



## VALLUGA SPA MENU

Enjoy our treatments that are especially created for you  
to relax and recover after a day in the mountains

### BODY TREATMENTS

VALLUGA ESCAPE	90 min.	160 €
	105 min.	175 €

Enjoy customizing our traditional Body Ritual choosing Relaxing Organic Lavender or Gingers healing properties in an invigorating Full Body exfoliation followed by a Full Body Massage using hot stones in some of the body areas. Complete this head-to-toe service receiving a luxurious foot & pressure point scalp massage inside a warm cocoon. If you choose 105 min. a face cleansing & face massage using aromatherapy face oils is included.

FULL BODY EXFOLIATION	45 min.	70 €
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Choose between energizing Thermal Salt or creamy, aromatic Chamomile Scrub to sweep away dull surface cells. Add this treatment to any of our Massages for a best massage result allowing the properties of the oil deeply penetrate the skin

HEAD, NECK & SHOULDER TREATMENT	30 min.	70 €
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This express treatment targets key areas of tension with aroma therapy and acupressure to clear the mind, promote relaxation and ease stiffness and pain.

# MASSAGES

VALLUGA Massage	45 min.	90 €
	60 min.	110 €

A relaxing full body massage that will help you reduce stress and improve circulation. This session will deeply relax your body with long and gentle pressure maneuvers. (Available for mothers-to be not before 14 weeks of pregnancy)

CUSTOMIZED ORGANIC AROMATHERAPY MASSAGE	60 min.	115 €
	90 min.	155 €

Take a deep breath and indulge yourself with a renewed sense of wellbeing with this nurturing treatment. Our signature Calm Mind Ritual impart comfort and serenity, while the organic aromatherapy of wild crafted and organic blossoms, plants, roots and leaves deeply nourish and relax. A guided selection between a variety of organic aromas to match your mood and needs for the day, allowing space for your own intuitive sense of what is best for personal wellness.

DEEP TISSUE MASSAGE	60 min.	130 €
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Massage with therapeutic techniques that incorporates slow manoeuvres of pressure to treat the deeper layers of muscle fibres. This massage will help you release chronic patterns of tension that create painful conditions.

HOT STONES	60 min.	120 €
	90 min.	165 €

The nature and you! Your body will feel harmony, balance, and peace with this ancient body therapy. Heated Basalt stones placed on specific points of your body, causes muscles, tissues, and mind to relax. Includes an express face cleanse and facial stone massage.

RECOVERY MASSAGE	60 min.	115 €
	90 min.	155 €

We will work with warm balm on tense muscles, harnessing the powerful properties of magnesium to support the body's detoxification process. Additionally, the use of cooling menthol will be used on the lower body to promote drainage and circulation.

LOCALIZED MASSAGE	30 min.	70 €
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A partial body massage focused on a particular area: Back & Neck - Face & Scalp or Legs & Feet.

## SPA & WELLNESS

### Age Requirement

The minimum age requirement for access to the Spa is 16 years.  
However, some spa treatments are available with parental supervision.  
Please inquire with our SPA TEAM.

### Cancellation Policy

Cancellations within 24hs or no shows will incur a 100% charge.

### Contact Info

From your room: Reception #9

And most importantly, enjoy!