

# SPA TREATMENTS

## Body Treatments

### **Marine Breeze**

**80 min**

**110 €**

A deeply relaxing massage infused with the revitalizing power of seawater. It melts away tension, hydrates the skin, and restores the body and mind's natural balance. Perfect for anyone seeking true disconnection, enriched with a refreshing, ocean-inspired touch.

### **Whispers of the Sea**

**50 min**

**75 €**

Relaxing massage combining gentle movements with marine-based products rich in minerals. Inspired by the calm of the ocean, this treatment relieves stress, hydrates the skin, and provides a sense of freshness and well-being. Perfect for a rejuvenating marine-inspired pause.

### **The Strength of the tides**

**50 min**

**90 €**

Deep tissue massage designed to unloose tension and to ease muscle tension using products formulated with mineral-rich seawater. Combining firm pressure and precise movements, it restores mobility and recharges the body with the ocean's revitalizing energy. Ideal for those who need to reduce knots and regain energy.

### **Suns and Seaweed Remodelling**

**50 min**

**95 €**

Body ritual that combines an exfoliating scrub and a seaweed wrap with remineralizing and remodelling properties. The scrub removes impurities and prepares the skin to absorb marine actives. Meanwhile the wrap stimulates circulation, drains fluids, and redefining the silhouette. Perfect for smoothing, toning, and deeply renewing the skin.

### **By Two Seas**

**50 min**

**130 €**

Couple's relaxing massage created to inspire shared disconnection and deep well-being. In an intimate and harmonious setting, both partners will enjoy gentle, enveloping movements enhanced by marine-based products that soothe body and mind. The ritual concludes with a glass of cava to celebrate tranquillity and intimacy.

### **Marine Flow**

**50 min**

**75 €**

Gentle and rhythmic technique stimulating the lymphatic system to aid toxin elimination, reduce fluid retention, and improve circulation. Ideal for swelling, tired legs, or as support in detox programs. A delicate treatment focused on internal well-being and a feeling of weightlessness.

# Rituals (Facial + Body)

## Revitalizing Blue Mist

90 min

130 €

Complete renewal ritual combining an exfoliating body scrub with a facial treatment. It begins with a gentle exfoliation removing dead cells and activating the skin, followed by a hydrating and revitalising facial, suitable for all skin types. Result: body and face renewed, luminous, and deeply balanced with the power of the sea.

## Riviera Sublime

90 min

130 €

Total wellness experience combining relaxing massage with facial treatment. The body releases stress through gentle, enveloping movements, while the face regains freshness and radiance with a hydrating and balancing care. A sensory journey to the heart of the ocean to renew body and mind in perfect harmony.

# Facial Treatments

## Sea Foam

50 min

105 €

Hydrating and firming facial treatment specially formulated for dehydrated skin. Using seawater-based products rich in trace elements, this ritual deeply nourishes, restores the skin's natural radiance, and strengthens the skin barrier. A marine caress that revitalizes and balances the skin.

## Marine Well aging

50 min

110 €

Firming anti-aging facial treatment. Through specific techniques and concentrated marine actives, this ritual stimulates collagen production, redefines the facial contour, and restores a smoother, more luminous, and youthful appearance.

## The Pearl of the Sea

80 min

95 €

Universal facial suitable for all skin types, even sensitive skin. Thanks to rich marine actives, these ritual balances, hydrates, and revitalizes the face, leaving skin soft, luminous, and pleasantly fresh. Ideal as an introductory or maintenance treatment.

## Ocean Prodigy (Kobido)

50 min

85 €

Premium facial treatment combining the extraordinary benefits of seawater with the Japanese Kobido technique, known as natural lifting. Precise and deeply stimulating movements reactivate facial energy, redefine the contour, and smooth wrinkles. The face radiates vitality, firmness, and youthfulness. A unique sensory experience leaving a mark from the first session.

# Eden Roc Exclusives

## Body radiofrequency

40 min

80 €

This technique is designed to treat skin laxity, producing a lifting effect on the facial contours. It improves the skin's appearance, resulting in a more youthful and firmer look.

## Facial radiofrequency

40 min

80 €

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.

# Ayurveda

## Ayurvedic Check-up

30 min/50 min

60 € / 108 €

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.

## Ayurvedic Nutritional Consultation\*

25 min

52 €

Unlock the secrets of ayurvedic food as medicine, It includes-recommendation of different food items, different spice blends to balance digestive fire and avoid toxins. Moreover, we recommend you special recipes as per your body constitution.

## Abhyanga

50 min

94 €

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.

## Udvarthanam (Herbal Peeling)

45 min

94 €

Massage based on special powders of herbs with exfoliating effect. Recommended to break the nodules of fat and cellulite. Removes impurities and dead cells and promotes circulation. It is the appropriate treatment to prepare the skin before any other massage.

## Synchron (Synchronized four-hands Massage)

50 min

150 €

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

167 €

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.

