



# Balneario de Segura



## MASSAGES:

- **Foot Massage** (25 or 50 minutes)
- **Head Massage** (25 or 50 minutes)
- **Full Body Massage** (25 or 50 minutes)  
This classic full-body massage uses medium pressure to effectively relieve stress and muscular tension.
- **De-stress Massage** (25 or 50 minutes)  
Softer massage focused on achieving relaxation.
- **Deep Tissue Massage** (50 minutes)  
This localised, deep tissue massage involves specific stretches, pressure application and mobilization techniques where most needed.
- **Slim & Tone Massage** (50 minutes)  
A toning and slimming treatment which refines and sculpts the body contours.
- **Lymphatic Drainage Massage** (50 minutes)  
Massage meant to help your lymphatic system to eliminate your body's waste.
- **Pressotherapy** (40 minutes)  
The pressotherapy is a treatment technique that involves applying positive pressure in certain tissues, which causes an action similar to a massage that can be useful to improve lymphatic drainage and venous circulation.
- **Body Wrap** (50 minutes)  
It consists basically of bandaging the body, with the purpose of achieving slimming, toning or rejuvenating effects on the skin. It also includes a previous exfoliation. We have anti-cellulite wrap and draining wrap.
- **Anti-Cellulite Massage** (50 minutes)  
It is a natural way to reduce your cellulite, which is the bulges and dimples on the hips, thighs, stomach, and buttocks caused by the fat we eat.
- **Ginger Compresses** (50 minutes)  
This treatment stimulates blood circulation in areas where there are blockages. The ginger compresses in the lower back are a good way to warm and relax the kidneys. They undo the stagnation due to mucus or accumulation of fats and help decompose mineral crystallizations.

## PRIVATE CLASSES:

- Personal Training (50 minutes)
- Yoga (50 minutes)
- Meditation (50 minutes)