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PAMPER YOURSELF





BAOBAB  
WELLNESS

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## MASSAGES AND AYURVEDIC THERAPIES

### CHAMPI

30 min.  
80 €

50 min.  
100 €

Ayurvedic head massage which combines different types of manipulations and pressures that increase concentration, micro-circulation and oxygen supply to the brain.

*\* It helps to release tensions, relieves mental exhaustion, stress, insomnia, headaches and migraines.*

### ABHYANGA

90 min.  
135 €

120 min.  
180 €

Relaxing Ayurvedic massage with medium pressure that aims to strengthen our immune system. Recommended for all ages.

*\* It helps to relax the muscles, to calm nervous tension, restore lymphatic & blood circulation, conceal good sleep and release stress.*

### ABHYANGA WITH PINDAS

90 min.  
160 €

120 min.  
190 €

It is a powerful revitalising treatment. The massage is performed with hot pindas (cotton compresses filled with rice, spices, natural herbs and aromatic plants). It produces an oxygenating and detoxifying effect on the body, which helps to rejuvenate the tissues and improve muscle tone.

*\* Beneficial for all types of rheumatism, joint pain and loss of muscle mass. It has anti-inflammatory properties and helps soothes skin irritations.*

## MESSAGES AND AYURVEDIC THERAPIES

### THERAPY FOR TIRED LEGS

Complete leg therapy that stimulates blood circulation, venous return and lymphatic system. Reduces fatigue and joint pain.

1. Hot towel foot wrap followed by application up to a knee of Ubtan powders that exfoliate without depriving skin of its own moisture and, in addition, improve blood circulation.
2. Detox foot wrap with Nirama mask rich in minerals that absorb all impurities, decongests and has anti-inflammatory properties.
3. Pada Abhyanga - ayurvedic foot massage with Marma points stimulation.
4. Padani Abhyanga - ayurvedic leg massage.

*\*Foot and leg therapy that relieves pain, reduces heaviness and inflammation. Provides calm and well being leaving feeling of complete relaxation.*

*\*Some of the steps and/or products used can be changed by the therapist due to existing circulatory issues, varicose veins, etc.*

80 min.  
120€

### MARMA ABHYANGA

A massage technique that uses various forms of movement and pressure on marmas (body's anatomical areas or vital points which system gave birth to acupuncture and reflexology) Combined with Aromatherapy (application of herbal and essential oils) promotes balance and harmony of body-mind-spirit.

*\* Focused on energy points, this system is used to treat a variety of disorders from physical to psychosomatic and its uses are almost limitless for health maintenance.*

120 min.  
200 €

### PERSONALISED ANTI PAIN THERAPY

Personalised massage that aims to calm the pain, inflammations, relax the nervous system and nurture body tissue.

(The time needed for each therapy will be decided by the therapist)

30 min.  
85 €

60 min.  
125 €

90 min.  
175 €





## MASSAGES AND AYURVEDIC THERAPIES

### GET READY FOR THE SUN THERAPY

60 min.

100 €

1. Peeling with a combination of micronised ayurvedic herbs and Rice & Neem oil gently removes dead cells and cleanses even the deepest layers of the skin giving its smoothness, radiance and unified skin tone.

2. Followed by hydration with customised blend of herbalised aloe vera gel, ayurvedic oil and cream, and essential oils that have cooling effect on a skin to prevent sun burns.

*\* Magnificent treatment to prepare your skin for a homogeneous and lasting tan using natural and ecological products.*

### UDVARTANA

90 min.

160 €

120 min.

220 €

Udvartana therapy's purpose is to heat up, drain, detox and tonify, reducing excess wastage that our body retains.

1. Application of oil infused with medicinal herbs and an exfoliation that is carried out with a mixture of turmeric and micronized plants.

2. Localized clay body mask made with sandalwood and anti-inflammatory plants that would be left as a wrap.

3. After the shower we will finish the treatment nourishing the body with a restorative body milk.

(Possibility to choose from body treatment or complete - body, facial and scalp treatment)

*\* It is considered as an Ayurveda's depurative massage that helps us to detox.*



## MASSAGES AND AYURVEDIC THERAPIES

### FACIAL THERAPY NIRAMA

60 min.  
90 €

This therapy is specially indicated to help expel excess mucus accumulation in the throat, nostrils, ears and cranial area caused by the process of Sinusitis, Tonsillitis and chronic colds.

*\* Relaxes facial muscles, improves blood flow; has anti-inflammatory effect and helps drain excess fluid accumulated in the orbicular area.*

### FACIAL HYDRATION THERAPY

50 min.  
80 €

1. Relaxing facial massage with Rice & Neem cleansing oil.
2. Light exfoliation with micronised Ayurvedic herbal blend.
3. Toning with Skin Care infusion rich in antioxidants and anti-inflammatory bioactives that improve microcirculation and general mood.
4. Haridra mask. Ancient botanical combination of purifying clay base, bioactives of turmeric, ashwagandha, fenugreek and lotus flower.

*\*Ideal to nourish and brighten the skin.*



## MASSAGES AND AYURVEDIC THERAPIES

### FACIAL RASAYANA RITUAL

120 min.

180 €

Ballancing anti-age facial therapy that relaxes nervous system and stimulates facial muscles.

