



# Learn more about our treatments and massages

## Information and bookings 985 436 988

Open monday to saturday 11:00 to 21:00

Rates updated in June 2018

### **Oriental Points** ○○

A particularly suitable massage for tired legs after a long day's work. Also ideal for treating specific points of the body and relieving ailments such as migraine or stiff neck.

⌚ 30' 40€

### **Reflexology** ○○

Originating in China over 5000 years ago, this is a method used to achieve therapeutic and healing effects by activating and regulating the circulatory system at acupuncture points located on the sole of the foot and associated with each organ of the body.

⌚ 30' 40€    ⌚ 60' 60€

### **Special foot treatment** ○

This is a marvellous remedy for treating sore, sensitive and tired feet. In addition to the massage, it includes exfoliation and moisturizing with our products.

⌚ 30' 40€

### **Traditional Thai massage** ○○○

By applying pressure to the body's energy meridians and the veins and muscle tips, this type of massage activates circulation and helps eliminate the accumulated toxins from tense and tired muscles.

⌚ 60' 65€    ⌚ 120' 115€

### **Traditional Balinese massage** ○○

The traditional Balinese massage applies a combination of gentle and delicate stretching, acupressure and almond oil, this activating the 'chi' (the body's internal energy charge).

⌚ 60' 65€    ⌚ 90' 90€    ⌚ 120' 115€

### **Shiatsu massage** ○○○

Combination of Japanese techniques based on applying firm pressure to reach deep into the muscle, helping to relieve hidden stress. Recommended for people who are already familiar with pressure massages.

⌚ 60' 65€    ⌚ 90' 90€    ⌚ 120' 115€

### **Sedative Swedish massage** ○

Ideal for a first contact with the world of massages and for evading the stress and worry of our daily routine. Developed by a Swedish physiologist in 1812, it combines firm pressure with gentle pressure to improve circulation. It relieves muscle pain while improving flexibility, achieving a state of relaxation all over the body.

⌚ 60' 65€    ⌚ 90' 90€    ⌚ 120' 115€

### **Aromatherapy massage** ○

Aromatherapy is one of the most popular treatments in tropical spas, available worldwide. The powerful properties, using oils with ready crushed and blended essences, are absorbed both through the skin and by inhalation.

⌚ 60' 70€    ⌚ 90' 95€    ⌚ 120' 120€

### **Oriental massage with Bamboo Sticks** ○○○

This therapy, originative from Japan, uses bamboo sticks in combination with deep and drainage movements. With this technique we get a relaxing massage and a refreshing energy function because it uses the elasticity and the strength that is needed to release accumulated tension.

⌚ 60' 70€    ⌚ 90' 95€    ⌚ 120' 120€

### **Oriental massage with volcanic stones** ○

The heat given off by the stones speeds up the healing process by relaxing the muscles and increasing blood circulation, while greatly contributing to mental and spiritual relaxation.

⌚ 90' 110€

### **Oriental Spa massage** ○○

This is Oriental Spa's star treatment. It consists of the relaxation of muscle knots and tension, two therapists working simultaneously. The Oriental Spa massage includes the best of the main types of massage available today worldwide, combining aromatherapy with lymph drainage and acupressure massage.

⌚ 90' 130€

### **Tibetan 'CHI' ritual** ○

This is a personalized Asian technique to enjoy a pleasurable massage while harmonizing our internal energy. This is achieved through the five elements: Earth (constructive 'chi'), Wood ('chi' in motion), Fire ('chi' of clarity and mental peace), Water ('chi' of motivation and dynamism) and Metal ('chi' of beauty and protection), which, combined with acupressure techniques, vigorous massage to stimulate the 'yang' and relaxing massage to appease the 'yin', along with the application of specific essential oils and the use of 7-metal Tibetan bowls made by Buddhist monks, manages to harmonize our body and mind.

