

# Wellness & Beauty



**CanaNina**

AGROTURISME

## Relax Moments

### Cana Nina Special 60'

With holistic massage each person is treated according to their individual needs, so that the body can thus restore its own natural physical balance. It is a full body massage. 85€

### Californian massage 30' / 45' / 90'

In the Californian massage, relaxation techniques are used with long, fluid and harmonious movements, with effleurages and with pressures all over the body that glide over essential oils, thus completing this wonderful massage with personalized aromatherapy. 60€ / 75€ / 120€





## Relax Moments

### Deep tissue massage 45'

This massage technique uses slow movements, deep pressure, and friction to realign muscles and connective tissues. Focuses on large areas using fists, elbows, forearms and works to relieve tension in the muscles, providing greater freedom of movement and relaxation. 75€



### Therapeutic back and neck massage 45'

This is a very adequate and effective treatment to relieve symptoms of contractures and muscular loads in the area of the back, neck, trapezius, shoulders and arms, using techniques specific and personalized for each case. 70€

## Beauty Moments

### Spa manicure

Includes nail filing, cuticle care, peeling and aloe vera mask that will provide softness and luminosity to the skin of your hands, ending this treatment with a traditional enamel or vitamin base 45€

### Spa pedicure

Includes nail filing, cuticle care, peeling and aloe vera and menthol mask that will bring softness and freshness to your feet, ending this treatment with a traditional enamel or vitamin base 52€





# Beauty Moments



## Skin Fase Renovation

This treatment is inspired by clean, fresh, radiant and renewed skin that we will achieve through dermo-hygiene, followed by a gentle natural exfoliation with flower seeds adapted to all skin types, an illuminating and refreshing mask with pineapple and cucumber extracts and so on. finish with a gentle cellular activation massage. 68€



# Beauty Moments



## Kobido Antiaging masagge

The objective of this treatment is to obtain a more relaxed facial rejuvenation through the thousand-year-old Japanese Kobido manual lifting technique using high-end products enriched with collagen, elastin and Hyaluronic Acid      60€





# Beauty Moments

## Exclusive corporal Ritual Cana Nina 80'

This exclusive ritual is inspired by our wonderful Mallorca Island based on our customs of respecting the environment using completely organic, natural and local products. It is a natural exfoliation with Rhassoul gloves and papaya active ingredients followed by an aloe vera wrap and ending with a full body massage with the characteristic essences of rosemary and lavender. 120€



# Terapias Naturales

Reiki sesión 45'

Reiki is an alternative energy transmission therapy through the imposition of hands on the human being with the aim of restoring physical, mental and spiritual balance. Our sessions are individual and completely personalized exclusively for the patient. 75€



Chakra balance 60'

This treatment is based on balancing the most important energy vortices that we have called Chakras, each one of them influences our physical, emotional and spiritual body, so keeping the 7 chakras aligned provides a sense of peace and well-being, for this stones and reiki are used as a means of vital energy. 95€



## Foot Reflexology

Foot reflexology is an ancient technique based on oriental Chinese medicine that helps relieve stress by applying pressure to the areas of the foot that correspond to organs and systems of the body. The applied pressure generates relaxation and healing in the corresponding area of the body and its meridians . 45' 75€

## Craniofacial Shiatsu

Shiatsu facial and cranial massage includes light pressure movements or cervical movements to the important meridian points in the face and neck region. This frees the flow of vital energy, corrects imbalances, leaves a feeling of rejuvenation and relaxation that will surprise you. 45' 75€



All the services in this catalog were designed exclusively for the Hotel Rural Cana Nina by the wellness & beauty management company Essence

Cana Nina does not have an internal therapist, all treatments are performed by a freelance therapist, so it is very important to request appointments in advance to avoid setbacks.

To request appointments, you have a WhatsApp number +34-636230392 Karina, in which we will assist you personally and thus be able to specify the treatments, day and time that best suit the client, you can also request an appointment at the hotel reception and from there, we will coordinate the reservations.

Once the treatments are reserved, you have 12 hours to cancel or modification of said appointment to avoid the charge of 50% of the treatment

It is important that you offer the therapist all possible information in case of pregnancy, operations, serious pathologies, allergies, etc. To avoid possible complications at the time of treatment.





Being an independent company from the hotel, payment for all treatments is made in cash directly to the therapist, by Paypal, Bizum or bank transfer, thus comfort is guaranteed.

Some of the products used in our treatments are of natural, BIO, vegan and organic origin.

For facials we work with Natura Bisse, Cinq Mondes, Skin Clinic, Lamdors.

For massages we use BIO first cold-pressed organic sweet almond oil, free of aromas, we can also use a natural decontracting cream with Arnica or harpagofito and essential oils.

Our therapist is highly specialized in all the treatments described in this catalog with constant national and international training, with more than 15 years of experience.



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