<b>Shirodara (Serenity with four hands)</b>	<b>50 min</b>	<b>156 €</b>
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 to improve mental clarity. Balance the doshas "Vata" and "Pitta".		
<b>Jnavara Kizhi*</b>	<b>60 min</b>	<b>190 €</b>
The most important treatment for rejuvenating our body involves using pindas made of medicinal rice cooked with herbal decoctions in milk. It provides deep therapeutic heat, relieves pain and tension, and strengthens muscles and joints, bringing a feeling of relaxation and rejuvenation.		
<b>Rasa Vaha*</b>	<b>50 min</b>	<b>91 €</b>
Ayurvedic massage inspired by the flow of rasa—the body's first nourishing tissue—which harmonizes lymphatic circulation, promotes purification, and restores lightness and internal balance.		
<b>Pinda Sveda (Herbal massage)</b>	<b>50 min</b>	<b>128 €</b>
Massage with oil and application of hot herbal bags prepared with rice and medicinal powders. Relieves muscle stiffness and joint pain, especially back pain.		
<b>Marma (Energy Massage)</b>	<b>50 min</b>	<b>94 €</b>
In Ayurvedic medicine, marma points are specific locations in your body where a concentration of life energy exists. The masseur applies small pressure with the fingers, thumb or palm at certain points having high concentration of life energy. This increases the energy flow and helps for circulation.		
<b>Omkara (Ayurvedic Cranial Massage)</b>	<b>20 min</b>	<b>46 €</b>
Relaxing massage of the head recommended for a proper circulation of energy on the upper body. Indicated to relieve tensions.		
<b>Kansa (Ayurvedic Foot Massage)</b>	<b>20 min</b>	<b>46 €</b>
The technique involves massaging the feet with a Kansa wood, which is made of a unique blend of metals, including copper, zinc, and tin. Relaxes tired feet. Improves blood and lymphatic circulation. Enhance joint mobility in the lower limbs. Helps to relieve eyestrain and tired eyes		
<b>Mukhalepa (ayurvedic facial treatment)</b>	<b>50 min</b>	<b>93 €</b>
Facial treatment is an ancient beauty ritual of Hindu origin, which treats the skin and balances its imperfections.		
<b>Rasul</b>	<b>20 min</b>	<b>46 €</b>
Treatment of Arabian origin with purifying effect. A bath of different sludge, combined with a steam bath.		

<b>Steam bath</b>	<b>10 min</b>	<b>29 €</b>
Increases the effectiveness of Ayurvedic oil massages.		
<b>Yoga (Individual session)</b>	<b>50 min</b>	<b>85 €</b>
Personalised yoga session with an international yoga trainer mainly focussing on your health issues.		
<b>Nasya &amp; Dhoomapana (Nasal therapy) *</b>		<b>48 €</b>
It is one of the most important treatments in Indian medicine. Includes facial massage, application of steam, medicinal drops via nasal and finally inhalation of medicinal vapours. Recommended for people with heaviness of head and neck, migraine and other respiratory problems.		
<b>Basti *</b>		<b>53 €</b>
Ayurvedic Colon Cleansing using an enema to eliminate toxins.		
<b>Kati Basti (back treatment) *</b>		<b>58 €</b>
Combination of massage in the column, bath of warm oil with medicinal herbs, and poultice of herbs. Indicated to relieve tension, stiffness, spasms and pains.		
<b>Netra Basti (eye care) *</b>		<b>66 €</b>
Traditional ayurvedic treatment to improve eyesight, counteract fatigue, heaviness and dryness of the eyes.		
<b>Jaanu Basti (Specific knees) *</b>		<b>57 €</b>
Specific ayurvedic treatment for knee disorders. Effective in degenerative arthritis and for healing bone injuries of the knee.		
<b>Raktamokshana (Blood cleansing) *</b>		<b>70 €</b>
Effective blood purification therapy, in which a carefully controlled extraction of small amounts of blood is carried out to neutralize the accumulated Pitta toxins of many blood-borne diseases.		
<b>Vaman (Therapeutic vomiting) *</b>		<b>117 €</b>
One of the five panchakarma therapies in Ayurveda. Vaman means therapeutic vomit which is a medicated emesis. This treatment is performed for the aggravated kapha dosha, which evicts toxins mainly from the respiratory and gastrointestinal tract.		
<b>Virechana (Medicated purge) *</b>		<b>70 €</b>
It is defined as medicated purification therapy, which cleanses the Pitta and purifies the blood, eliminating toxins from the body. While performing the Virechana, the vitiated doshas are removed through the rectum. Virechana therapy is an effective ayurvedic treatment that can cure several health problems naturally.		

\*Exclusive treatments for our clients who follow a Cure Ayurvedic in our Port Salvi Ayurveda Centre. Only upon request once at the Centre and according to the doctor's advice.