

Massage in Villa Los Arcos

All treatments €65 / 50 min (Couple massage €130 / 50 min)

Therapeutic Massage

Therapeutic goals can vary considerably between massage therapists and clients. Often relaxing, the end goal of the session or series of sessions is not relaxation

Lymphatic Massage

Improves lymphatic circulation and helps remove toxins. It can also be used as postoperative treatment to hasten healing and decrease swelling and bruising.

Hot Stone Massage

Therapy allows you to experience the harmonising energies of "living" hot stones in this massage ritual. Feel your body and spirit yield to this exhilarating and powerful therapy.

Shiatsu Massage

Shiatsu originated in Japan from traditional Chinese medicine, with influences from more recent Western therapies. Although shiatsu means 'finger pressure' in Japanese, in practice a practitioner uses touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow. It is a deeply relaxing experience and regular treatments can alleviate stress, illness and maintain well-being.

Deep Tissue Massage

A full-body massage using firm pressure and cross-fiber strokes. Feel your aching and tired muscles yield to the therapeutic touch of our expert therapists.

Couple Massage

For the pair that wants to share in the benefit of massage as much as experiencing it themselves, nothing is better than a couple's massage session at Elements Massage.

Sports Massage

Ideal for those who indulge in sports and intense physical activity, or anyone suffering from muscular tension.

Swedish Massage

Swedish massage is the most common and best-known type of massage in the West. A Swedish massage can be slow and gentle, or vigorous and bracing, depending on the therapist's personal style and what he or she is trying to achieve.