1. Cleansing and gentle exfoliation with a mixture of micronized Ayurvedic herbs followed by toning with Skin Care infusion rich in antioxidants and anti-inflammatory bio actives.
2. Nirama mask with kaolin base, bioactives o neem, liquorice and turmeric
3. Ayurvedic facial massage with pindas (cotton compresses filled with rice, spices, natural herbs and aromatic plants) oxygenates and detoxifies, helps regenerate tissues and tone facial muscles.
4. Haridra mask that restores cellular memory, calms overactive melanocytes, fades and prevents blemishes. It has a moisturising and firming effect.
5. Treatment is finished with the application of ayurvedic intensive serum based on essential oils and anti-ageing moisturising cream.

*\* Purpose of this therapy is to firm facial sagging parts and stimulate capillary blood flow for a balanced visual appearance and radiant younger look.*



## AROMATHERAPY AND OTHER MESSAGES AND TREATMENTS

### AROMATHERAPY RELAXING MASSAGE

This massage unites massage technique and therapeutic use of essential oils which possess many properties that have great influence on brain functions. As they penetrate through the skin to a blood flow, help to get rid of existing tensions and improve general mood.

30 min.  
60 €

60 min.  
90 €

90 min.  
120 €

### PERSONALIZED DEEP THERAPY

Personalized massage on a muscle level. Possibility to choose between partial and full therapy.

30 min.  
75 €

60 min.  
120 €

90 min.  
170 €

110 min.  
200 €

### ANTI STRESS RITUAL

Balances chakras through gem therapy and helps disconnect the mind with power of essential oils, combined with different massage techniques will lead you to a state of optimal relaxation.

Aura ayurvedic infusion at the end of the ritual will help to clear emotional blockages and strengthen the immune system.

*\* Ideal to relax the body, disconnect the mind and reduce stress level.*

120 min.  
200 €







## AROMATHERAPY AND OTHER MASSAGES AND TREATMENTS

### GREEN TEA DRAINING THERAPY

60 min.  
125 €

This therapy combines lymphatic drainage with green tea herbal compresses and reflexology with quartz crystal wands technique. It is indicated for treating oedema, fluid retention, lymphatic congestion and oedematous cellulite. It is also recommended before applying a lipolytic treatment to make it much more effective.

100 min.  
170 €

- (60' - leg therapy, 100' - full body therapy).

Contraindications: pregnancy, breastfeeding.

*\* Detoxification therapy of the tissue and lymphatic system. Can be used by people with hyperthyroidism as it does not contain iodine.*

### TERAPHY "BREATHE"

50 min.  
115 €

Magnificent combination of acupressure, scientific aromatherapy and massage with herbal compresses.

Indicated to treat:

- Chest and general colds, bronchitis and viruses.
- Tiredness or fatigue.
- Lack of energy and vitality associated with the winter season.
- Low mood, lack of willpower and sadness.
- Respiratory system in smokers. Detoxifies and accompanies smoking cessation treatments.

Contraindications: pregnancy, breastfeeding.

*\* Ideal therapy to treat any kind of respiratory disorder and side effects caused by it.*

## AROMATHERAPY, OTHER MESSAGES AND TREATMENTS

### BODY INTENSIVE TREATMENT

90 min.  
180 €

Personalized firming, draining and anti-cellulite treatment that tones the muscles, tightens the skin and helps to eliminate and dissolve fat nodules.

#### \* Firming:

Intense volcanic lava peeling contains natural silicon, an essential trace element fundamental for firming flaccid tissue. Micro-burst algae wrap with essential amino acids and its remineralizing properties provide a firming effect.

#### \* Anti-cellulite, draining:

Soft tea tree peeling stimulates blood flow and prepares fat nodule areas for the penetration of active ingredients. Green tea slimming wrap activates lipolytic action and, due to its potassium content, helps eliminate retained fluid, facilitating tissue drainage.

Treatment will be concluded with a personalized localized massage.

### CLASSIC FACIAL TREATMENT

60 min.  
100 €

Classic facial treatment that is performed with organic brand products from South Africa - Esse Probiotic Skincare which uses biotechnology to get skin to optimum health so that it is resistant to the ageing process. Unique anti-ageing active ingredients, including live probiotics, makes these treatments effective for all skin types and challenges, including very sensitive skins.

90 min.  
150 €



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## FACIAL KOBIDO

50 min.

95 €

A wonderful massage that leaves a visible result from the first session. The rhythmic finger movements stimulate specific points using pressure to activate skin regeneration.

### Benefits:

- Relaxes and tones facial muscles.
- Improves elasticity.
- Stimulates blood and lymphatic circulation.
- Instant anti-wrinkle and lifting effect.

Contraindications: couperose, rosacea, acne, fine and sensitive skin.

*\* One of the most efficient natural anti-ageing techniques.*

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*We offer a relaxing aromatherapy massage service in the suite upon reservation at least 48 hours in advance. There is a supplement of 25€. For more information, please ask for details at the wellness reception.*

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*Please inform the wellness reception if you have any health issues, allergies, if you are pregnant or breastfeeding.*

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*It is essential to confirm your appointment with a credit card.*

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*Free cancellation with a minimum of 24 hours notice.*

*If you cancel your appointment with less than 24 hours notice, you will be charged 30% of the cost of your treatment.*

*If you do not show up for your appointment without any notification, you will be charged 50% of the cost of your treatment.*



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by

NiRama