



## HOLISTIC LINE MIND, BODY & SOUL

### AYURVEDA - ANCIENT HINDU MEDICINE

**Doshas.** Balancing treatment according to your own biotype: Vata, Pitta or Kapha.

50Min 84€

**Marma Abyanga.** Deep massage that focuses on the Marma points; Vital energy points where nerves, muscles, tendons, ligaments, bones, and joints intersect.

50Min 84€

**Shiro Abhianga or Indian Head Massage.** Massage of the head, neck, face, and shoulders. A relaxing and stimulating massage that recharges your energy.

25Min 45€

**Nabhi Abyanga.** Massage on this point ignites the digestive fire and helps relieve both physical and emotional imbalances, facilitating emotional release.

20Min 40€

### RELAXING MESSAGES

#### RELAXING AROMATHERAPY MASSAGE

We use essential oils according to ailments and emotions. Stimulates energy flow and induces deep relaxation.

50Min 78€  
25Min 40€



## RED CHERRY RELAXING MASSAGE

Enjoy a massage enriched with vitamins A, C, B and minerals to revitalize and brighten your skin. The subtle aroma of this emulsion induces the deep relaxation you deserve.

50Min 80€  
25Min 43€

## HOT STONE MASSAGE

The warmth of the stones promotes blood circulation, toxin elimination, and relaxation of stiff or sore muscles and joints.

55Min 79€  
30Min 45€

## FOOT REFLEXOLOGY

Therapy based on applying pressure to specific meridian points on the feet that correspond to the body's vital organs, improving physical, mental, and emotional health.

50Min 75€  
30Min 45€

## SPORTS LINE DEEP TISSUE MASSAGES

### SPORTS MASSAGE

Deep pressure massage that relieves muscle tension and discomfort, reducing fatigue.

<i>Full Body</i>	50Min	82€
<i>Neck, Shoulders &amp; Back</i>	25Min	50€
<i>Legs</i>	30Min	50€

### PERSONALIZED MASSAGE

Tailored to your needs with different techniques and pressure levels.

50Min 85€  
80Min 110€



## ASIAN THERAPY

Combination of Oriental techniques: Thai and Balinese.  
A true Health Ritual that releases tension from every muscle and restores the body's natural energy flow.

80Min 112€

## TRADITIONAL THAI MASSAGE (NUAD THAI)

A combination of pressure and yoga-like stretches with thousands of years of tradition. Rooted in Buddhist practices, it works on the body's energy lines (Sen Lines) through assisted stretches and pressures, releasing tension and promoting self-regulation.  
The session ends with a pleasant sense of physical energy and mental relaxation.

80Min 112€

## BAUTY LINE

## FACIAL TREATMENTS

### SHINRIN YOKU - JAPANESE RITUAL (*Forest Bath*)

Rejuvenating, Regenerating, and Energizing.  
A unique relaxation experience for all five senses using BIOS cosmetics, 100% NATURAL and made in the Canary Islands.

<i>Face Ritual</i>	30Min	50€
<i>Face &amp; Body Ritual</i>	60Min	90€

### BIO VEGAN HYDRATION FACIAL (*Deep Hydration*)

Improves texture and appearance of your skin.  
Deeply hydrates and soothes your skin.

50Min 80€

## ANTI-AGING FLASH EFFECT FACIAL

### (UTSUKUSY COSMETIC LINE)

If you wish to improve your skin's appearance, this anti-aging treatment helps retain moisture, stimulate natural collagen, repair sun damage, and deeply exfoliate, giving your skin luminosity and smoothness.

50Min 90€

## KOBIDO RITUAL “Japanese Facial Lifting”

### (UTSUKUSY COSMETIC LINE)

This traditional Japanese technique focuses on slowing skin aging. Tones, illuminates, and relaxes the face while stimulating lymphatic drainage, blood circulation, and collagen production.

75Min 100€

## BODY EXFOLIATION TREATMENTS / EXFOLIATION

Restores radiance, cleanses the skin, allows it to breathe, and removes dead cells, leaving your skin ready to receive any treatment. Recommended before and after sun exposure.

30Min 45€

### EXFOLIATION+MASSAGE

Gommage that removes dead cells and repairs the epidermis. Finished with a complete moisturizing and relaxing massage.

55min 77€

### HANDS AND FEET (*Reservation Required*)

Basic Manicure / Pedicure

30Min 35€

Supreme Manicure / Pedicure

50Min 45€

Semi-Permanent Color

+ 10€

Removal of Semi-Permanent Color

+ 10€

## PROGRAMS / COUPLES EXPERIENCE

Aromatic massage of 25 min for two people, bath with salts, aromatherapy, and two glasses of cava.

60Min 105€

### REVERÓN WINE THERAPY (2 PEOPLE)

Antioxidant, detox, and relaxing treatment. Includes 20-min relaxing massage, exfoliation, hot wine bath, and a glass of Reverón D.O. wine.

60Min 122€

## UNIQUE EXPERIENCE

All our massages can also be enjoyed outdoors, surrounded by the scent of pine and the sounds of nature, enveloping you in a deeper state of relaxation. We also personalize all treatments with natural essential oils, offering a complete aromatherapy and wellness experience.

### Ganesh Spa & Wellness

*To thank our loyal guests from Hotel Villalba, we offer a 10% discount on all our treatments.*

#### *Reservations and Cancellations Policy*

*To ensure a serene experience and proper scheduling of our treatments, we kindly ask that any changes or cancellations be made at least 3 hours in advance.*

*Otherwise, a fee of 50% of the total massage price will be applied.*

*For reservations or inquiries:*

✉ [ganeshaspawellness@gmail.com](mailto:ganeshaspawellness@gmail.com)

☎ +34 645 46 42 19 (Whatsapp)

