

FULL - BODY MASSAGES

SPARTA MASSAGE *50min/1h20 - €135/200*

Deep relaxing

Drawing on Ancient Greek expertise, this massage treatment relaxes, soothes and relieves tension in the body, thoroughly working the muscles and joints for an instant feeling of relaxation.

TRADITIONAL ORIENTAL MASSAGE *20min/50min/1h20 - €65/135/200*

Sensory

Let Oriental traditions take you away with this full-body massage done with warmed argan oil. Take in the slow, deep motions and give in to well-being.

INDIAN AYURVEDIC MASSAGE *50min/1h20 - €135/200*

Profoundly invigorating

Enjoy this hot-oil massage inspired by traditional Abhyanga. Alternating slow and fast movements will release tension and awaken the body.

TUI NA TAOIST MASSAGE *50min/1h20 - €135/200*

Balancing

This massage, inspired by traditional hot-oil Tui Na, will bring your energies back into balance to calm your mind and revitalize your body.

ROYAL BALINESE MASSAGE *50min/1h20 - €135/200*

Relaxing

Immerse yourself into a world of tranquility with this Balinese massage. This escape for your senses is accompanied by traditional smoothing motions and gentle stretching.

SUBLIME POLYNESIAN MASSAGE *50min/1h20 - €135/200*

Let it all go

This massage has been inspired by Lomi-Lomi, a technique passed down by generations of Polynesian healers. Its delicate scents of tropical flowers will accompany you throughout the treatment and relax you deeply.

Massage done with heated Sublime Body & Hair Oil and Sublime Body Balm, which are Cosmébio labeled.

UDARABHYANGA MASSAGE 50min - €135

Detoxifying

This massage's deep, invigorating techniques inspired by traditional Indian medicine will relieve any tension in your body and stomach to detoxify and free the body.

BRAZILIAN MASSAGE 50min - €135

Bespoke

This treatment inspired by traditional Brazilian medicine will relax your body and slim your figure with its draining and detoxifying motions for the body and mind.

This treatment comes in slimming and relaxation versions and can be customized with your spa therapist.

SUBLIME BOLA MASSAGE 50min - €135

Pregnant women

Discover enveloping smoothing motions performed with a tinkling massage ball. This treatment will help you calmly welcome the changes related to pregnancy and leave your body feeling relaxed and lighter than before.

This massage is suitable for various stages of pregnancy, please contact the spa's reception for more information.

ENERGETIC FEET MASSAGE* 20min - €65

Lightness

This deep massage using acupressure techniques will leave your feet feeling light.

BACK MASSAGE* 20min - €65

Soothing

Discover this relating hot-oil massage. This treatment will release any muscle tension you may

***Preparatory treatments 20 min are only sold along with another**