

## SPA TREATMENT MENU

Classics	Duration	Price
<b>Swedish Massage</b> A classic medium-strength European massage to release muscle tension and relax the body.	50 min.	375
<b>Combination Massage</b> The therapist combines several massage techniques, in coordination with the guest, for optimal results.	50 min.	375
<b>Reflexology</b> A balancing and relaxing massage based on applying pressure to specific points on the feet to release tension and offer a feeling of relief.	50 min.	375
<b>Polarity</b> A stress-relieving experience that combines massages of the scalp, hands, and feet to provide a sensation of relief throughout the body.	50 min.	375
<b>Hot Stones</b> The original Native American treatment with hot basalt stones. The heat of the stones penetrates deep into the tissue, relaxing the muscles and enveloping the entire body with a sense of warmth and wellbeing.	75 min.	525
<b>Hot Stones – Back &amp; Shoulders</b> This treatment combines hot basalt stones and cool marble stones while focusing on the back and shoulders, with the goal of releasing muscle tension in those areas.	50 min.	405
<b>Short &amp; Sweet</b>		
<b>Back, Neck &amp; Shoulder Massage</b> Massage focusing on the back and neck areas, to release daily tension.	25 min.	255
<b>Head &amp; Neck Massage</b> A relaxing experience that includes a scalp massage to release tension in the neck and face.	25 min.	255
<b>Foot Massage</b> 25 minutes of heaven – a massage with refreshing, moisturizing butter that will help your feet feel much lighter.	25 min.	255
<b>Botanical Magic</b>		
<b>Aromatherapy Massage</b> A sensational experience that integrates special plant-derived aromatherapy oils, selected in coordination with the guest prior to the treatment. These oils help to relieve fatigue, strengthen the immune system, and have both a soothing and stimulating effect. A gentle, relaxing, and liberating massage.	50 min.	385

	Duration	Price
<b>Deep Alberto</b>		
<b>Deep Tissue Massage</b> Suitable for people who have massages regularly and are very physically active, this massage uses focused techniques to release muscles and tension points in different areas of the body.	50 min.	405
<b>Bakok</b> A deep tissue massage focusing on the back and neck areas to release muscle tension and impart an overall positive feeling.	50 min.	405
<b>Body Purity</b>		
<b>Peeling</b> This experiential cleansing and rejuvenating treatment uses natural salt granules and oils to smooth the skin and stimulate the circulation for a feeling of lasting freshness. For optimal results, it is recommended to enjoy this peeling treatment at the beginning of your stay and prior to any massages.	45 min.	375
<b>Alberto Specials</b>		
<b>Alberto Massage</b> A massage with Biotone cream, designed to relieve muscle tension and mental stress while boosting vitality. The length of this treatment enables special focus on extremely tense areas.	75 min.	515
<b>Body &amp; Mind Soothing Treatment</b> An immersive journey that cleanses the body and soothes the mind. The treatment includes an exfoliating body peel followed by a massage with mineral-enriched Biotone cream.	75 min.	515
<b>Prenatal Treatments – From the 14th Week</b>		
<b>Prenatal Massage</b> A unique massage experience that helps to relieve fatigue, stress, and the sensation of heaviness, while also releasing tight, tense muscles.	50 min.	375
<b>Polarity</b> A scalp, hand, and foot massage that offers a sensation of relief throughout the entire body.	50 min.	375
<b>Couples' Experience</b>		
<b>Swedish Massage</b> A unique romantic experience in a couples' treatment room, as each person receives a 50-minute Swedish massage with Biotone cream.	50 min.	800

**Please Note:**

- A 50% cancellation fee will apply to any treatment canceled within 6 hours of the treatment time.
- Underwear must be worn during all treatments.
- Requests to change or replace the requested treatment, including moving the treatment to an earlier or later time, may be received up to three hours before the original scheduled treatment time.
- If it is not possible to perform the requested treatment due to medical restrictions, a replacement treatment will be arranged.
- Esprit Spa reserves the right to delete or change any part of the above treatment menu and price list at any time.