

## **LA LAGUNA SPA : RELAX OF SENSES CIRCUIT**

We invite you to enjoy the SPA Lagoon "The path of the senses" where different therapies work through all their senses: sight, smell, taste, touch and hearing.

"The path of the senses" includes: Roman baths and Turkish bath with aroma and stars, Booth Frost, Finnish sauna, pool Contrast, foot and cyclonic shower.

Then follow the path to relaxation area, where they enjoy lying in front of a Japanese garden in the world of teas in our Tisantería. And finally go to our salt water Jacuzzi, located within a cascade, with bubble beds, swan necks, hydro pumps ...

And as a supplement can enjoy a mini facial treatment mask made of tropical fruit and yogurt with decongestant and moisturizing power of light immediately.

The length of the circuit is 2 hours. Will be delivered by a bathrobe path. It is necessary to use trunks, cap and flip-flops for pool water.

The total cost of the path of the Senses "is 26 € per person.

Minimum age to access in spa facilities are 12 years. We have special time for children between 3 years until 11 years all days 14,00 to 16,00 hours with appointment. Children between 12 years until 16 years old will not be able to use the facilities without their legal guardians.

## **DESCRIPTION OF BODY TREATMENTS**

### **Kerala & Shirodara** *Craneal Massage & Ayurvedic treatment*

Ayurvedic intense journey that begins with a specific cranial massage and continues with a massage Pinda in the face and ends with an infusion of aromatic and pouring oils falling gently on the face, in the third eye chakra. The result is an intense feeling of deep physical and mental relaxation, its main effects are: anti-stress, balancing, rejuvenating and oxygenating.

Duration 60 min Price € 65



### **Male therapy back and shoulders**

*Relieves stress and releases energy*

New treatment of shoulder and back. Initially, we performed a whole body peel with Bamboo microgranules rich in minerals, then proceeds to massage starting from the feet and working your back and shoulders with stretching and relaxation exercises to dissolve all contractures. Tensions relax and dissolve stress leading to a harmonious and intense vitality.

Mix gently exotic and spicy aromas. Cinnamon essential oil acts on the respiratory, the nail exerts a function of aging and nutmeg stimulates the senses with its magic, refined note.

DURATION: 60 MIN PRICE: 70 €

### **Karite butter treatment.**

*Beauty of the sun on the skin*

The Karite tree of youth, you get a great result with restorative properties, antioxidants and protect against photo aging. Shine a light skin looking young and smooth. Ideal treatment as pre-and post-sun.

Refreshing and relaxing treatment that includes exfoliation, wrap and body massage karite.

Duration 60 min Price € 60

### **Ger-oloil therapy**

*A bath of olive jam*

Since ancient civilizations, Egypt, Rome... until today the olive oil is a true elixir of beauty. Since the nutritional benefits, antioxidants and beauty to the face to the incredible anti-cellulite and firming properties for the body include relaxing body massage, exfoliation of basilicas and jam jacket of olive oil.

Duration 60 min Price € 70

### **Magic honey**

*Life with sweet Honey*

Endless sensations soften our skin, nourish, moisturize and regenerate. An intense beauty, slightly satin full of energy and vitality in our body is reborn. Included relaxing body massage, exfoliation and honey wrap.

Duration 60 min Price € 75

### **Swedana body exfoliating**

From the Sea to your skin

All the symbolism of Purifying water is found in this exfoliating treatment where the synergy of the Dead Sea salt, sea water and essential oils are joined in an action deep drainage, detoxifying and remineralice. Coupled with the deep relaxation of body massage with essential marine envelope.

Duration 60 min Price € 65

### **Welcome Polynesia. Feet treatment.**

Caress of flowers at the feet

Tiara's (Gardenia Tahitensis) Tahitian white flower symbol, you get a precious vegetable oil for deep moisturizing and restorative action that binds to the aromatic properties of lavender in a time of incredible beauty and well being for your feet. With an exfoliation, foot massage and wrap karite.

Duration 30 min Price € 40

### **Bamboo Massage body and face**

Massage to restore physical  
and mental wellbeing

From China, waves of well spread throughout the body and help reduce tension, stimulate sensory perceptions and revive the movement through the bamboo sticks and oil with active ingredients with nutritious marrow extract bamboo fountain of youth powerful and natural return to the skin elasticity, tone and texture is silky and glowing.

Duration 60 min Price € 65

### **Soap Dream Therapy**

Attacks the anxiety and purifies

Special treatment regenerative and antioxidant. Reinvigorating effect thanks to exfoliation with Luffa and very relaxing massage for its delicate, foam soap Aleppo Potales with stones and the Himalayas, also thanks to the rejuvenating effect of Argan oil, known as liquid gold.

DURATION 60min Price 70 €

### **Wave touch**

Refreshes body and mind

Ayurvedic therapy that relaxes and helps to release deep tensions and correcting imbalances in the sacral area and / or abdominal and restores the balance between body and spirit, with serenity and love for the person receiving the massage. Massage also called the soul, because it uses hands through long, rhythmic movements that stretch the muscles and loosen joints, descontracturante result for a relaxing and invigorating.

