

the olive

SPA + BEAUTY
AT THE OLIVE

Welcome to Spa + Wellness treatments at The Olive.

Please contact concierge to book on +34 635621324 

AVAILABLE CLASSES

HIIT EXPRESS CLASS

- **YOGASANA:** Feel the intensity of Yoga asanas.
30 Min. 15 Eur.
- **HIPOPRESSIVE ABDOMINALS:** Intensive concentration on your body posture and breathing combined with apneas. Static level.
30 Min. 15 Eur.
- **YOGA KIDS:** Helps little ones meditate and learn about their body's mobility through play.
40 Min. 5 Eur.

Classes of maximum 6 people.



AVAILABLE CLASSES

SOFT EXPRESS CLASS:

- **MEDITATION:** Breathing techniques and body contemplation.
30 Min. 15 Eur.

Classes of maximum 6 people.

FULL CLASS:

- **YOGA HATHA - VINYASA - ASHTANGA:** Enjoy Yoga to the fullest.
75 Min. 20 Eur.
- **HIPOPRESSIVE ABDOMINALS:** Fitness. Improves the pelvic floor, strengthens the diaphragm, and increases lung capacity.
60 Min. 20 Eur.
- **OSHO ACTIVE MEDITATION:** Release tension. Eliminate toxins. Intense level.
75 Min. 20 Eur.
- **YOGA NIDRA:** Active meditation. Become aware of yourself, your body, and your mind through a guided meditation. Ideal for before going to sleep.
60 Min. 20 Eur.

Classes of maximum 6 people.





RITUALS

Full Moon Ritual:

8:00 Cocoa intake.

8:30 Meditation to become aware of the cacao within you.

9:00 Energy awareness activity.

10:30 Special vegan breakfast.

12:00 Osho active meditation.

14:00 BBQ and BUFFET Vegetarian.

16:00 Sound Healing.

18:30 Homemade infused medicinal herbs and spices.

19:00 Light vegetarian dinner.

140 Eur per person.

Maximum 11 people



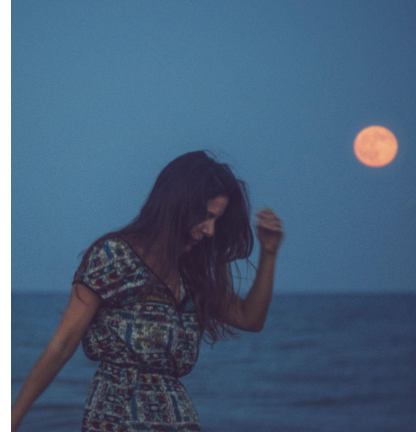
EXCURSIONS

- Phoenician ruins and picnic breakfast or snack. Intense level: 2 hours. Light level 3 hours.

25 Eur. From 16 years old.

15 Eur. From 7 years old to 15 years old.

Maximum 11 people. Minimum 6 people.



MASSAGE

Exclusive Treatment Applicable to Massages

- White, yellow, pink, and green clay
 - Aloe Vera
 - Leg pressotherapy machine
 - Detox juice. The juice intake is recommended and chosen by the hotel therapist. **Each juice costs 8 Eur.**
- **We add 20 Min** to your chosen massage, and a **40 Eur. Treatment supplement.**
- In addition to the benefits of your chosen massage, we offer you improved circulation, hydration, nutrition, detoxification of impurities, anti-inflammatory benefits, and more. Our organic and national product is also a great way to enhance your body.
- **On behalf of the hotel, we add a touch of elegance to the experience of each massage with a healing and enriching infusion prepared by the hotel therapist.**

Express Massages

- Feet.
- Legs.
- Back and neck.
- Hands, arms, & shoulders.
- Face & head.

20 minutes – 29 Euro





FULL MESSAGES

- **FACIAL:** From the shoulders, neck, face to the head. Eliminates toxins, oxygenates the skin, activates collagen, relaxes muscles, and improves the appearance of the skin.
50 Min. 75 Eur.
- **RELAXING ANTI-INFLAMMATORY DEEP TISSUE:** Immerse yourself in a soothing, sensation-filled massage with a combination of therapies. Aromatherapy, heat, and gentle manual massages allow you to enjoy relaxation for body and mind.
45 Min. 80 Eur.
60 Min. 100 Eur.
- **RELAXING MESSAGE FOR CHILDREN**
30 min. 55 Eur.
- **JOIN RELEASE AND CRANIAL SACRUM:** A manual technique that decompresses and relaxes at the structural and muscular level. Free your joints from physical and mental tension. Feel the flexibility of your body.
45 Min. 80 Eur.
60 Min. 100 Eur.
- **LIPODRAINAGE:** Activate your lymphatic and circulatory systems. Eliminate toxins and fats, improve the appearance of your skin, reshape your body, and feel lighter.
45 Min. 80 Eur.
60 Min. 100 Eur.





- **LYMPHATIC DRAINAGE:** Activates your lymphatic and immune systems. Eliminates toxins and improves skin appearance. Reduces fluid loss. Reduces inflammation.
45 Min. 80 Eur.
60 Min. 100 Eur.
- **FUTURE MAMA MASSAGE:** Relaxed and delicate massage for pregnant women applying essential organic oils. Feel the space to relax you and your baby.
60 Min. 80 Eur.
- **ENERGY POINTS:** Through the meridians, point that activate vital energy, it rebalances your energy system and blood circulation of the tissues.
45 Min. 80 Eur.
- **REIKI AND SOUND HEALING:** Reiki is a very ancient therapy. It helps balance the physical and emotional levels through the person's vital energy and universal energy. It is accompanied by healing sound vibrations.
60 Min. 65 Eur
- **REFLEXOLOGY:** An ancient and highly effective foot massage technique that stimulates the entire body, giving it health and vitality through acupuncture on the sole of the foot.
60 Min. 95 Eur.
- **LIGHTER LEGS:** A special technique for the elimination of excess toxins and fluid retention. Perfect after travelling and sport.
60 Min. 100 Eur.



DELUXE FULL MESSAGES

- **RELAXING ANTI-INFLAMMATORY DEEP TISSUE:** Full body massage will provide a unique sensory experience. Warming and aromas effects from herbal teas and essentials oils. Immerse yourself in this profound sensory experience. Relax your mind, body and spirit.
90 Min. 130 Eur.
- **SPORT MASSAGE:** To relax muscles congested by sports or people with muscle stiffness due to stress or a heavy structural load.
90 Min. 130 Eur.
- **LIPODRAINAGE:** Activating all parts of your body to eliminate fat and toxins. We focus on the areas most in need, benefiting your silhouette and skin. Strengthens your nervous, immune, circulatory, and digestive systems.
90 Min. 130 Eur.
- **LYMPHATIC DRAINAGE:** Activates your lymphatic and immune systems. Eliminates toxins and improves skin appearance. Reduces fluid and inflammation. Promotes hair growth on the scalp. Relax your entire body with this gentle and comprehensive massage.
90 Min. 130 Eur.



EXCLUSIVE OFFERS

(FROM OCTOBER TO DECEMBER)

Customized 7-Day Detox Retreat

- Four-hands (4-hand) treatment
- Personalized detoxifying diet
- Regulates the body's pH
- Balance your body's central axis of gravity.
- Improves blood circulation, the immune system, and the nervous system.
- Breathing and meditation techniques.
- Physical activities.
- SPA.





Please call concierge for more information or to book.

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