



Home, Restaurant & Spa

**Traditional Chinese Medicine
Dr. John Sanchez**

Visiting therapist

Ancient & Novel Therapies

Acupuncture & Traditional Chinese Medicine

This treatment is a fusion of ancient healing arts and modern medicine, designed to create a deep sense of relaxation, rejuvenation, and inner balance. It is ideal for chronic pain, migraines, digestive issues, and infertility, combining time-honored techniques with contemporary understanding. In fact, the World Health Organization recognizes acupuncture as an effective treatment for over 300 conditions, making this a powerful tool for healing and renewal.

60 minutes 195 Euros

90 minutes 270 Euros

Acu-Laser Therapy

Acu-Laser Therapy provides a needle-free alternative to traditional acupuncture. Utilizing advanced laser technology to stimulate acupuncture points, this gentle method promotes healing by balancing your body's energy, offering relief from pain and inflammation without the need for needles.

60 minutes 195 Euros

Acu-Sound Healing

Combining acupuncture principles with sound therapy, Acu-Sound Healing uses tuning forks applied to acupuncture points and chakras. The sound vibrations help reduce tension and stress relief, restoring the body's equilibrium.

60 minutes 195 Euros





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Acu-Facial Rejuvenation

Acu-Facial Rejuvenation naturally enhances your skin by stimulating collagen production through acupuncture.

By focusing on key facial points, this treatment lifts muscles, improves skin tone, and promotes a youthful, radiant glow without the need for chemical injections.

60 minutes 270 Euros

Auriculotherapy – Nogier Method

Auriculotherapy, pioneered by Dr. Paul Nogier, is a precision-based, holistic therapy that uses the outer ear as a micro-map of the body.

Each point on the ear corresponds to specific organs and bodily functions, and by stimulating these points through pressure, the body's natural healing processes are activated. Supported by neuroscience research, auriculotherapy is highly effective for addressing conditions such as addictions, hormonal imbalances, and allergies. Guests often experience significant symptom relief, along with enhanced clarity and overall well-being.

60 minutes 250 Euros

Bodywork

Deep Tissue Trigger Point Massage

A therapeutic massage that targets areas of chronic muscle tension using firm pressure to release trigger points, and tight knots. This deep-pressure technique helps break up muscle adhesions, promotes circulation, and alleviates discomfort for lasting relief.

60 minutes 195 Euros

90 minutes 270 Euros

Medical Massage

A bespoke treatment designed to alleviate pain related to diagnosed medical conditions. Using a customized combination of deep tissue, myofascial release, and neuromuscular techniques, your unique medical needs are addressed to ensure therapeutic relief and recovery.

60 minutes 175 Euros

90 minutes 250 Euros



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Chinese Foot Reflexology

By applying pressure to specific areas of the feet, each of which is believed to correspond to various organs and systems within the body, reflexology allows the detection of imbalance or tension. Through this process, problem areas can be identified, and targeted to promote healing.

60 minutes 195 Euros

Cupping Therapy

Cupping uses suction rather than direct pressure to address issues at a deeper level by promoting lymphatic drainage and stimulating energetic flow. Unlike traditional massage, which focuses on kneading and pressing muscles, cupping lifts the tissue to release tension in both muscles and fascia. It is particularly effective at breaking up deep-seated knots and enhancing circulation.

45 minutes 125 Euros

Aquatic Therapy

An innovative therapy, performed in our custom-built, body temperature pool, offers a deeply restorative experience. Combining massage, acupressure, and stretching, the water's buoyancy allows for deeper relaxation by relieving the body from the strain of gravity. This unique environment promotes greater flexibility, muscle relief, and improved circulation, while fluid movements help release both physical and emotional tension. This exclusive aquatic therapy offers a unique form of healing.

60 minutes 220 Euros

Movement Therapies

Personal Tai Chi & Qigong – Wudang

Grounded in ancient Daoist principles, this practice is designed to activate muscles and joints that may not be regularly moved in everyday life, making it a highly effective practice for vitality. The flowing movements encourage stamina, improve posture, and build core strength.

60 minutes 120 Euros



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Personal Hatha Yoga

A deeply personalized yoga session harmonize body and mind through asanas (postures) and pranayama (breathing techniques). Each posture activates different set of muscle groups, tailored to meet your specific needs, this Hatha practice can range from gentle to more challenging.

60 minutes 120 Euros

Animal Flow LI

A dynamic, full-body movement system designed to challenge your physical capabilities in a fun and engaging way. Animal Flow incorporates elements of strength training, coordination, and mobility through ground-based exercises.

60 minutes 120 Euros