Duration 60 min Price € 70

**Facial and body detoxifying wrap**

Purification of the soul and  
emotional detoxifying

Purifying facial and body therapy based on essential extracts to detoxifying and produce a body draining effect.

The therapy improves blood circulation and releases the body of toxins and other substances retained in the body while producing a pleasant sensation of relaxation body, mind and the skin is radiant and purified.

DURATION: 60min Price: 70 €

**Treatment Vit.C. The victory against stress.**

*Antiradical protector effect,  
firming and moisturizing.*

Repeated exposure to environmental assaults (UVA, UVB, pollution and stress produce free radicals that damage our skin, weak self-protection and accelerate the onset of the signs of premature aging, such as loss of elasticity and firmness. Wrinkles, lines and dark spots.

Vitamins are potent antioxidants and vitamin C combined naturally and helps direct the formation of collagen and prevents visible signs of skin aging to the skin providing a bright and healthy for all seasons

DURATION: 60min Price: 70 €

**Reminence. The essence of minerals.**

*A journey of rebirth that  
regenerates, moisturizes and tones.*

Powerful synergy micronized crystals made of corundum, Rodocrosite Extract, Red Algae, Aloe and Calendula that smoothes and renews the skin.

In the scrub stage, the peeling is made Rodositre, rose gold of the Incas, stone stimulates intuition and creativity, is rich in manganese, energy and stress.

In phase hydrating the body is wrapped with the product SUPERHIDRATANTE extract malachite stone symbol of balance and change. with a smooth massage and thanks to the elixir, toning phase, concentrated extract Ematite base, stone of courage and youth, to extract rich in iron and purest essential oils and assets that provide elasticity and stress away.

DURATION: 60min Price: 70 €

### **Treatment For Leg comfort**

Leg problems circulation,  
Varicose veins and edema  
recommended during pregnancy.

Treatment that improves circulation and reduces swelling and a feeling of tiredness based circulatory massage and wrap decongestant leg back and relaxing wrap. Marked improvement and immediate sense of relief.

Duration 45 min Price € 45

## **DESCRIPTION FACIAL TREATMENTS**

### **Facial cleansing with aromatherapy**

keeping necessary step  
before facial treatment

Meeting at which a cleanup of epidermal cells in face, neck and neck, using (chemical and dilator exfoliating, exfoliating physical vapor or ozone, depending on the needs and characteristics of the skin, removal black spots and massage with a specific road and massage. To finish the restore in a mask suitable and a final cream suitable to your needs.

Duration 60 min Price € 40

### **Special aromatherapy treatment for men**

*special for your skin*

In one session your skin will be purified, fresh, full of energy with reduced wrinkles and fine lines by stress. Based on aromatherapy natural extracts give vital energy to all skin types. Treatment with a combination of cosmetics specially formulated for male skin that requires special care. Ideal for any age and light in texture and preventive effect of aging, moisturizing and skin regeneration.

Duration 60 min Price 70 €

**Powerful caviar veil treatment**

*Tightening effect and re-hydrating*

Wonderful mask with previous physical or chemical peel to help regenerate the skin and giving a feeling of freshness and brightness suitable for all skin types.

DURATION 60 MIN Price 70 €

**Treatment of collagen veil**

*Immediately hydration and luminosity*

Soft rehydrated in-depth treatment and leaves the skin radiant and uniform while relaxing all the muscles with a nice facial massage.

Duration 45 min Price € 46

**Citrus essence active natural**

*Skin bright, young and uniform*

Excellent treatment with Vitamin C that provides an effective protection against free radicals responsible for aging and wrinkles.

Repairs and provides intense brightness, vitality and uniformity of the complexion.

Expression lines and superficial wrinkles fade.

And as colophon, we apply a mask of concentrated orange mousse with a mild fragrance and texture

Duration 60 min Price € 70

**Relaxation and pure oxygen**

*Is an essential element for skin health*

Collection of products designed to provide the level of oxygen that our skin needs to develop its vital functions in perfect condition.

This treatment promotes skin respiration and helps the skin to defend itself against internal and external dehydration

Duration 60 min Price € 70

### **Glycoextrem Regenerator**

*Powerful lifting peeling*

System-based triple exfoliation Alphahidroxiácidos, peptides and enzymes. Divided into three phases, providing the lifting effect and skin regeneration. Thanks to his stage Effervescent do original and different from the peelings of similar characteristics.

Ideal before any treatment.

Duration 50 min Price € 50

### **Ayurvedic Panchakarma**

*Global therapy based on 5 ayurvedic massages*

Facial anti-aging therapy, with immediate lifting effect, hydration, oxygenation of natural products and Ayurvedic massages with excellent effects.

Customized according to the state of your skin.

DURATION 75 min Price 75€

### **Diamond Experience Multisensory Lifting**

*Lifting experience with frozen DNA*

Excellent treatment to fight each and every aspect of the process of skin aging, leading to restructure, protect and enhance the welfare of the skin.

DURATION 90min Price 145 €