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ESTIMAR

Valencia 4 & one

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Spa

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## \* Paths

Our paths offer a perfect combination of water circuits and a wide variety of massages and treatments. Live an incomparable experience taking advantage of all the facilities of our cozy urban spa at ESTIMAR Valencia 4 & one.

### 1. Path to serenity (140 min)

Guided Circuit (25 min) 170 €  
Anti-Stress Massage + Soothing SOS Facial

### 2. Path to the disconnection (75 min)

Guided circuit (25 min) + relaxing massage 95 €

### 3. Revitalizing path (175 min)

Circuito guiado (25 min) 145 €  
Exfoliación + facial 3D colágeno

### 4. Purifying path (50 min)

Guided circuit (25min) 110 €  
Exfoliation + wrap

### 5. Diamond Path (145 min)

Guided circuit (25 min) 190 €  
Exfoliation + moisturizing veil + Diamond Energy Facial

### 6. Romantic experience (75 min)

Private Jacuzzi (25 min)  
Massage with aromatherapy as a couple (50 min) 150 € / pax  
Cava & chocolates

\*Ask for the option of adding private jacuzzi to your experiences (minimum 2 pax €50 and €75 with cava and chocolates).

# Small massages

## 1. Upper Body (30 min)

To release accumulated tension in the upper body. 50 €  
Back, neck and arm massage

## 2. Light Legs (30 min)

A massage that provides maximum comfort, 50 €  
improves circulation and relaxes the leg muscles.

## 3. Skull Facial (30 min)

Relaxes the mind, relieves muscle tension and 50 €  
stimulates concentration. Head, face and neck massage.

## 4. Express (30 min)

Revitalise your energy, reduce your fatigue and boost 60 €  
your relaxation with this short, revitalising massage.  
Leg and back massage.

# Our classics

## 1. Relaxation with Aromatherapy (50 min / 80 min)

Harmony between body and mind. 80 € / 120 €  
Specially selected essential oils combined  
with slow and gentle movements.

## 2. Swedish (50 min / 80 min)

A fusion that blends the gentle and the intense. 85 € / 125 €  
With warm oil to give you deep relaxation.

## 3. Deep Tissue (50 min)

Releases muscle tension. An intense and deep massage 90 €  
technique that helps to decontract and relax.

## 4. Sport with Tok sen (50 min)

For sportspeople. A dynamic and deep massage, combined 95 €  
with stretching and Tok Sen percussions. Improves flexibility,  
reduces muscle tension and prevents injuries.

# The specials

## 5. Lomi – Lomi (50 min)

Immerse yourself in deep relaxation. 90 €  
Soft music, coconut aroma and fluid and rhythmic movements restore physical and energetic harmony.

## 6. Hot Stones (50 min)

A unique sensory experience with hot stones, 100 €  
soft and comforting passes to achieve muscle relaxation and a unique feeling of well-being.

## 7. Herbal Pindas (50 min)

The heat combined with the properties of aromatic herbs 100 €  
relieve muscle tension, activate the circulation and bring absolute calm.

# Beauty treatments

## Natura Bissé Facials

### 1. The cure (80 min)

Deep cleansing treatment, reduces pores, moisturises, 90 €  
illuminates and prepares the skin.

### 2. SOS (50 Min)

Soothing and restorative treatment, 80 €  
also suitable for oncological aesthetics.

### 3. Diamond Energy (80 min)

Combats the signs of ageing by giving firmness 110 €  
and energy with the Gua-Sha massage  
and the line's anti-ageing active ingredients.

### 4. 3D collagen (50 min / 80 min)

Revitalising anti-ageing treatment, regenerates 80 € / 110 €  
mature skin, nourishes, moisturises and adds radiance.

# Natura Bissé Body Care

## Body Scrub 25´

Exfoliation of sea salt, rice powder and grape seeds  
renews the skin, leaving it soft, fine and moisturised.

50 €

## Body Wrap 25´

Moisturising and energising body wrap with a gel texture  
that provides a flash of radiance to the skin.

50 €

# Well Living Experience

*“Create your own personalised body treatment”*

## Step 1

Choice of time: 30’, 50’, 80’

## Step 2

Choice of goal: Anti-stress, detox, fitness or energising.

Treatments entirely customised, in which you can choose the aroma,  
texture, time and even the technique.

30 min 50 € • 50 min 80 € • 80 min 110 €

**\*\* Spa circuit private access**  
30 € per person (50 minutes).

The treatments and the thermal circuit are subject to availability and prior reservation.

## Cancellation policy

In order to maintain a quality service for all our guests, please take into account that we are not able to extend the length of your treatment in case you are late, and full rate treatment will be charged. If you need to cancel your reservation please inform 24 hours in advance. The cancellation of any treatment or Spa service made 4 hours before the appointment will have a 25% charge and next reservation will be subject to availability. If you do not show up for your appointment, this will be cancelled and an additional charge of 50% of the value of the service will be made to your account. The treatments are strictly professional, any inappropriate behavior will result in the immediate suspension of the session without any refund.

\*\*Maximum capacity 2 people.

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