



# ASANA

## WELLNESS

Service on request  
Bookings at reception

**mynd**  
ADEJE



## MASSAGES

**30 mins 45€ / 50 mins 80€ / 90 mins 100€**

### Relaxing massage

Invites you to get a mental state of relaxation mixing soft manipulations and aromatics essences.

### Sports massage

Post-workout recovery. Activates blood circulation and relaxes tensions with stretches.

### Deep muscle

Hard work on the fascias. Removes pains and muscle tensions.

### Manual lymphatic drainage

Oil-free massage. Mobilizes fluids, reducing inflammation and detoxifying.

### Hot stones

Enjoy a massage that will make you feel a different kind of well-being.

### Foot reflexology - 40 min 60€

Treat your body with reflex points and enjoy a foot massage.

### Couple massage

- 30-minute massage in a cabin + glass of cava. - 100€
- 50-minute massage in a cabin + glass of cava. - 170€

## BODY TREATMENTS

**90 min 120€**

### Anti cellulite slimming

Exfoliation, seaweed wrap, final anti-cellulite massage.

### Before sun

Coconut exfoliation and wrap with final massage.

### After sun

Aloe Vera Repair Wrap and moisturizing massage.

## FACIAL TREATMENTS

### Full anti-aging - 60 min 100€

Customized according to skin type with SKYN\_CELL TRONIC device: Radiofrequency + Ionization.

### Cleaning and repair - 30 min 50€

Customized according to skin type with SKYN\_CELL TRONIC device.