

La Poza

Relaxation Options

	<u>60MIN</u>	<u>90MIN.</u>
	<u>150 USD</u>	<u>180 USD</u>
Relaxing Soft Massage, stress and anxiety reducer by relieving pain	●	●
Deep Tissue Deep pressure massage focused on releasing tension from the deeper layers of muscle tissue	●	●
Sport Treatment Promotes flexibility, relieves muscle fatigue, improves circulation and relaxes contractures	●	●
Lomi Lomi Hawaiian massage technique worked with forearms with gentle to deep pressure with an invigorating effects	●	●
Aromatherapy Combination of massage with pleasant aromas to promote relaxation and a feeling of well-being	●	●
Reflexology It stimulates blood circulation, balancing energy levels and helping relax the mind and body.	●	●
Craneofacial Focused on the head and face area, reaching the neckline, neck and shoulders, activating circulation and oxygenation in these areas, releasing the tension accumulated in them.	●	●
Antiaging Facial Ideal for people with mature skin, the active ingredients help reverse the symptoms of aging.		●
Matifying Facial Intended for combination and oily skin, which regulates sebum production and limits unsightly shine.		●
Sound Healing It is a therapeutic practice with sounds and vibrations to promote relaxation, healing and well-being.	●	