

HAPPINESS begins above all in **HEALTH**, take care of yourself!



HERBALIST THERAPY CENTER



622 17 00 14

C/ LIBERTAD, 59 (NEXT TO CAIXABANK)
35572 - TIAS

STRESS? CONTRACTURES? TIRED LEGS?
TAKE A BREAK, "INVEST IN YOUR HEALTH"

2025_{v.2}

MASSAGES

SPORT

50 € ⌚ 50'

Promotes muscle recovery, improves performance and blood circulation.

SWEDISH

50 € ⌚ 50'

An enjoyable massage that helps to relieve tension and reduce stress by using a variety of different strokes.

LYMPHATIC DRAINAGE

50 € ⌚ 50'

Improves defenses, eliminates toxins and reduces inflammation.

ABHYANGA (AYURVEDIC)

60 € ⌚ 50'

Work the body, from head to toe, with sesame oil. Improves the sleep quality.

REFLEXOLOGY

50€ ⌚ 45'

Foot massage that works strategic points with a certain level of pressure to relieve stress as well like other types of discomfort.

DEEP TISSUE

50 € ⌚ 50'

30 € ⌚ 30'

Eliminates tensions and contractures, relieves discomfort.

HOT STONE

60 € ⌚ 50'

Improves circulation, relaxes stiff joints and muscles.

HEAD NECK SHOULDERS

30 € ⌚ 30'

Indicated for people who suffer from a lot of stress, suffer from migraines or bruxism.

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CIRCULATORY

30 € ⌚ 30'

Relieves tightness, swelling and cramps.

AROMATHERAPY

60 € ⌚ 50'

40 € ⌚ 30'

Massage with essential oils.

ANTI-CELLULITE

50 € ⌚ 45'

30 € ⌚ 30'

Toning and reducing massage.

FACIALS

FLASH EXPRESS BEAUTY

30 € ⌚ 30'

45 € ⌚ 45' + Active O2 Mask

Give luminosity to your face and reduce signs of fatigue with this treatment. Combine Kobido massage techniques.

ANTI-AGING WITH HYALURONIC ACID

60 € ⌚ 50'

Return youth to your face. Hyaluronic acid is capable of penetrating the different layers of the skin and developing a filling effect.

THERAPIES

OSTEOPATHY

50 € ⌚ 45'

It consists of a set of manual techniques and non-invasive treatments that are used as a complement to traditional medicine.

WOOD THERAPY

50 € ⌚ 45'

Body technique that helps firm and shape the figure while you relax.

NATUROPATHY

50 € ⌚ 45'

Use of natural therapies and the promotion of a healthy lifestyle to prevent and treat diseases.