

## Swedish Massage

Swedish massages benefits:

- Improve The Swedish massage is the most common and best-known type of massage in the West, and the foundation for sports massage, deep tissue massage, aromatherapy massage, and other popular Western-style massages.
- Based on the Western concepts of anatomy and physiology—as opposed to energy work on "meridians" or sen lines that are the focus in Asian massage systems—therapists utilize this type of massage to stimulate circulation, flush the circulatory system, release tight muscles, restore range of motion, and to relieve pain.
- Improve blood circulation which helps you feel more energetic by increasing the flow of nutrient-rich oxygen to the muscles in your body;
- Stimulates the lymphatic system, which carries the body's waste products, meaning you'll process the good and the bad much quicker;
- Calm your nervous system and promote a sense of relaxation and well being, reducing anxiety and tension in the body, which has been known to help relieve depression;

## Deep Massage

Deep massage benefits:

- Deep tissue massages use many of the same movements and techniques as Swedish massages, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or "knots"—also known as "adhesions."
- Deep tissue massage is aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue, which is great for relieving chronic muscle pain that's aggravated by traveling. Whether you've just taken a long flight or you've been stuck in a car for weeks, booking a deep tissue massage can help you alleviate chronic muscle soreness so you can get back to enjoying your vacation.

### SPECIAL PROMOTION

**30 minutos – 40 euros**

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