

Wellness



L'Avenida Wellness offers a range of professional in-room massages and treatments to enhance your stay with us.

Back and Legs Massage — (45 min) 70€

After a strenuous workout or sitting at desk all day, the back and leg muscles are likely to be tense from repetitive over use or stiff from under use respectively. This 45 min massage will focus on the back side of the body to help relieve the tension. This massage can be deeper or gentler adapting to the needs of the individual.

Swedish Massage — (60 min) 85 €

Swedish massage is the manipulation of the superficial layers of the muscles against the bone; it relaxes the body, increases circulation, removes metabolic waste products, and can help you obtain a feeling of connectedness.

Aromatherapy Massage — (65 min) 87 €

A holistic experience based on the application of carefully blended essential oils in a nourishing vegetable base using lymphatic and pressure point massage techniques to maintain and promote physical, psychological, and spiritual well-being.

Deep Tissue Massage — (60 min) 85 €

An experience recommended for those really tense, knotted and painful areas. Using a variety of muscle release techniques, the therapist will work within your pleasure/pain threshold to release and relax chronic tension.

Indian Head Massage — (45 min) 70 €

This ancient experience relaxes, tones and eases muscle tension in the neck, head scalp and shoulders. It also aids in the elimination of toxins by stimulating circulation, creating a positive energy flow through the chakras leaving you in a state of tranquillity and peace.

TO BOOK PLEASE CONTACT RECEPTION. ALL TREATMENTS REQUIRE BOOKING 24 HOURS IN ADVANCE. CANCELLATIONS MUST BE MADE 24 HOURS BEFORE CONFIRMED RESERVATION. IF CANCELLED WITHIN 12 HRS NOTICE - 50% WILL BE CHARGED IF CANCELLED WITHIN 1 HOUR NOTICE - 100% WILL BE CHARGED