



*La Garriga*  
★★★★ *de Castelladral*

**RITUALS & TREATMENTS**

## FEMININE POWER ritual

### Sensuality

**“A Relaxing and Sensual treatment for feeling feminine, beautiful and attractive”.**

Seduction, attraction and an enjoyment of the pleasures of life; the integral characteristics of a woman. To honour and empower this feminine essence, we have created a special treatment aimed at heightening the sense of femininity.

This ritual is based on the extraordinary properties of Sensuality, the essential flower oil by prestigious luxury cosmetic brand Alqvimia. This powerful nectar, created from a variety of natural flowers, is applied and massaged with the delicate and sensitive hands of an expert masseur, to reconnect to the power of femininity (Yin).

A sublime and relaxing therapy, which enhances awareness of the second Chakra through massage and the ritual of Moxa. Wake up to a world of pleasant sensations whilst balancing the Feminine Energy.

Aimed at:

- Stimulating sensuality and self-confidence
- Balancing the feminine cycle
- Relaxing and de-stressing

Duration - 80'

Price: €135

## MASCULINE POWER ritual

### Seductive

**“A treatment to strengthen the Masculine Energy and power of seduction”.**

Seduction, attraction, self-confidence and direction, are just a few of the attributes in the realm of the Masculine. This special treatment has been created to honour and enhance the power of the masculine essence (Yang).

This ritual is based on the extraordinary and mysterious properties of Seductive Man, Alqvimia's unique mix of essential oils. A magnetising oil including the very best prime materials of the plant world, particularly sourced from seeds and noble woods. This powerful oil is applied and massaged with the delicate and sensitive hands of an expert masseur.

A relaxing therapy which enhances awareness of the fourth and sixth Chakra through massage and the ritual of Moxa. Wake up to a world of pleasant sensations whilst balancing the Masculine Energy.

Aimed at :

- Stimulating the ability for seduction
- Enhancing and balancing the masculine energy
- Relaxing the emotions

Duration - 80'

Price: €135



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# GODDESS ARTEMISA

## ritual

“Exclusively for women. This mysterious ritual of beauty and health is designed for women to relish in the pleasure of self-care, and reconnect to their body and essential feminine self”.

Alqvimia essential oils of Incense, Myrrh and Petitgrain are used to provide emotional strength, self-confidence, self-esteem, beauty and femininity; all attributes of the Goddess Artemis, living in each and every one of us.

The ritual begins with a skin exfoliation using 100% sea salt from the Dead Sea, containing a high quantity of natural minerals. The salts provide an in-depth cleansing of the skin and enable the body to breathe more completely through the pores.

The ritual is bathed in an exotic fragrance to nourish and rejuvenate the skin, whilst reconnecting with woman's innate feminine energy.

Aimed at:

- Deep cleansing and nourishing of the skin
- A sense of self-confidence for women
- Feminine empowerment
- Relaxing and de-stressing

Duration - 80'

Price: €135

# BODY

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## RELAXING massage

“A ritual producing a pleasant sense of well-being for all five senses. The slow, harmonious movements provide a deep feeling of tranquillity, and are extremely beneficial both physically and psychologically”.

A comforting environment with soft lighting, calming music and the use of aromatic oils to soothe and unwind in a warm and inviting atmosphere.

The use of music and aroma enhance the effects obtained from the relaxing massage therapy, making the experience a true pleasure for the senses, stimulated by touch, sound, and smell, and offering deep rest for both body and spirit.

- Aimed at:
- Stimulating the senses
  - Relaxing
  - De-stressing

Duration - 50'  
Price: €90

## RELAXING massage with hot stones

“The hot stone massage (geothermal therapy), combines traditional therapeutic massage with hot stones at different temperatures, to encourage the body's natural flow of energy and ease both physical and emotional disorders”.

The ritual reduces and alleviates pain by directly acting on specific points in the body (chakras). Perspiration created from the high temperature of the stones, enables the body to eliminate toxins, and the combination with manual massage offers a place of peace, calm and connection to the self.

- Aimed at:
- Relaxing
  - Unblocking the Chakras

Duration - 50'  
Price: €95

## bamboo CANE massage

“An alternative relaxation therapy to improve physical well-being by profoundly stimulating the skin, muscles, adipose tissues and nervous system through the soft, pleasurable touch of bamboo canes applied to various areas of the body, according to the individual needs of the patient”.

