



Massages at Hotel UNA

Spa Deluxe - full body exfoliation, body mask, reflexology, full body massage, 2hrs - £120

Spa Touch - full body exfoliation, full body massage, body mask, oriental head massage, 2hrs - £120

Exfoliation - the exfoliation removes the dead cells from skin and prepares it to get better penetration of the oils 45min - £50

Aroma Luxe - starts with full body peeling followed by relaxing aromatherapy massage, 1.5hrs - £90

Hot Stone Luxe - begins with full body peeling followed with hot stone therapy, 2hrs - £120

Sport Massage - improves circulation to the muscles, decreases muscle tension, 30 min - £40, 1hr - £60, 1.5hr - £80

Reflexology - this therapy is based on the idea that there are certain reflex points in the hands, feet and ears that correspond to different parts of the body, organs and functions. Increases energy flow and blood supply, 30 min - £40, 1hr - £60

Thai Massage - a combination of gentle thumb pressure with passive stretching, this treatment stimulates the body's own self-healing process, 30 min - £40, 1hr - £60, 1.5hr - £80

Deep tissue massage - highly therapeutic technique that uses firm finger pressure and slow massage strokes to focus on relieving chronic patterns of tension that creates painful condition and structural misalignment, 30 min - £40, 1hr - £60, 1.5hr - £80

Therapeutic massage - defined as mobilisation of soft tissue to restore normal systematic and biochemical / functional use. Therapeutic massage is very similar to deep tissue but it is focusing on individual concerns, 30min - £40, 1hr - £60

Aromatherapy massage - a powerful treatment that combines mindful touch, with specifically selected essential oils, 1hr - £60, 1.5hrs - £80

Swedish massage / full body massage - focusing on easing tension and calming the body to free of any pain, 1hr - £60, 1.5hr - £80

Hot stone massage - smooth volcanic stones are heated to luxurious warmth combined with Lomi massage techniques - 35min - £50, 75min - £80

