



ORYZA SPA

MENU

### HOT STONE AROMA THERAPY

Harnessing the properties of hot stones that provide power and warmth to the tired muscles promoting relaxation, inner peace, and tranquillity; this therapy combines ten different cultural touches to balance the emotions and calm the spirit. The stones are placed on key energy points of the body and a firm, rhythmic full body massage follows with exotic hot oils. **75 minutes**

### FACIAL REJUVENATION WITH ACUPUNCTURE AND GUA SHA

Based on traditional Chinese medical principles this treatment is a natural alternative to Botox and most guests will see improvements after the first session. Specific acupuncture points are selected stimulating the body to expel toxins, remove fluid, increase blood flow and promote new cell growth. **50 minutes**

### COUPLES ORYZA RITUAL

An exclusive ritual for two with a sensorial journey to share and relax side by side.

**50 minutes**

### AMNU FU

*Anmo Fu – 5 Element Abdominal Massage with Tongue Diagnosis*

It is one of the most beneficial treatment systems for the human being, according to Chinese medicine. Includes a deep oil-based massage focused on the abdominal region - the engine of the mind, the body, and the spirit. Its role is to ensure that all organs are operating efficiently with a good supply of blood and lymph and have space to breathe. Its aim is to release twists and torsions in the bowels while stabilizing the internal organs, clearing trapped toxins, discharging waste products, working lower back tensions, and promoting weight loss. It works the 5 elements (wood, fire, earth, water, and metal) within, balances the emotional body. **40 minutes**

### AROMA SEAWEED DETOX MASSAGE

The ultimate detoxifying massage treatment in Europe. Consists in a detox seaweed body wrap followed by a massage on the main areas of tension. This will ease the tension away from the muscles for up to five weeks. This seaweed treatment is excellent for arthritis, fatigue, muscle spasm, fibromyalgia, and general body cleansing. **90 minutes**

### FULL BODY MASSAGE

This massage uses light to moderate pressure and long rhythmic strokes. Works the whole body promoting full relaxation and wellbeing. **50 minutes**

**Any cancelations must be made 24h before the appointment to avoid a 50% cancellation charge**



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### ACUPUNCTURE

Acupuncture is a traditional Chinese medicine practiced for thousands of years in China and other Eastern countries. Acupuncture subscribes to the ancient view that the basis of good health is the harmonious balance of qi (chi), the vital life force that empowers the body. When the qi can flow freely, health abounds. If this energy becomes stagnant or blocked then the effects will result in loss of energy and the deterioration of well-being.

The WHO (World Health Organization) has identified that Acupuncture can treat the following conditions successfully: Acute and Chronic Pain, Insomnia, Menopause/PMS Cramps, Aid in Weight Loss, Arthritis, Digestive Issues (Constipation, Bloating etc.), Stress, Depression, and many more.

**50 minutes**

### FACIAL REGENERATOR

This facial treatment firms, moisturizes and balances the pH of the skin using the regenerating and reaffirming properties of the mineral salts and oligo elements of rice and spirulina. **50 minutes**

### BODY SCRUB

A body scrub is a popular body treatment that exfoliates and hydrates the skin, leaving it smooth and soft. Uses an abrasive material—usually sea salt or sugar—mixed with massage oil and an aromatic like essential oils. The scrub is followed by an application of high-quality lotion or cream that leaves the skin hydrated. **50 minutes**

### DEEP TISSUE MASSAGE

A medium to strong deep pressure massage with intensive strokes that minimizes recovery time for stresses and tense muscles. **50 minutes**

### AROMAFLEX

25-minute back, neck and shoulder massage to soothe and relax the body followed by a 25-minute foot therapy with hot towels and essential oils. **50 minutes**

### FIRE CUPPING THERAPY COMBINED WITH TUINA MASSAGE IN THE BACK

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

**40 minutes**

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## PERSONAL TRAINING AND PRIVATE SESSIONS

A tailor-made session with one of our international experienced teachers to maximize results, learn optimal exercises, improve practice, and enhance your lifestyle.

### Kick start single session

#### Ready for a life change course of three sessions

Weight loss

Gain Strength

Muscle tone

Increase Flexibility

Core Conditioning

Sports Specific

Postural Analysis

Yoga and Meditation

## WELLNESS SEMINARS

### HEALTHY JOINTS

Not to be missed ground break information that will blow your mind.

This is an extraordinary combination of Eastern & Western medicine knowledge for a healthy life.

### DETOX FOR HEALTH AND WEIGHT LOSS

This seminar will amaze you! The reality of what causes our metabolisms to slow down and what causes our bodies to speed up the aging process.

### SECRETS TO A FLATTER STOMACH

The fastest and most effective way to help your body burn off unwanted fat and keep it off.

### COUPLES MASSAGE WORKSHOP

Learn the art of massage, bring a partner or a friend and leave with some practical experience and have fun at some time.

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