



HOTEL & SPA

EDEN ROC

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CLASSIC TREATMENTS

Eden Roc Special Massage 80 min 79.00 €

Relaxing combination of body, cranial and podal massage performed with subtle manoeuvres aimed at harmonizing the nervous system, eliminate physical tiredness and disconnect the mind in order to cause a deep sensation of well-being.

Aromatic Candle Massage 50 min 68.00 €

Relaxing body treatment that combines the effect of gentle massage manoeuvres with the sumptuousness of the aromatic oils of the candles.

Therapeutic Massage 50 min 64.00 €

Massage whose main purpose is to relieve discomfort of different parts of the body caused by contractures, bad postures and stress among others.

Partial Therapeutic Massage 25 min 42.00 €

Massage that aims to relieve tension mainly from the back or the legs.

Full Body Massage 50 min 58.00 €

Full body massage, whose main objective is to relieve tension and decrease the level of stress of daily life.

Partial Body Massage 25 min 39.00 €

Relaxing massage applied to a certain area of the body. Skull, back, legs or feet. It has a calming and relaxing effect.

Lymphatic Drainage 50 min 64.00 €

Manual massage technique with very soft emptying manoeuvres, which favour circulation and help to eliminate fluid retention in the body.

Vat included





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Foot Reflexology **25 min** **39.00 €**

Technique that promotes the treatment of various conditions by stimulating points in the feet that cause a reflex in other areas of the body, allowing the relief of discomfort.

Craniopodal Massage **25 min** **39.00 €**

Perfect combination of cranial and podal massage that help to achieve a state of relaxation both physical and mental.

Craniofacial Massage **25 min** **39.00 €**

Relaxing combination of cranial and facial massage, brings good amount of benefits to the skin of the face and promotes rest.



Body Aesthetics

Body Peeling 50 min **73.50 €**

Body scrub treatment based on salts and essential oils. Eliminates dead cells and provides freshness, softness and hydration to the skin.

Roll-Action Massage 50 min **68.00 €**

Physio-active massage application with equipment that promotes blood circulation in the treated area for anti-cellulite, firming or decontracting purposes. (Specific areas).

Body radiofrequency 40 min **73.50 €**

Body treatment that uses radiofrequency and galvanic stimulation with different effects. Firming, anti-cellulite or draining. (Specific areas)

Vat included





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Body Sculptor Treatment 50 min

99.50 €

Body treatment indicated for people who want to reduce fat in localized areas and shape the silhouette

Facial aesthetics

Facial hygiene 75 min

79.00 €

Deep cleansing of the facial skin. Does not include hair removal.

Firming treatment 50 min

89.00 €

Treatment with a moisturizing, nourishing, antioxidant and regenerating effect. Visibly smoothes the appearance of existing wrinkles.

Moisturizing treatment 50 min

84.00 €

Moisturizing treatment that helps keep the skin supple and young.

Sensitive Skin 50 min

84.00 €

Indicated for sensitive skins, with a calming and decongestant effect.

Facial radiofrequency 40 min

73.50 €

Technique aimed at treating skin laxity, causing a lifting effect on the facial oval. Improves the appearance of the skin, achieving a younger and firmer appearance.

Radiofrequency eye contour 40 min

52.50 €

Truly effective treatment to restore the youth and health of before to your eyes. Drains, tightens and reduces bags and dark circles.

Facelift Kobido 45 min

64.00 €

This Japanese facial massage promotes the regeneration of skin cells and deeper tissues, helps to relax and unwind the muscles of the face, head and neck, has a general healing and rejuvenating effect.

Rituals

Oasis of Serenity 80 min

157.50 €

The perfect combination of an anti-stress body treatment and a nourishing and moisturizing facial treatment that will provide you with the peace, physical and mental relaxation you need.

Vat included





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Beauty

Semi-permanent manicure	50 min	42.00 €
Semi-permanent pedicure	50 min	47.00 €
Eyelash lift	45 min	47.00 €



AYURVEDA

Ayurvedic Check-up	30 min/50 min	53.50 € / 97.00 €
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Our Indian doctor offers you a special determination of the Dosha. He will also advise you on nutrition, yoga and herbal supplements in accordance with the constitution of your body to restore the balance between body and mind.

Abhyanga	50 min	83.50 €
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It's the basic massage in ayurveda. Our professionals will work with warm ayurvedic oil on the head and body favouring blood circulation and relaxation of the mind.

Synchron (Massage Synchronized Four- hands)	50 min	134..0 €
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Traditional Ayurvedic massage with warm oil made with four hands at a synchronous rhythm. Excellent for mental and physical relaxation. Ideal massage to strengthen your immune system.

Kayasekam (Oil bath with four hands)	50 min	150.00 €
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This is the most exotic of all Ayurvedic treatments. After a full body massage, warm oil is poured continuously all over the body. It is recommended to strengthen all body tissues as well as to relieve pain and other Vata disorders.

Vat included





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Shirodara (Serenity with four hands) 50 min 140.00 €

Relaxing and complete body massage, with application of medicinal oils on the forehead. This powerful therapy relaxes the mind and is recommended for states of insomnia, anxiety, depression, nervous disorders and also to improve mental clarity. Balance the doshas "Vata" and "Pitta".



Pinda Sveda (Herbal massage) 50 min 115.50 €

Massage with oil and application of hot herbal bags prepared with rice and medicinal powders. Relieves muscle stiffness and joint pain, especially back pain.

Omkara (Ayurvedic Cranial Massage) 15 min 37.00 €

Relaxing massage of the head recommended for a proper circulation of energy on the upper body. Indicated to relieve tensions.

Mukhalepa (ayurvedic facial treatment) 50 min 83.50 €

Facial treatment is an ancient beauty ritual of Hindu origin, which treats the skin and balances its imperfections.

Rasul 43.00€

Treatment of Arabian origin with purifying effect. Consistente in a bath of different sludge, combined with a steam bath.

Steambath 10 min 26.00 €

Increases the effectiveness of Ayurvedic oil massages.

Vat included

