



## \* RELAXING

- Massage with gentle pressure and slow movements specially to activate circulation and relax the nervous system.

**50 MINUTES \$ 700**  
**HALF HOUR \$ 400**

## \* DEEP TISSUE

- It focuses on the realignment of the deeper layers of the muscles and connective tissue. (neck, back and shoulders).

**50 MINUTES \$ 800**  
**HALF HOUR \$ 550**

## \* REFLEXOLOGY

it is the application of pressure on the areas of the feet that correspond to organs and systems of the body (or on the hands) that is generally relaxing and can help relieve stress.

**45 MINUTES \$ 850**  
**HALF HOUR \$ 650**

## \* SWEDISH

- In this massage, specific areas of the body are worked with medium pressure and stretching, mainly those with more tension and pain.

**50 MINUTES \$ 750**  
**HALF AN HOUR \$ 500**

## \* SPORT

- Is a physiotherapy aimed specifically at athletes, with the aim of improving their performance and taking care of their body to speed up their recovery after injuries and also avoid them.

**50 MINUTES \$ 900**  
**HALF AN HOUR \$ 630**

## \* PRENATAL

- It is the same as a relaxing massage but with the aim of relaxing the muscle, relieving pain, and improving circulation. The massages are performed after 3 months of management with prior gynecological authorization.

**45 MINUTES \$ 900**