

DETOXIFYING MASSAGE

THIS TREATMENT AIMS TO SUPPORT THE BODY'S NATURAL DETOXIFICATION PROCESSES BY STIMULATING THE LYMPHATIC SYSTEM. GENTLE, LYMPHATIC-FLOW-ENHANCING MOVEMENTS COMBINED WITH SPECIALLY DEVELOPED PHYT'S BODY OIL HELP IMPROVE IMMUNE FUNCTION, FLUSH OUT TOXINS, AND REDUCE SWELLING.

RECOMMENDED FOR: LYMPHATIC CIRCULATION ISSUES, FATIGUE, WATER RETENTION, AND GENERAL DETOX NEEDS.

	50 MINUTES	80 MINUTES	110 MINUTES
TREATMENT OPTION	HEAD, NECK, ABDOMEN, AND UPPER LIMBS TREATMENT OR LEGS AND FEET TREATMENT	FULL BODY MASSAGE	FULL BODY MASSAGE + 30-MINUTE FACIAL TREATMENT



SPA MENU

HEALTH AND INNER BALANCE

PLEASE, CONTACT US TO CREATE A PERSONALIZED TREATMENT
TAILORED TO YOUR INDIVIDUAL NEEDS!



IMPORTANT INFORMATION REGARDING MASSAGE APPOINTMENTS

PLEASE ARRIVE AT LEAST **5 MINUTES BEFORE** YOUR SCHEDULED APPOINTMENT.
BEFORE THE TREATMENT BEGINS, YOU WILL BE ASKED TO READ AND SIGN AN **INFORMED
CONSENT FORM**. IN CASE OF LATE ARRIVAL, WE CANNOT GUARANTEE THE FULL TREATMENT TIME.

CANCELLATION POLICY:
APPOINTMENTS CAN BE CANCELLED FREE OF CHARGE
UNTIL 4:00 PM THE DAY BEFORE THE SCHEDULED TIME.
FOR CANCELLATIONS MADE **AFTER 4:00 PM**, 50% OF THE TREATMENT FEE WILL BE CHARGED.
IN CASE OF **NO-SHOW**, THE **FULL TREATMENT PRICE** MUST BE PAID.
THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING!

OUR FACIAL AND BODY TREATMENTS COMBINE HEALTHY SKINCARE WITH
PROFESSIONALLY APPLIED MASSAGE TECHNIQUES TO OFFER YOU A COMPLETE,
HOLISTIC EXPERIENCE! WE FIRMLY BELIEVE THAT NATURAL AND ORGANIC
INGREDIENTS NOURISH OUR BODY AND HEALTH, WHICH IS WHY WE USE ONLY
PREMIUM, CERTIFIED ORGANIC PRODUCTS.

FACIAL TREATMENTS

PERFORMED WITH **PHYT'S PRODUCTS**, WHICH ARE COSMBIO AND ECOCERT CERTIFIED, MADE FROM 100% ORGANIC AND NATURAL INGREDIENTS.

AS A COMPLEMENT TO OUR BODY TREATMENTS, WE RECOMMEND OUR **30-MINUTE PHYT'S FACIAL**, WHICH INCLUDES:

- 1. FACIAL CLEANSING WITH MILK AND TONER
- 2. GENTLE ENZYMATIC EXFOLIATION
- 3. APPLICATION OF A CONCENTRATE SUITED TO YOUR SKIN TYPE

CHOICE OF:

- 4. FACIAL MASSAGE WITH A CUSTOM MESSAGE SERUM,
OR
FACIAL MASK APPLICATION
- 5. FINAL CARE

BODY MESSAGES

USING **ORGANIC RED GRAPE SEED OIL** OR **ORGANIC HEMP AND OLIVE OIL**, WHICH NOURISH THE SKIN, MAKING IT SUPPLE AND REVITALIZED, WHILE THE MANUAL TECHNIQUES TONE THE MUSCLES.

REVITALIZING MESSAGE

THIS MESSAGE TECHNIQUE REACHES THE DEEPER MUSCLE LAYERS, ENHANCING JOINT MOBILITY AND STIMULATING BLOOD CIRCULATION IN THE TISSUES. IT EFFECTIVELY RELIEVES ACCUMULATED TENSION IN THE BODY, PROMOTING BOTH PHYSICAL AND MENTAL REFRESHMENT.

RECOMMENDED FOR: INTENSE MUSCLE USE, STRESSFUL LIFESTYLES, OR MUSCULOSKELETAL ISSUES.

	50 MINUTES	80 MINUTES
TREATMENT OPTIONS	FULL BODY MESSAGE OR 20-MINUTE BODY MESSAGE + 30-MINUTE FACIAL TREATMENT	FULL BODY MESSAGE OR 50-MINUTE BODY MESSAGE + 30-MINUTE FACIAL TREATMENT

REGENERATING MESSAGE

THIS TREATMENT STIMULATES THE BODY'S SELF-HEALING MECHANISMS THROUGH THE REFLEX ZONES OF THE FEET, HELPING RESTORE INNER BALANCE. THE ACTIVATION OF REFLEX POINTS IS FOLLOWED BY A SLOW, DEEP BODY MESSAGE THAT SUPPORTS BOTH PHYSICAL AND MENTAL REGENERATION.

RECOMMENDED FOR: EXHAUSTION, FATIGUE, STRESS, OR WHEN IN NEED OF RESTORING NATURAL BALANCE.

	50 MINUTES	80 MINUTES	110 MINUTES
TREATMENT OPTIONS	25-MINUTE BACK MESSAGE + 25-MINUTE FOOT REFLEXOLOGY OR 20-MINUTE FOOT REFLEXOLOGY + 30-MINUTE FACIAL TREATMENT	25-MINUTE BACK MESSAGE + 25-MINUTE FOOT REFLEXOLOGY + 30-MINUTE FACIAL TREATMENT	50-MINUTE BODY MESSAGE + 30-MINUTE FOOT REFLEXOLOGY + 30-MINUTE FACIAL TREATMENT

BALANCING MESSAGE

DURING THE ABDOMINAL MESSAGE, TARGETED MOVEMENTS HELP RESTORE THE BODY'S ENERGETIC BALANCE. THE TREATMENT CAN POSITIVELY AFFECT DIGESTIVE FUNCTION, REDUCE TENSION, AND IMPROVE THE TONE OF CORE MUSCLES.

RECOMMENDED FOR: DIGESTIVE ISSUES, ABDOMINAL DISCOMFORT, OR INNER IMBALANCE.

IMPORTANT: FOR BEST RESULTS, PLEASE AVOID EATING AT LEAST 2 HOURS BEFORE THE MESSAGE.

	50 MINUTES	80 MINUTES
TREATMENT OPTIONS	FOCUSED ABDOMINAL MESSAGE, WITH SPECIAL ATTENTION TO EXISTING SCARS, SENSITIVE AREAS, AND INDIVIDUAL CONDITIONS	FULL BODY AND ABDOMINAL MESSAGE + 30-MINUTE FACIAL TREATMENT