



## **MASSAGES & THERAPIES**

**RELAXATION / DEEP TISSUE / SPORT MASSAGE**

30 min: 40€    45 min: 55€    60 min: 65€

**OSTEOPATHY | KIROS IBIZA (Booking in advance)**

70€ / Session

**CRANIO - SACRAL THERAPY (Booking in advance)**

70€ / Session

**JAPANESE HEAD MASSAGE**

30 min: 40 €

**FEET AND TIRED LEGS**

40 min: 50 €

**ABHANGA (FULL BODY AYURVEDIC MASSAGE)**

60 min: 70€    90 min: 95€

**FOUR HANDS MASSAGE (Booking in advance)**

60 min: 130€

# SPA & BEAUTY TREATMENTS

## FACIALS

FACIAL CLEANSING WITH CHEMICAL PEELING

60 min: 60€

FACIAL CLEANSING WITH CHEMICAL PEELING (SCRUB)

60 min: 60€

FACIAL TREATMENT AFTER SUN (ALL SKIN TYPES)

50€

HIGH FRECUENCY TREATMENT (SENSITIVE SKINS)

60€

BOTOX LIKE (ANTI - AGING TREATMENT)

60 min: 70€

## CORPORALS

AYURVEDIC TREATMENT (PREPARATION FOR SUN EXPOSURE,  
EXFOLIATING AND ANTI - GREASE)

75€

FIRMING / ANTI - CELLULITE

70€

## PILATES & YOGA

PERSONAL SESSION

60 min: 60€

TWO PEOPLE

60 min: 80€

## 24 HOURS / 7 DAYS A WEEK

 +34 636 63 84 37

 @ibizalifeandwellness

 /Life and wellness Ibiza

 [www.lifeandwellnessibiza.com](http://www.lifeandwellnessibiza.com)

**santOs**  
IBIZA SUITES

**TROPICANA**  
IBIZA SUITES

**Donado**  
IBIZA SUITES

**Cubanite**

**PARADISO**  
IBIZA ART HOTEL