



BioSana Terapia

di Silvia Di Cintio

OUR MESSAGES

DEEP TISSUE MASSAGE

Deep tissue massage is a type of massage technique which uses deep pressure. Combining slow strokes and notable finger pressure, the purpose is to release the tension and tightness held deeply in your muscles and your connective tissues. recommended to dissolve contractures

25 min

PRICE

45 €

50 min

95 €

75 min

115 €

SPORTING MASSAGE WITH CUPPING THERAPY

Sports massage is a form of massage that involves the manipulation of soft tissues for the benefit of a person engaged in regular physical activity. Sports massage is designed to help correct the problems and imbalances in soft tissues that are caused by repetitive and strenuous physical activity and trauma.

25 min

45 €

50 min

95 €

75 min

115 €

OSTEOPATHIC AND CHIROPRACTIC TREATMENTS

In general, osteopathic treatment consists of treating dysfunctions, hypermobility or hypomobility that may be found in the spine, joints, nervous system, muscular system, viscera, the skull, etc. It seeks to recover the lost body balance reactivating its self-healing mechanisms with various therapeutic techniques. Treatment depends on a complete body evaluation, the type of injury and the type of patient. Each treatment is different and a personalised approach should always be followed a therapeutic massage is associated with this treatment.

60 min

95 €

ACUPUNTURE

Acupuncture involves inserting very fine needles into the skin at strategic points in the body. Acupuncture, a key component of traditional Chinese medicine, is often used to treat pain. It is increasingly used to improve overall well-being, for example to manage stress. A therapeutic massage is associated with this treatment.

60 min

95 €

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PRICE

LIMPHATIC DRAINAGE VODDER METHOD

Lymphatic drainage is a manual technique that consists of very gentle, slow and repetitive movements that are performed to improve the circulation of the lymphatic ducts.

Through manual massage, this technique aims to mobilize the liquid to decongest the area and help eliminate waste substances that accumulate in the body.

60 min

90 €

80 min

115 €

THERAPEUTIC MASSAGE WITH TIBETAN BOWLS

Treatment with Tibetan bells is indicated in all those cases where there are excessive tensions that accumulate in the body and mind: excessive stress, insomnia and other associated pathologies.

To benefit from the massage with the singing bowls are also the expectant women.

60 min

100 €

RELAXING MASSAGE WITH AROMATHERAPY

The benefits of a relaxation massage include, among others, relieving tension in the muscles, improving circulation and improving the overall mood. For its softer character,

a relaxation massage is not intended to treat sports injuries or discomfort in that regard.

30 min

45 €

60 min

85 €

90 min

110 €

PERSONALIZED MASSAGE

Therapeutic massage adapted directly to your needs. Our therapists will focus on improving your well-being, using different techniques and types of therapies.

60 min

90 €

80 min

110 €

ANTI-CELLULITE MASSAGE

Anti-cellulite massage involves compressing muscular body parts hard and rhythmic enough to improve the blood circulation supply to the subcutaneous fat layer, stimulate the lymphatic system and increase skin firmness. Working with a good pressure in the area.

60 min

90 €

80 min

110 €

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PRICE

BIOSANA MASSAGE HOT STONE

Hot stone therapy is a specialist massage that uses smooth, flat, heated basalt stones that are positioned along your spine, in the palms of your hands, along your legs and between the toes. Typically from river beds, basalt stones are used for massage as they have a rich iron content that retains heat.

60 min

90 €

80 min

110 €

MASSAGE FOR PREGNANT WOMAN

Massages for pregnant women relieve tension, headaches, insomnia, discomfort in the back and joints, regulate the nervous system and even help you do digestion. As we have commented they have a relaxing effect and will help you relieve the tension accumulated during pregnancy.

60 min

90 €

RÉFLEXOLOGY

Reflexology, also known as reflex zone therapy, is a form of alternative medicine that uses applying pressure to feet and hands with specific thumb, finger and hand techniques without the use of oil or lotion.

40 min

75 €

INDIAN HEAD MASSAGE

Hindu cranial massage helps to increase joint mobility and flexibility in the neck and shoulders, improves blood and lymphatic circulation, releases muscle tension knots and helps in the elimination of accumulated toxins.

50 min

85 €

BABY MASSAGE

Massage for children from 8 years. you will use ' a gentle and delicate pressure, going to treat the whole body .

30 min

40 €

ALL TREATMENTS CAN BE RECEIVED OUTSIDE THE POOLS ON REQUEST



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FACIAL TREATMENTS - FACIAL RITUALS

MARY JANE CANARIAS beauty and wellness rituals are unique and exclusive for unparalleled results, for Her and for Him. Protect ,repair and rebalsan e your skin, in a unique and enveloping atmosphere, where mind and body merge for an experience unforgettable of pure luxury of well-being. natural products created directly in canaria by the company Mary Jane. All products are certified and tested.

		PRICE
FACIAL DETOX RITUAL WITH SAL DE LANZAROTE	60 MIN	90 €
<i>The Face Detox Ritual designed to revitalize and purify the skin of the face, eliminates impurities, dead cellule residues, helping to restore the balance and natural radiance of the skin.</i>		
ANTIAGING FACE RITUAL WITH RED ALGAE	60 MIN	90 €
<i>The Antiaging Face Ritual is a luxurious and rejuvenating treatment that aims to reduce the signs of aging and promote younger, more radiant skin.</i>		
FACIAL RELAXATION RITUAL ORIENTAL PATCHULI AND BERGAMOT	60 MIN	90 €
<i>The Facial Relaxation Ritual is a delicate and effective treatment to regenerate the skin of the face, with greater attention to massage to give a feeling of total relaxation.</i>		
INTENSIVE MOISTURIZING FACE TREATMENT with Pure Hyaluronic Acid	60 MIN	90 €
<i>The intensive moisturizing facial treatment s aims to moisturize and prevent aging, thanks to the use of a double hyaluronic acid i with low molecular weight and high molecular weight.</i>		



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BODY TREATMENTS

PRICE

BIOSANA BODY PEEL

80 min

110 €

Himalayan salt body peeling treatments. Exfoliation to choose, which will leave the body free of imperfections and dead cells. The treatment will be finished with a massage of 50 minutes to choose with the therapist. Includes a salt and aloe vera peeling that is passed on the skin accompanied, at the same time, by a body massage that includes face and head.

BODY PEEL FROM ALOE VERA

50 min

75 €

Peeling treatment with salt and aloe vera that includes wrapping. Removes bacteria from the skin, moisturizes, softens and refreshes. Ideal also for skin burn. Includes massage of 15 minutes of relaxation.

PRESSOTHERAPY WITH A MACHINE

1 sesion

35 €

5 sesiones

150€

10 sesiones

250€

With this technique, the sensation of a massage is achieved with enough relaxation and compression effects to activate the lymphatic system and, with it, the elimination of liquids, toxins, edema, lymphoedemas and venous disorders better known as varicose veins.

RADIOFREQUENCY

1 sesion

50 €

5 sesiones

200 €

Radiofrequency is a facial and body aesthetic treatment very effective, safe and with lasting effects that serves to end the sagging of the face or body. On the one hand, it eliminates wrinkles and fine lines and, on the other, it ends with localized fat and cellulite. We always combine it with manual massage for the best result.

WELLNESS

INDIVIDUAL YOGA AND PILATES CLASSES.

INDIVIDUAL PERSONAL TRAINER CLASSES.

BONUSES AND PACKS CAN BE MADE WITH SEVERAL SESSIONS.

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