ALMA CALMA

MASSAGES

Indonesian Massage

Known as the “Massage of the Queens”, this ritual rebalances body, mind and spirit through techniques inspired by ancient Eastern traditions.

Choose between a treatment with Fuerteventura sea salt, organic herbs and aloe, or kefir and honey for deep nourishment and natural skin regeneration.

Duration: 90 min **Price:** 125 €

Deep Tissue Massage (Swedish Technique)

Releases deep muscle tension, relieves stiffness and improves circulation and oxygenation of the tissues.

Personalized techniques restore natural muscle balance and promote overall wellbeing.

Duration: 90 min **Price:** 95 €

Sports Massage

Ideal before or after physical activity, it helps prevent injuries and speeds up muscle recovery.

A draining and decontracting action reduces fatigue and improves performance.

Duration: 60 min **Price:** 80 €

Relaxing Anti-Stress Massage

A deeply relaxing treatment that releases physical and mental tension, restoring balance and wellbeing.

Especially recommended for stress, anxiety and sleep difficulties.

Duration: 75 min **Price:** 80 €

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MASSAGGES

Ayurvedic Massage

Inspired by traditional Indian practices, it harmonizes body, mind and vital energy.

Promotes circulation and restores overall balance, leaving a deep sense of wellbeing.

Duration: 90 min **Price:** 105 €

Californian Massage

A slow, flowing and enveloping massage that en courages deep physical and emotional relaxation.

Ideal for reconnecting with your body and releasing accumulated tension.

Duration: 60 min **Price:** 80 €

Foot Reflexology

Through the stimulation of reflex points on the feet, it helps rebalance the entire body.

Improves circulation and induces a deep state of relaxation.

Duration: 50 min **Price:** 70 €

Hand Reflexology

A treatment based on reflex points of the hands connected to different body systems.

Promotes relaxation and energetic balance.

Duration: 50 min **Price:** 70 €

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FACIAL TREATMENTS

Kobido – Natural Lifting

An ancient Japanese facial massage that stimulates collagen and elastin production, improving skin tone and elasticity.
Enhances microcirculation, leaving the skin visibly firmer, brighter and rejuvenated with a natural lifting effect.

Duration: 60 min **Price:** 90 €

Gua Sha

A traditional Chinese facial ritual performed with a jade stone to stimulate the skin and improve microcirculation.
Helps drain, tone and brighten the complexion, reducing puffiness and facial tension.

Duration: 60 min **Price:** 80 €

ADD-ON TREATMENTS

Kefir or Sea Salt Scrub Mask

Exfoliating and nourishing treatment for face, hands or feet.
Leaves the skin soft, smooth and revitalized.
→ **25 €**

Light Therapy

A relaxing and regenerating treatment for face, head, hands or feet.
Promotes deep relaxation and overall wellbeing.
→ **20 €**

Magnetotherapy

A gentle energy-based treatment using therapeutic magnets applied on specific areas of the body.
Encourages relaxation and supports natural balance.
→ **20 €**

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NATURAL INGREDIENTS

Kefir

Rich in active ferments, it deeply nourishes and hydrates the skin, providing a soothing and regenerating effect.

Honey

Known for its soothing, antiseptic and regenerating properties, it enhances softness and natural glow.

Fuerteventura Sea Salt

Naturally rich in minerals, it purifies and revitalizes the skin with a detoxifying effect.

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HOTEL RURAL
FUERTEVENTURA