



AQUA VISTA HOTELS

MASSAGE, BEAUTY THERAPIES & TREATMENTS

HOLISTIC MASSAGE

A profoundly relaxing, nourishing as well as pleasurable form of healing, involving touch, harmonic movement and energy, qualities long associated with good health and well-being. A rhythmic massage that opens all senses and has a stunning calming effect on the neuromuscular system, restoring energy and maintaining the body's natural balances. This holistic treatment combines Eastern and Western techniques including Reflexology, Joint Release and Acupressure.

Treatment time: 60 min - 90 min

AYURVEDIC MASSAGE

A Delightful Oriental Ceremony

Ancient Indian treatment using warm aromatic oils, applied in a series of delightful massage techniques that vary in intensity and depth. Sensational and energy balancing, this modeling of the whole body offers inspirations from exotic, soothing and rejuvenating rituals.

Treatment time: 75 min - 90 min

JOINT RELEASE MASSAGE

A unique body approach of gentle, rhythmic movements consisting of penetrating compressions, soft elongations and a pleasurable rhythmic rocking that send resonating ripples throughout the body. It releases tensions through effortless movement and reconnects you with your body's natural sensations.

Treatment time: 60 min

BACK & SHOULDERS ESSENTIAL MASSAGE

A deep massage using warm organic oils that releases muscle tension and melts away stiffness in the back, shoulders and neck. A thorough sequence of stimulating and energy pressure techniques, which restore harmony and freedom in an extensive back treatment.

Treatment time: 60 min

REFLEXOLOGY

Ultimate Foot Ritual

The soles of the feet contain energy points that correspond with each area or function of the body. By massaging and stimulating the reflex points of the feet and lower legs with specific pressures and various thumb, finger and hand techniques, the natural flow of energy throughout the body is restored, leaving your released feet with a generous and refreshing feeling of wellness and comfort.

Treatment time: 60 min

REJUVANCE

Rejuvenating Face Massage

Benefit from the purifying and rejuvenating effects of this unique natural "face-lift". An exclusive blend of facial massage techniques and acupressure points that releases tension in the facial muscles, promoting a youthful appearance as well as benefiting the overall health and relaxation.

Treatment time: 60 min

REIKI

Japanese Healing Touch

Reiki is a Japanese gentle and natural method of energy healing. It employs very light touch to help the client completely relax and release physical blockages. Reiki promotes good health through the body's own natural ability to heal itself. Reiki is especially effective for those who feel especially sensitive to touch and seek deep relaxation and enhanced life-force energy.

Treatment time: 60 min