



*wellness &
experiences*

menu

This spa menu was designed to provide a unique therapeutic and sensorial experience. From the integration of different techniques and knowledge from different parts of the world, combining with the therapeutic benefits of aromatherapy and phytotherapy, promoting a moment of physical, mental and emotional wellbeing, suited to the individuality of each being.

Menu

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spa

Re-start Body & Mind

Relaxation | 30 min

Price: 45€

This ritual aims to welcome guests, inviting them to slow down, providing relief from symptoms of stress and tension that often cause discomfort in their daily lives, through the application of brief pressure throughout the body followed by a massage, which combines relaxing and invigorating techniques located on the back, shoulders, neck and head.

This moment invites you to be present and enjoy.

Ocyan

Price: 85€

Refreshing | 60 min

This is the signature massage at CNS Santa Cruz - Movement & Nature House.

A massage that combines gentle stretching techniques with long, deep gliding techniques along the entire body, inspired by the movements of the ocean.

Feel the relief of physical, mental and energetic tension as well as increased muscle flexibility and joint mobility. Feel refreshed.

Price: 75€

Slow
Relaxation | 60 min

In this massage the objective is to induce a state of deep relaxation of the tissues and mind, through intense but slow techniques and feeling the benefits of heated stones, of volcanic origin. Feel the power of touch in this massage that pays special attention to the most tense areas and extremities - head, hands and feet.

A true invitation to slow living.

Energy

Price: 90€

Therapeutics | 60 min

A moderate to deep pressure massage, with intense and rhythmic movements, to relieve muscle tension and joint stiffness, thus increasing range of movement. It combines digital pressure techniques with herbal medicine, using pindas swedanas that promote muscle recovery.

Physical and mental relaxation is favored by aromatherapy.

Price: 90€

Abhyanga

Therapeutics | 60 min

Abhyanga is an intense traditional Indian massage, which combines deep and vigorous movements, a rhythmic but deeply relaxing massage.

It facilitates blood and lymphatic circulation, allows the elimination of toxins and restores the energy flow that stimulates the body's vital energy.

A complete expansion of mind-body-spirit.

Shiatsu

Price: **90€**

Therapeutics | 60 min

Shiatsu massage is a very effective therapeutic technique that serves to combat physical stress and improve body posture, producing deep relaxation of the body. This massage uses pressure in specific locations on the body, through the fingers, palms or elbows, in order to relieve tension points.

A powerful massage, used as an auxiliary therapy in the search for balance, healing and quality of life.

Sound massage with Tibetan singing bowls

Price: 110€

Therapeutics | 60 min

In sound massage with Tibetan bowls, the bowls are placed directly on the body, with light and comfortable clothing, producing soft vibrations and harmonious sounds that allow us to enter a state of relaxation.

The sound massage with Tibetan bowls works as a serene massage in which you feel well-being and deep relaxation.

Roots

Price: **90€**

Ritual foot bath and foot reflexology | 75 min

Our feet have several nerve endings that are connected to different regions and organs of our body. Heating and stimulating these points can immediately restore the body's energy balance, causing physiological changes in the body as the body's own healing potential is stimulated. This combination provides relief from many symptoms.

A ritual that goes far beyond feet and relaxation.

Reiki

Price: 50€

Therapeutics | 45 min

Reiki therapy aims to contribute to the promotion of physical and mental health, providing a feeling of relaxation and well-being. This therapy is performed with clothes and through the laying on of hands.

Allow yourself to be enveloped by an immediate feeling of peace.

Fresh wind

Price: 90€

Facial treatment | 60 min

Our skin and face are also a reflection of our inner self.

This treatment is suitable for all skin types and aims to purify and hydrate the skin and restore a feeling of freshness, using products of natural origin.