⌚ 90' 100€

### **Treatment intensity**

○ \_\_\_\_\_ Gentle - relaxing  
○○ \_\_\_\_\_ Medium - balance  
○○○ \_\_\_\_\_ Strong - therapeutic

### Sarawak pepper detox ○

This treatment offers a 'body scrub' to remove the dead cells from the skin, followed by a 'wrap' and ending with a massage with oils and pepper essences.

🕒 120' **110€**

### Oriental Body Scrub ○

This massage is an effective treatment for exfoliating and toning the skin by rubbing and scrubbing the body. It also helps rejuvenate the skin by removing dead cells and impurities, the session being completed with the application of toning cream.

🕒 60' **60€**

### Balinese 'Boreh' Body Scrub ○

This is based on a centuries old recipe consisting of a preparation of herbs and spices associated with curry. This preparation is used on the island of Bali as a remedy for fever, headaches, muscle pains, arthritis and colds. Its effectiveness in activating blood flow has also been demonstrated.

🕒 60' **60€**

### Oriental Herbal Ball ○○

This practice consists of applying steam-compressed herbs to the skin. Combining heat and pressure, this procedure transfers the mixture of oils and aromatic essences to the skin, which, combined with the massage, helps reduce muscle tension, increase circulation, stimulate lymph drainage and free us from blocked energies, while improving the state of the skin.

🕒 90' **90€**

### Oriental Express Facial

A facial massage which, besides relaxing the face muscles, exfoliates and cleanses the skin. A treatment that perfectly combines relaxation with beauty.

🕒 30' **45€**

### Oriental Full Facial

This treatment complements the Oriental Express Facial. In addition to the massage, exfoliation and skin cleansing, a mask based on Cameron Highlands tea powder and a facial tonic are applied to achieve, relaxation, hydration and a fresh and healthy skin.

🕒 60' **75€**

## To enjoy your treatment more:

### Harmony

The Spa is designed and prepared for you to rest your body and relax your mind and spirit.

Out of respect for other users, please cooperate with us to maintain a peaceful atmosphere by not raising your voice more than necessary. Children are not allowed in the Spa unless they have come to receive a treatment, in which case they must be accompanied by an adult.

### Bookings and cancellations

If you have booked a specific time, please come to the Spa 15 minutes in advance in order not to delay the schedule of subsequent bookings. Also, if you cancel a booking, please inform us in advance so that we can use the room for other clients.

If you do not arrive within 15 minutes of the time booked, you lose all your rights to the booking.

### Health

If you are pregnant, you should be aware that in most of our treatments we use oils and essences. Some massages or treatments are not recommended during the first three months of pregnancy.

If you suffer from allergies or any other problem, we advise you to see your doctor before enjoying any of our treatments. Likewise, please inform us if you currently suffer from any injury.

All the oils and essences used at Oriental Spa are natural and imported directly from Malaysia, Thailand and Indonesia.

### Mobile phones

Mobile phones are not allowed. If you need to have the phone connected, please keep it in silent mode.

## Packages

Combine our treatments; renew yourself inside and out. Treat yourself and enjoy our special packages.

### Oriental Express:

- Special foot treatment
- Oriental points

🕒 60' **70€**

### Oriental Charm:

- Sedative Swedish massage
- Reflexology

🕒 90' **95€**

### Bienvvenida Oriental:

Balinese 'Boreh' Body Scrub

Choice between:

- Shiatsu massage
- Traditional Balinese massage
- Traditional Thai massage

🕒 120' **115€**

### Balinese Paradise:

- Special foot treatment
- Balinese 'Boreh' Body Scrub
- Aromatherapy

🕒 150' **145€**

### Borneo Magic:

- Reflexology
- Sarawak Pepper Detox
- Oriental Express Facial

🕒 180' **170€**

### Indochina Special:

- Special foot treatment & reflexology
- Balinese 'Boreh' Body Scrub
- Oriental Spa Massage
- Oriental Full Facial

🕒 270' **295€**