

Balancing Rituals

VIBRAHEALING THERAPY WITH TIBETAN SINGING BOWLS

The Tibetan Singing Bowls are one of the most powerful tools to help our mind focus on the present moment. Physically they help restore the natural frequency of each body cell and mentally they stimulate our brain waves, inducing a deep state of relaxation. On a different level, they also break energy blockages and introduce new energy.

Sessions with tibetan singing bowls are combined with body massage or facial. The combination of physical and energetic treatments turns this session into a unique and highly effective experience.

HINDU BODY MASSAGE WITH TIBETAN SIGNING BOWLS

30 MIN 68€/pax

50 MIN 90€/pax

During this Hindu massage, organic oil blends are infused with Ayurvedic herbs and heated to promote relaxation and detoxification



SHIRODHARA HEAD MASSAGE **30 MIN** 57€/pax

In Shirodhara, warm, aromatic and medicated Ayurvedic oil, will be rythmically poured onto the forehead, stimulating the pituitary gland, achieving instant rest, calm and rejuvenation.

SPA CIRCUIT INCLUDED IN ALL TREATMENTS (75 MIN)

+ Info: Spa Reception
T: 952 922 000 ext. 3 @: spa@hotelesipv.com

HOTEL ★★★★★ Sup. COSTA DEL SOL
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