### **Let us pamper you...**

When professional hands are used properly, you can feel a complete well-being. Especially in this era characterized by stress, the daily routine and business, protection and body and mind care is more important than ever. Our therapists will take care of you with fantastic massages and treatments using specific products for your health.

**We would be delighted to assist you!**

#### **Hacienda - Bath House. Own creation massage technique**

This creative technique of massage is done with aromatic oils slightly heated. This variety in our massage program is the result of an intuitive way of implementing them, which mixes various techniques.

A unique treatment.

Let yourself be surprised!

45 min. – 90,- €

60 min. – 110,- €

#### **Ayurvedic Abhyanga massage**

Originally from India.

It is a very gentle massage, which is a preventive cure for health with hot sesame oil. Calm, detoxifies and stimulates the metabolism.

Very relaxing.

30 min. – 60,- €

45 min. – 85,- €

60 min. – 110,- €

#### **Aloha massage**

Be charmed through a special oil and a different massage technique, which stimulates the skin and relaxes the muscles after long hikes and physical activities. Your senses will be opened to calm the tension in your body. This massage is a present for the heart. Underarm-techniques on the back are a distinctive feature of this treatment to release deep tensions! A high quality oil will be warmed up to pamper your body!

Highly recommended.

30 Min. – 55,- €

45 Min. – 85,- €

60 Min. – 110,- €

**Hot stone massage**

This is a relaxing massage with hot basalt stones. This technique comes from the native Americans and combines traditional hand massage with placing hot stones in certain parts of the body's meridians to dilate blood vessels and lymphatics, and stimulate blood circulation and cold marble rocks to get relaxation. It is for people with mental and physical stress, poor circulation, arthritis and back problems.

90 min. – 145,- €

**Shiatsu...**

It is the Japanese word for massage ... shi (finger) and atsu (pressure). It is a massage method that fights the imbalance of the body and follows the same principles of energy and meridians as the acupressure. The aim of shiatsu is to rebalance the flow of vital energy in our body and therefore calms many ills. Usually it is done on a futon or on the floor and it is excellent for helping to calm the effects of jet lag after a flight. Shiatsu, from its origin recommends that prevention is better than a cure. A weekly session helps to keep up your good health.

We recommend you to come in comfortable clothes.

This treatment can be done on the terrace and also in the shiatsu massage chair (30min). The 30 min. Shiatsu treatment will be done on the massage table.

30 min. – 55,- €

45 min. – 75,- €

60 min. – 90,- €

**Podal reflexology**

Foot reflexology massage improves and revitalizes organs and the whole body skin.

30 min. – 55,- €

**Massage with Tibetan Bowls**

Vibrations to calm and relax the mind and body. This type of treatment arose from the Tibetans. Reduces stress, calms and appeases.

It gives courage to face new situations.

30 min. – 55,- €

**Body peeling**

Body peeling with almond oil mixed with a special type of salt for dry skins. Leaves skin wonderfully velvety.

60 min. – 95,- €

### **Express head massage, Anti-Age**

First the scalp and face are stimulated using the acupressure technique on the anti-aging points. Then you will be massaged with almond oil slightly warmed. At this point the neck and chest area are also massaged. At the end, the head is wrapped in warm towels and you will experience an aromatic journey.

Take advantage of the sources of life.

Leave your worries behind and feel your energy and mind come together in harmony.

30 min. – 55,- €

### **Body wrap, cellulite**

With fresh **red clay** to make a body mask.

Procedure: First you will enjoy the body mask technique during 45 minutes. Then your body will be wrapped in warm cloths during approximately 20-30 minutes and you will relax. After this you will take a shower and continue with a smooth massage using the scented oil you choose, to have a sensual finish.

Gladly we provide you more information.

The red clay is fat and has a high iron content, smoothes rough skin, detoxifies and cleans very well. It is also suitable for skin with impurities. The skin is regenerated, purifies and it's also a proven treatment for cellulite. It is soothing and leaves skin velvety.

75 min. – 145,- €

### **Body wrap, vital**

With fresh and **green clay** to make a body mask.

Procedure: First you will enjoy the body mask technique during 45 minutes. Then your body will be wrapped in warm cloths during approximately 20-30 minutes and you will relax. After this you will take a shower and continue with a smooth massage using the scented oil you choose, to have a sensual finish.

Gladly we provide you more information.

Green clay softens rough skin, regenerates and detoxifies the body due to its high mineral content. Refreshes and leaves a wonderful, velvety skin.

75 min. – 145,- €

## **Wellness packages**

### **Package A**

30 min. Podal reflexology  
30 min. Shiatsu  
30 min. Massage with Tibetan bowls

- Without stops -

Price 140,- €

### **Package B**

45 min. Body peeling  
Pause for 10 min.  
30 min. Ayurvedic Abhyanga massage  
30 min. Express head massage, Anti-Age

Price 158,- €

### **Package C**

30 min. Podal reflexology  
45 min. Ayurvedic Abhyanga massage  
30 min. Express head massage, Anti-Age

- Without stops -

Price 165,- €

### **Package D**

45 min. Body peeling  
Pause for 30 until 40 min.  
75 min. Body wrap vital or cellulite  
Pause for 15 min.  
45 min. Aloha massage

Price 256,- €

### **Package E**

45 min. Body peeling  
30 min. Massage with Tibetan bowls  
45 min. Aloha massage  
30 min. Podal reflexology  
30 min. Express head massage, Anti-Age

- Without stops -

Price 273,- €

**REMARK:** Prices are VAT included.  
Treatments can not be made in parallel.

## **Use of the Sauna**

**You will find in the Bath-House (Casa de baños) a Finnish Sauna.  
Before using it, please be aware of the following rules:**

- Please inform our reception staff, one hour in advance, if you want to use the sauna
- Everybody is responsible for the use of the sauna
- We advice you to not wear any kind of jewellery in the sauna. Warm metals can burn the skin
- Drink plenty of cold water after leaving the sauna (two - four glasses)
- When leaving the sauna, take a cold shower
- Protect your hair with a towel
- Hydrate your skin after using the sauna
- Avoid using the sauna if you suffer from high blood pressure or any kind of heartache
- Wait one hour before using the sauna to avoid nausea or sickness
- Do not stay longer than 15 – 20 min

### **General rules and conditions for the Bath-House**

Our professional staff will help you to find out the perfect treatment for you.

#### **Let us give you our advice**

If you need special medical care please inform our staff before booking your treatment. Please contact the reception staff or your therapist, ask all necessary questions and specify your preferences (music, light, massage pressure, etc.).

#### **Come relaxed**

The best way to get ready and prepare the skin for your treatment is a visit to the sauna and jacuzzi before the massage. Blood circulation is stimulated, the body is heated and the pores get opened. Come up in any case 10 minutes before the appointment.

#### **Get comfortable**

You may attend the appointment with bathrobe and slippers from your room to the Bath-House. Your therapist will give you disposable underwear for body treatments.

#### **Jewellery and valuables**

Please leave all valuables in your safe deposit box or in the box-office of the locker room. The Bath-House is not responsible for their loss.

#### **Terms of payment**

All payments will be made at the reception. You can charge them to your room bill, pay by cash or credit card.

#### **If there is a setback**

Please be aware that if you want to cancel your appointment, it must be done at least 24 hours in advance. Otherwise, at a later date, the treatment will be charged 100%. Please note that delays in the appointment shortens the time of the treatment.