NAJ NAÁY spa

NAJ NAAY Spa gives you the most pleasant welcome and invites you to pamper, relax and rejuvenate yourself.

Our healing hydrotherapy, featuring sauna, steam room, hot and cold pools, and a Scottish shower, is the perfect way to prepare you for a treatment. It is also available as a standalone experience.

We offer a 15% discount on all treatments, with complimentary hydrotherapy access included for hotel guests.

REGULAR MASSAGES

SWEDISH

Massage to release tension. Relaxes muscles and joints, has a toning effect, and helps improve circulation. It is recommended for people who have never had a massage. ⏳ **60 or 90 minutes**

REFLEXOLOGY

It consists of the application of pressure to the head, hands, and feet that releases stress, working the whole body through reflex points that connect to organs and systems, providing a sensation of real well-being. ⏳ **60 or 90 minutes**

LYMPHATIC DRAINAGE

Soft and repetitive massage with a slower rhythm than in a traditional massage. This therapy aims to move the body's liquids and eliminate toxic substances. Indicated to treat fluid retention, and post-operative edema, and to reduce reduce the appearance of cellulite. ⏳ **90 minutes**

THAI *Pending availability

This massage is done on a mat on the floor and is based on stretching - hands and fingers, elbows, forearms, feet, and knees are used to perform the therapy. The whole body is worked to release tension. It is characterized by being a deep and intense but not painful massage and improves posture and flexibility. ⏳ **90 minutes**

PRENATAL *Pending availability

Therapy is designed to treat accumulated aches and pains. Applied from the third to the seventh month of pregnancy. With light to medium pressure manipulations. It focuses on tired areas like the legs, hips, and back. ⏳ **60 minutes**

DEEP TISSUE

Intense pressure technique to release muscle tension, ranging from medium to high pressure with movements that release contractures of the muscle fasciae.
⏳ **60 o 90 minutes**

HOLISTIC

Pressure massage and various techniques such as stretching, shiatsu, reflexology, deep tissue, and lymphatic drainage. The body indicates where, what, and how much pressure is necessary. Helps restore and balance the body's energy. ⏳ **60 or 90 minutes**

HOT STONE MASSAGE

Relaxation and deconstructing therapy with soft pressure circular movements with volcanic Stones. It allows the body to relax and frees your spirit with this unparalleled ancestral relaxation technique. ⏳ **80 minutes**

BACK AND NECK

Decontracting therapy helps to relax the back and neck muscles accurately and quickly. ⏳ **30 minutes**

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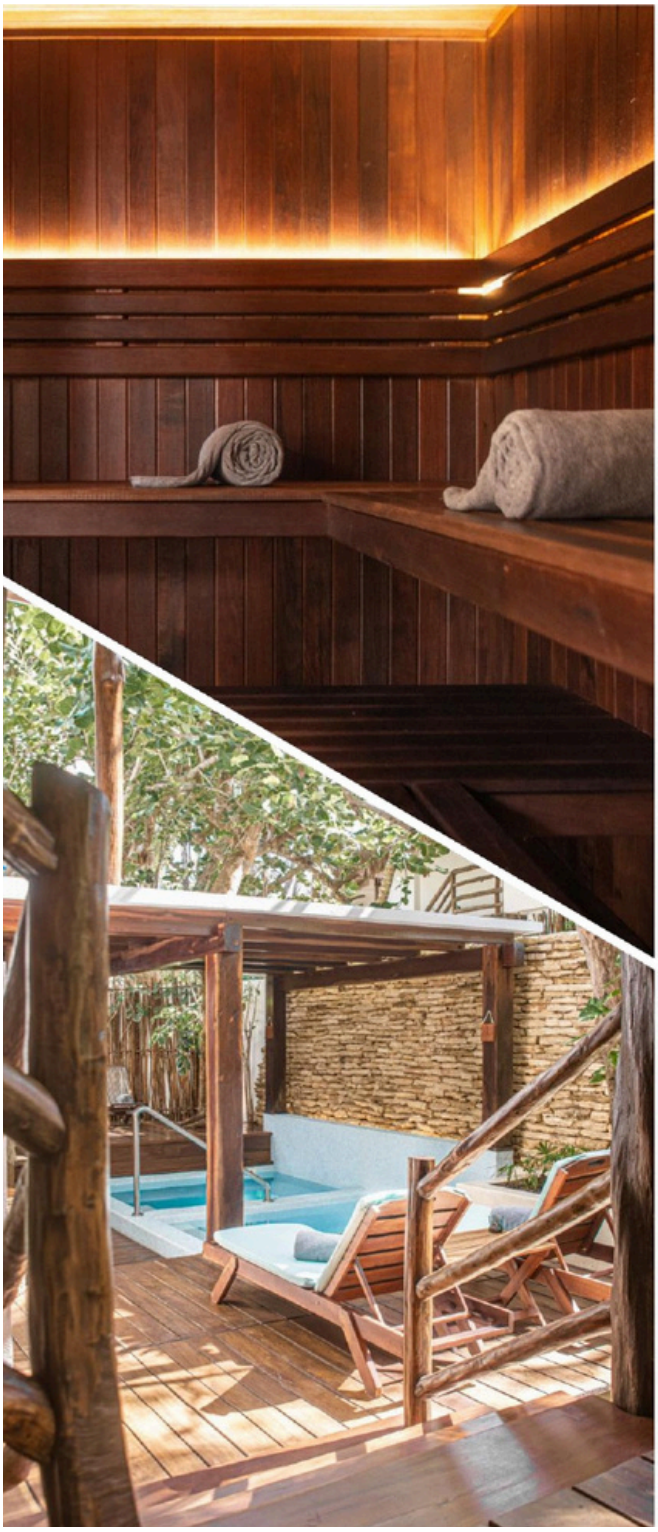
spa



CANCELLATION POLICIES

All reservations can be canceled up to 48 hours before the scheduled appointment free of charge.

All cancellations made within 48 hours of the appointment will have a 50% cancellation fee.

Reservations canceled the day of the service will have a 100% charge.

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