

THE BENEFITS OF OUR TREATMENTS

Give yourself a chance to relax physically and mentally on a regular basis and you will perform at a higher level in all aspects of your life. You will feel more energetic and youthful, and overall attain a higher quality of life.

OUR PHILOSOPHY

We pride ourselves in working to the highest possible standard with our client's well being as our number one priority. We aim to provide a first class service in the familiar comfort of your chosen surroundings.

OUR EXPERIENCE

A blend of qualifications and techniques including Swedish, aromatherapy, deep tissue, reflexology and Indian head massage. Professional management of spas on 5 star cruise ships, and businesses in Scotland, Sweden and Portugal ranging over the last 12 years.

ESTRELAS MASSAGE

A customized massage combining aromatherapy, Swedish and deep tissue movements designed specifically to reduce stress, ease muscle tension and harmonize the mind.

90 MINUTES - €70

60 MINUTES - €50

30 MINUTES - €35

TIME FOR TWO

An opportunity for yourself and your partner to discover and learn how to give each other a relaxing massage. Both of you will enjoy a back massage whilst being taught exactly how to continue at home, complete with your very own aphrodisiac massage oil!

90 MINUTES - €80

FOUR HAND MASSAGE

The ultimate massage experience. Attempt to keep your mind focused whilst being massaged by two therapists, creating an indescribable sense of relaxation. 45 MINUTES - €90

INDIAN HEAD MASSAGE

A very relaxing treatment, movements covering the upper back, neck, scalp and face. Ideal for releasing tension, relaxing muscles, and stimulating the condition and growth of your hair. 45 MINUTES - €45

COUPLES MASSAGE

Let yourself and your partner enjoy being massaged in the same room, at the same time by two professional therapists.

60 MINUTES - €95

REFLEXOLOGY

A therapy that works on the reflexes of the feet, corresponding to all parts of the body, organs and glands, reducing tension and creating balance and energy throughout the whole of the body. 60 MINUTES - €45

ESTRELAS FACIAL

A revitalizing and rejuvenating facial which will leave your skin glowing. Aromatherapy based, consisting of two cleanses, an exfoliation and mask, followed by a hand and foot massage, and finishing with a facial massage using an organic rose facial oil.

60 MINUTES - €50

MANICURE €18

PEDICURE €23 (Available in combination with another treatment)

PACKAGES AND GIFT VOUCHERS AVAILABLE

Please give us at least 24 hours notice to avoid a 50% cancellation fee.