



BY HOTEL PRESIDENT

SPA *de* LA MER

SPECIAL SUNDAY

Renata method

Renata Franca massage is a technique developed to unclog and drain the lymphatic system. The technique works by encouraging and stimulating the flow of lymphatic fluid, which is essential for the body to heal and regenerate. It's a great way to relieve stress, improve your immune system, and improve your circulation.

60 minutes : 200 .-

Lymphatic drainage massage

Lymphatic drainage using the Vodder method is a gentle and precise hand massage technique that helps improving intestinal function and assist weight loss. Accompanied by a detoxification programme, drainage helps considerably to eliminate cellulite. It has an impact on nervous system, favouring good sleep and stress-relief power. It also stimulates tissues renewal, circulation and strengthens immune system.

50 minutes : 180 .-

80 minutes : 230 .-

Foot reflexology

Massage and stimulation of the reflex areas on the soles of the feet. Reduces stress, stimulates the circulation, relieves tension, gives a deep feeling of relaxation and releases energy throughout the body.

50 minutes : 200 .-

Remodeling

Massage technique that allows to shape adipolyses to give more contour to the body. It allows to have a more defined silhouette. Remodeling guarantees even skin and better-defined muscles. Its differentiated gestures pull the swellings and transform the texture of the skin with visible results from the first session. These are surprising, because it has been designed to move fat to the right places and therefore, give more contour to the body.

60 minutes : 200 .-

Slimming massage

A targeted slimming massage activating the microcirculation to improve drainage and elimination of fat. The skin is firmed up and the figure toned.

50 minutes : 200 .-

Renata method for lymphatic drainage

This technique combines firm pressure and fast rythm with pumpings and exclusive maneuvers, altogether producing immediate results. It reduces edema, activates blood flows and boosts a complex network of vessels which transport fluids throughout the body, which contributes to reducing the dreaded celullite. As a result, the body benefits from a reduction in swelling and gains a better defined contour, in addition to accelerating its metabolism and enjoying well-being.

60 minutes : 200 .-

Miracle face

A Brazilian technique that combines lymphatic drainage maneuvers and remodeling. With an immediate lifting effect, this facial massage deflates, accentuates facial shapes and promotes the natural revitalization of the skin. It has the function of draining swelling and promoting a new contour to the face. With lymphatic drainage maneuvers and a massage massage, it allows to obtain a result as special as the body version.

30 minutes : 130 .-

Biosculpt

A tailor-made massage remodeling and stimulating that acts at the level of the lymphatic system, bloating, water retention, solar plexuses, ascending colon, transverse and descending and repeats fat cells.

80 minutes : 150 .-

Belly Revolution

A gentle belly massage technique that combines modeling and effleurage communication with the connection to the parasympathetic system. This technique offers several beneficial effects: relaxation of the abdominal muscles, relaxation of the belly organs, a deflated, flatter and more flexible belly, an improved transit, a very noticeable detox effect, a general relaxation of the body, a soothing of emotions, an overall well-being of body and mind.

40 minutes : 150 .-

For more information and reservation please contact us at :

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Your SPA team