



HOTEL SPA EL  
MIRADOR DE ULZAMA

**THIUS**  
HOTELS

## MASSAGE MENU

RELAXING (60 min) ..... **€65**

It reduces stress and anxiety, gently relieves muscle tension, improves circulation and sleep quality.

RELAXING (30 min) ..... **€45**

For when you don't have much time but want to give yourself a moment of serenity.

AROMATIC NEUROSEDANT (45min) ..... **€70**

Slow, smooth, and enveloping movements.  
With argan or rosehip oil and the relaxing aroma of essential oils, such as Damask rose or sandalwood.

CRANIO-FACIAL-CERVICAL (25 min) ..... **€45**

Releases tension, improves headaches and relieves stress.

DEEP TISSUE TREATMENT (60 min) ..... **€70**

Deep, focused massage that helps release tension knots, improves mobility, and reduces muscle pain.

MUSCLE RELEASE FOR LEGS (30 min) ..... **€55**

Ideal for cyclists, runners, and athletes. Releases tension and relieves muscle contractions.

Reservations:

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Minimum booking required 24 hours in advance

