

mind

THALASSO OUTDOOR



SPA

ENGLISH

MASSAGES

SEA IN CALM (RELAXING) 25 min - 42€ | 50 min - 62€

Relaxing anti-stress **aromatherapy** with gentle rhythm and pressure. It is made with neutral oil as a base and concentrated **marine essential oils** that enhance mental relaxation.

ATLANTIC POWER (RELAXING)

25 min - 49€ | 50 min - 75€

Our **most intense** massage, the rhythm is gentle but the pressure is deep. It is done with neutral oil as a base and concentrated **marine essential oils** that enhance mental relaxation. Recommended for people with contractures, muscle discomfort, **muscle tension** or **post-training**.

GUAÑA - GUAÑA (LYMPHATIC DRAINAGE)

25 min - 47€ | 70 min - 80€

Activates the lymphatic system to help the body **eliminate toxins** and fluid retention. The rhythm is slow and the pressure is gentle, the manoeuvres are soft and simulate the waves of the sea, giving a sensation of lightness. The 25 minutes is focused on the legs, the 70 minutes works the whole body, including the face.

SOFT WAVES (CIRCULATORIO) 50 min - 72€

Massage that favours the **activation of circulation**. The manoeuvres are pumping. It is done with neutral base oil and concentrated marine essential oils that enhance mental relaxation. Recommended for people with accumulated fat.

CRAB (REFLEXOLOGY) 50 min - 60€ - 60€

It helps to improve the overall health of the body through the **acupressure points** found on the soles of our feet.

WALK ALONG THE SHORE (FEET) 25 min - 42€ - 42€

Relaxing **foot** massage. The rhythm is slow and the pressure is gentle. It is done with neutral oil as a base and concentrated marine essential oils that enhance mental relaxation.

TENERIFE (PERSONALIZED) 80 min - 95€

The therapist will assess your body's needs and give you a **fully personalised** massage.

TIMETABLE

Monday to Sunday:
10:00h to 18:00h

BODY RITUALS

THREE SEAWEED (EXFOLIATION AND WRAP) 50 min - 84€

Beauty ritual. It begins with a complete body exfoliation with Red Algae (Chondrus Crispus), continues with a wrap based on 3 algae: 2 Brown Algae (Laminaria and Fucus) and 1 Red Algae (Lithothamne) and ends with a nourishing hydration. This ritual, while relaxing, **promotes blood circulation**, promotes **weight loss** and helps to **eliminate fluid retention**. After the ritual your skin will be very soft and moisturised

SAND CARESSES (TUIPONOS) 50 min - 75€

Ritual that will make the client live a different experience of a relaxing massage with soft and warm sand. The heat helps to relieve muscle tension.

VOLCANIC STONE (HOT STONES) 50 min - 82€

A complete massage that combines manual techniques with the application of hot basalt stones, which in addition to providing absolute peace, has the power to eliminate **minor contractures** and soften the discomfort of deep contractures without any pain. It also activates the circulation and removes moisture from the bones.

FACIAL RITUALS

MARINE FACIAL 50 min - 75€

Anti-ageing facial treatment suitable for both women and men and also **for all skin types**. It helps to delay skin ageing, reduces acne and prevents the early appearance of wrinkles. This treatment is based on green algae (Spirulina). The skin is cleansed, toned, exfoliated, moisturised and massaged.

***25 min: NECK, SHOULDERS, BACK 50 min: WHOLE BODY**