

In-Room Spa Menu

Massage Services

Intended for you to remove the stress from your life and discover why it is essential that you take care of yourself, with soft and slow massages, accompanied by natural oils that hydrate and nourish with essential oils that stimulate our senses, favoring that relaxation.

CLASSIC 60 MINUTES / 200€

This traditional Swedish-style massage uses light to moderate pressure and incorporates various techniques to promote balance and relaxation, from gliding to kneading.

CLASSIC 90 MINUTES / 260€

This traditional Swedish-style massage uses light to moderate pressure and incorporates various techniques to promote balance and relaxation, from gliding to kneading.

ACTIVE 60 MINUTES / 200€

Ideal for the end of an active day, this treatment offers an intense, deep massage designed to alleviate muscle tightness and strain effects.

ACTIVE 90 MINUTES / 260€

Perfect for the end of an active day, this treatment offers an intense, deep massage designed to alleviate muscle tightness and strain effects.

Wellness Treatments by R´difusión

Acupuncture: Ancient technique of traditional Chinese medicine.

Acupuncture treatment consists of applying fine needles to specific body points to activate or regulate the energetic resources of the organism; this stimulation generates a healing effect on the physical and chemical level of the body, which rebalances the altered biological functions.

First Session 90	€120
Standard Session 60	€90
Bonus 5 Sessions 60	€360

Reflexology: Relaxation begins with the feet

This ancient technique, based on hand pressure on the body's reflex points, contributes to and achieves a state of complete wellness. The feet are a part of our body in which the neuronal endings of the organism are reflected, so thanks to this technique, complete work is achieved simultaneously to increase welfare.

Standard Session 60	€90.
Bonus 5 Sessions 60	€360.

Japanese Facial Massage and Shiatsu: Renew yourself

This Japanese manual technique consists of pressure, balancing, stretching, and more in different body parts to promote and improve the person's health. Shiatsu works with the meridians and points related to the organs and viscera of the body and their functions. Our Integral Ritual consists of Body Shiatsu Massage: Restores balance and harmony between body and mind. Japanese Facial Massage: The Japanese facelift without surgery. Brightens, firms, and rejuvenates.

Standard Session 60	€ 200.
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Wellness Massages: The new Luxury is to enjoy your time

Discover our offer of massages to take the stress out of your life and why it is essential to take care of yourself and pamper yourself with soft and slow massages, accompanied by natural oils that moisturize and nourish essential oils that stimulate our senses, favoring relaxation.

I love my time 30	€100
I love my back 45	€140
I love my body 60	€160
I love myself 90	€200

Holistic Wellness 120	€250
Hot stone 120	€250
ClassicRoom 60'	€160
ClassicRoom 90'	€200
ActivecRoom 60'	€160
ActivecRoom 90'	€200

Couple Massage 75'	€350
Couple Massage in room 75	€440

Shiatsu Massage: Recover the balance and harmony between body and mind.

This Japanese manual technique consists of pressure, balancing, stretching, and more in different body parts to promote and improve the person's health. Shiatsu works with the meridians and points related to the organs and viscera of the body and their functions.

Shiatsu 30 min.**€75.****SHIATSU YIN**

Lumbar zone, legs, feet and buttocks. Relaxes the most tired areas, improves circulation, reduces and eliminates fluid retention.

SHIATSU YANG

Arms, shoulders, neck, head, face. Eliminates tension from overloaded areas, reduces stress and eliminates signs of tension from your face.

SHIATSU SAKURA

Perfect for those who do not have much time. It is applied all over the body to restore the balance between body and mind. Revitalizes reduces physical and emotional stress and helps you relax. We leave you comfortable pajamas for the application of the massage.

SOTAI, JAPANESE POSTURE CORRECTION:

We analyze your back and help you keep it in an optimal state, reduce structural stress, and eliminate fatigue and discomfort caused by bad posture.

Shiatsu 60 min.**€ 200****SHIATSU DESCONTRACTURING**

Ideal for eliminating tension. Reduces contractures and relieves the discomfort they cause. It is applied to the whole body

RELAXING SHIATSU

Forget about stress. If you want to relax this is your massage.

**To book your treatment, please get in touch with R´Difusion
(09:00 AM–8:00 PM, Monday to Friday, N°: 7256 Email:
palace.spa@rdifusion.es)**

ESPACIOS
WELLNESS
BY R'DIFUSIÓN

(10:00 AM–7:00 PM, Saturday, N°: 7256 Email: palace.spa@rdifusion.es)

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