

# *Treatments*



*Massage, Shiatsu & Reiki, Japanese lifting, healing massage ....*

*Wellness, Relaxation & Beauty*

## Massage



Knowing the needs of our clients, we offer a massage that combines relaxing techniques and deep tissue massage to relieve muscle tensions. The treatment can be tailor made to suit the individual needs of each person.

Relaxing techniques: Current life style can produce an unhealthy build-up of the “stress hormone” (cortisol) which can produce headaches, digestive problems or muscular back pain, especially in the upper back area. Massage therapy has been proven effective to decrease the level of cortisol allowing the body to enter a rest and recovery mode which provides a very pleasant feeling as well as an improvement of the physical and mental performance.

Deep tissue massage: This therapy concentrate on the deep layers of muscle and fascia in the body, by using deep finger and elbow pressure in slow and firm strokes. Because deep tissue massage increases the flow of blood it helps reduce inflammation that is sometimes the main cause of pain. For our yoga practitioners it is also an important complement to their practise because it helps relax tight muscles through the elimination of toxins.

During both techniques pressure could be applied in key points to enhance the result of the treatment.

It is our belief and experience that together, the client and the therapist create a unique experience that is therapeutical for both.

Price: € 50 per treatment (50 minutes). TAX not included

## Shiatsu



Energy (KI) is central to shiatsu, as are the network of pathways and points where KI flows. SHIATSU uses soft and light touch to contact, move, stretch, support and stimulate these pathways and points.

The intention is to help the KI flow smoothly round the body. When KI is stuck, pain, discomfort or tiredness might be experienced. When KI is flowing there is a sense of well-being and the body can get on with its own natural healing ability.

In this treatment, we apply the eastern body-therapy Shiatsu and the healing-method Reiki in a combination that acts as a balancer for the whole person.

During the energetic work we use pleasant body stretches and finger or palm pressure to bring the vital energy of the meridians into a balancing flow.

Balancing the energy, among other effects, stimulates self-healing processes, eliminates exhausting factors and improves general well-being.

We customizes every application to the individul needs, be it to relieve physical complaints, for mentally energetic balance or for deep relaxation.

Price: € 50 per treatment (50 minutes aprox). TAX not included

## Face massage / Japanese Lifting - Kobido



KOBIDO is one of the most effective massage techniques for facial rejuvenation and continues gaining popularity worldwide.

This technique reduces the external signs of aging like wrinkles, eyebags, etc. With an astonishing and quick result. It also regulates the physical functions of the body and the emotional state.

KOBIDO stimulates collagen production of the skin, gives more suppleness and better muscle tone.

KOBIDO causes:

- Relaxation of the facial muscles
- Better blood circulation of the skin and subcutaneous tissue
- Better supply of the cells with nutrients
- Rapid removal of metabolic waste products and toxins
- Stimulation of the body's own collagen production
- Acceleration of skin regeneration
- A deep stress relief and relaxation
- Regular use counteracts wrinkles and skin slackening
- The skin gets a healthy tone and rosy complexion

Price: € 50 per treatment (50 minutes aprox). TAX not included

## Cellular Bioenergetic Osteopathy



Highlights the importance of the emotional impact on our overall health and the performance of mechanisms of protection against these impacts in the heart. These mechanisms are developed from the pericardium that is nothing more than a set of very resistant membranes that surround, protect and supports the heart.

In the mediastinum, our heart is the vital organ. It is also the receiver and the catalyst of our emotional and spiritual lives. When facing fear or any other kind of threat the pericardium reacts by withdrawing, and by doing so allowing the heart to continue pumping and keeping us alive.

This whole process is done hands on and the 'listening' perceived through the bodily systems, allowing at the same time the restoration of energy in different areas of the body.

Price: € 50 60 minutes aprox. TAX not included

## Healing Massage Fusion



Rafael is a natural health care therapist and masseur. He left his old job to follow his vocation dedicating himself exclusively to the study of Massage Treatments, Shiatsu, Chinese Medicine and other energetic techniques in Malaga.

He works for the wellbeing of those that are in need of assistance due to:

- Joint and muscular pain
- Emotional distress
- Fatigue
- Sleeping problems
- Or simply to enjoy a moment of absolute relaxation through a massage, restoring harmony to the body and mind.

This treatment selects the most renowned techniques of each of the oriental traditional medicine disciplines, combining Traditional Medical Massage (both muscular and relaxing), Acupressure, Moxibustion (Chinese origin) in one session, ending with Reiki and Tibetan singing bowls sound therapy. This treatment is carried out on a massage bed with natural essential oils.

Benefits of the treatment:

- Releasing of muscular contractures or tension in the neck, shoulders or lower back, freeing any tightness or pain in these areas
- It work on the whole body, activating the blood flow and improving varicose veins and tired legs
- Improves mood and energy levels
- Strengthens your immune system

Price: € 50 50 minutes. TAX not included

## **Vibrational Sounds bath** for activation your Chakras & **Santillan** harmonizing the Inner Energy. **Relaxing head & foot massage**



A Journey in Sound and Silence

Integrating music, fragrance, hand, foot & head massage and silence

We invite you to relax into a journey with your sense awareness.

You will be bathed within the healing sounds of various musical instruments, followed by moment of silence where you shall experience deep peace and stillness.

The use of exquisite aromas, soothing massages for hands, feet and head combined with the harmonisation and vibrational tones of Tibetan sound bowls will leave you in a state of bliss.

An unforgettable experience will welcome you.

Price: € 50 50 minutes. TAX not included

# Indian Ayurveda fusion massage



## Why?

Mind, body and soul are connected. Many people are disconnected from their body which is the result of too much thinking, stress or complicated life-situations. Massage, touch, accompanied by the right verbal assistance re-connects people with their body again. This gives a relaxing and/or energizing feeling, relieves tension or pain and makes people happier. The connection between the masseur and the client is key and the energy flows. I love to share this experience with people who need it.

## How?

With space, love, creating a safe and easy atmosphere, accompanied by music, aromas, the right oils, temperature, etc.

About the Ayurveda massage:

The ayurvedic massage has a cleansing effect, relaxes, nourishes, energises and balances out physically and mentally. The self curing ability of body and mind are stimulated. The massage:

- includes a head & facial massage
- improves the resistance of the body and activates the lymphatic system and the blood circulation
- reduces stress, fatigue and insomnia
- improves being conscious of your body and relieves tension in muscles
- helps to relieve problems with back pain, neck & shoulder injuries, stress, burnout, headaches, and much more
- combines Ayurveda with other styles of massage and Shiatsu

This massage suits everyone, healthy or ill, young or old. The massage is a full body massage, with extra attention where it is needed, e.g. head, face, neck, shoulders, back, hands or feet.

## Oils:

In Ayurveda the use of special oils is an important element of the massage. The essential oils are made out of special herbs recipes and will cleans the skin and have a very relaxing effect on the nervous system.

Price: € 50 50 minutes. TAX not included