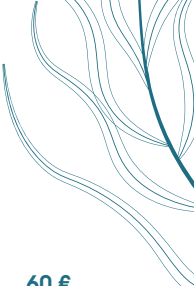


SPA MENU



GRAND MUTHU GOLF PLAZA HOTEL & SPA

MASSAGES



RELAXING MESSAGES

Full Body (50 min.)

Relaxing full body massage with essential oils for improving general wellbeing.

60 €

Antistress (75 min.)

Full body, head and face therapeutic and relaxing massage. A treatment that goes that step further, offering the body and mind a deep state of serenity and well-being.

80 €

Baby Relax (25 min.)

This is a special treatment for children, using delicate massage techniques, for a relaxing and soothing effect on their behaviour.

30 €

Happymum (50 min.)

A gift for the mother and the baby that she is expecting.

It helps to relieve tension in the lower back, neck and legs at this sweet time of life.

60 €

SPECIFIC MESSAGES

Back (25 min.)

Relaxing back treatment. It helps to relieve muscle tension and contractures.

40 €

Kombi (45 min.)

Specific massage to treat back and neck problems through cervical spine stretching. This massage is performed using rosemary oil and antiinflammatory cream.

55 €

Deep Tissue (50 min.)

Deep back, neck and leg massage. It helps to release tight layers of muscle. It is performed using rosemary essential oil with pain-relieving properties and an anti-inflammatory cream.

65 €

Circulatory (45 min.)

Special leg treatment for problems related to poor circulation and/or fluid retention. Massage + cold bandage technique.

55 €

Sports Legs (45 min.)

Tension release and recovery treatment for legs + specific stretching for athletes. It is performed using cold-hot aloe vera gel.

55 €

Tired Feet (20 min.)

Soothes tired, aching feet.

It is recommended to relieve sore feet after physical activity.

40 €



MASSAGES

OUR SPECIALITIES

**Body Care (Uli-Massage) (80 min.)
+ Peeling (90 min.)**

**90 €
100 €**

Our star massage

Both energetic and relaxing, this massage combines citrus and lavender aromatherapy, using warm oil. Enter a sea of sensations and enjoy this wonderful experience.

Top Care (80 min.)

90 €

Enjoy a full body massage with special emphasis on the neck, shoulders and back, foot reflexology and head and face massage.

Love Secret (50 min.)

125 €

Relaxing couple massage, with hot oil that will ensure you enjoy this special moment together. End this sweet evening with chocolate and champagne so you can toast to your love.

Lomi-Lomi (80 min.) (50 min.)

**90 €
70 €**

This massage comes from healers in French Polynesia and the islands of Hawaii, who work on the body and mind according to the Huna philosophy. This massage is performed using coconut oil.

Special From the Canary Islands (80 min.)

90 €

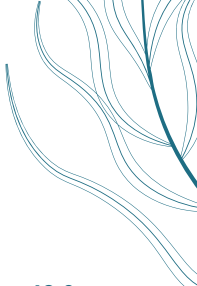
Full body exfoliation with salts from The Janubio Salt Flats in Lanzarote, followed by an aloe vera wrap and a full body massage with moisturising aloe vera oil containing anti-inflammatory and pain-relieving properties. A moisturising banana cream is applied at the end to combat skin dryness.

Hot Stones (80 min.)

90 €

Massage using hot volcanic stones. This therapy combines a traditional therapeutic massage with the application of stones at different temperatures to the skin, to facilitate the flow of vital energy and relieve physical and emotional disorders.

AESTHETICS



FACIAL TREATMENTS by Maria Galland Paris

Moisturizing Facial

60 €

Our beauty facial treatment is very effective to nourish, renew, hydrate and moisturise the skin for smooth texture and a luminous look.

Detox Facial

70 €

Unlike traditional facial cleansing, this treatment cleanses without irritating or damaging the skin. Its benefits are far more extensive than those of a classic facial cleansing.

Rejuvenating and Preventive Facial Treatment

85 €

This treatment activates the beauty and health of your skin, boosting and restoring its radiance. Cutaneous mechanisms are awakened to rejuvenate the skin, maintaining its youthfulness, with an anti-ageing effect.

HAND AND FOOT CARE

Basic Manicure

40 € - Semi-permanent polish + 10 €

Basic hand treatment and nail polish.

Body Care Manicure

40 € - Semi-permanent polish + 10 €

Deep hand treatment, peeling and mask to soften the skin.

Basic Pedicure

45 € - Semi-permanent polish + 10 €

Basic foot treatment and nail polish.

Body Care Pedicure

55 € - Semi-permanent polish + 10 €

Foot treatment with calluses softener and soothing foot mask.