The results and benefits of bamboo therapy are obtained from the stimulus generated through the friction, percussion and centres of pressure applied using the bamboo canes, in turn activating the neural, circulatory, nervous, muscular, cellular, energetic and emotional activity in the body. A complete relaxation circuit, it is also an authentic elixir; one actively sought after for the deepest state of physical, mental and emotional tranquillity.

The bamboo canes used for body and facial treatments are different in diameter, length and size, depending on the anatomy of the patient. Each cane is carefully selected to offer the very best and most pleasurable individual treatment.

- Aimed at:
- Treating fatigue and exhaustion
  - Improving the circulation of the lymphatic system and favouring drainage
  - Treating cellulitis
  - Relaxing and balancing energies

Duration - 50'  
Price: €95

## PINDAS massage

“The Pindas massage is an Ayurvedic therapy, originally from India, and dates back 5000 years. A great deal more than a relaxing massage, its effects travel inwardly, beginning on the surface”.

The massage is applied with the use of “pindas” or cloth bags, containing aromatic herbs, medicinal plants and essential oils.

Besides muscular relaxation, the massage exfoliates the skin to eliminate dead skin cells, activate circulation and the nervous system, revitalise certain functions of the body, and improve cellular function.

- Aimed at:
- Relaxation of muscle tightness
  - Improving circulation
  - Eliminating Toxins
  - Relaxing and balancing energies

Duration - 50'  
Price: €95

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## LA GARRIGA massage

### special

**“A ritual that offers a true sense of well-being for the five senses. The slow and harmonious movements provide a deep sense of tranquillity, and are extremely beneficial both physically and psychologically. This treatment includes a body exfoliation to purify the skin”.**

A comforting environment with soft lighting and calming music to soothe and unwind in a warm and inviting atmosphere. The client can choose from three Alqvimia jewels, the essential oils for men and women.

The use of music and aroma enhance the effects obtained from the relaxing massage therapy, creating a pleasurable experience for the senses, stimulated by touch, sound, and smell, and a deep rest for both body and spirit

Aimed at:

- Stimulating the senses
- Relaxing
- De-stressing

Duration - 80'

Price: €125

## REIKI treatment

**“A hands-on healing treatment to channel and transmit the vital energy of the body and obtain a deep sense of peace and balance”.**

Treatment of pain relief and to improve ailments or injuries of the physical body, as well as calming emotional imbalance. Reiki also corrects damaging mental habits such as stress and insomnia.

An in-depth therapy, Reiki focusses at the very root of any physical or emotional problem, and enables the release of the emotion or behavioural pattern, that lies behind the imbalance.

It also stimulates personal growth and the expansion of awareness.

Aimed at:

- Harmony, peace and balance
- Spiritual connection
- Healing

Duration - 50'

Price: €90

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## MOISTURIZING treatment

This treatment provides your skin with all the elements it needs to avoid dehydration and its harmful effects. The Thermal Water will provide an extra protection to your skin. Moisturizing and calming effect.

Duration - 50' / Price: €90

## NOURISHING treatment

This facial treatment will bring the skin back to its natural state, to get a smooth and soft skin, applying minerals, vitamins A,C,E and trace elements and Hyaluronic Acid.

Duration - 50' / Price: €90

## VITAMIN C treatment

Vitamin C and its antiradical action provide your skin with excellent antioxidant properties, and as a result, a luminous and unified face. Ideal for dull and distressed skin.

Duration - 50' / Price: €90

## FIRMING treatment

Professional Firming Treatment that helps stimulating the collagen and elastin. Reinforcing the supportive tissue, it corrects the face and neck's flaccidity recovering the thickness and turgidity.

Duration - 50' / Price: €95

### Notes RITUALS & TREATMENT

- Please book the treatments and rituals at the reception in advance.
- If you suffer from hypertension or some other pathology, please let the therapist know in advance.
  - If you are pregnant, please let the therapist know in advance.
- All our treatments finish with a cup of tea or a fruit juice.

## FACIAL

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## Our SPA SERVICE

works as follows

- Private SPA, to enjoy exclusively with your partner or family.
- It is necessary to arrange an hour beforehand.
- The session lasts 50 minutes.
- Price: €75 / couple

We provide you with bathrobe, towels, slippers and shower cap.  
In the SPA you can enjoy a small selection of teas and infusions.

To make a reservation, call 93 868 22 50  
or send an e-mail to [info@masialagarriga.com](mailto:info@masialagarriga.com)

[masialagarriga.com](http://masialagarriga.com)

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