



## *Relaxing* Treatments

RELAX AND RECOVER YOUR BODY'S ENERGY WITH A WIDE RANGE OF MASSAGE TECHNIQUES



**PALLADIO**  
HOTEL MGALLERY BUENOS AIRES



## Essential

Treatment that targets the main areas of tension, back, neck, shoulders and head. Ideal for releasing muscle tension.

## Manual Lymphatic Drainage

Treatment that stimulates circulation and the lymphatic flow. Recommended for cases of fluid retention.

## Relaxing

Body massage that combines relaxing techniques and focuses on muscle tension areas.

## Deep-Tissue Massage

Recommended for people with muscle contractures, this type of technique targets the deepest layers of tissues, reducing tensions and relaxing areas affected by pain.

## Jet Lag

A massage technique that stimulates the circulation of lymph fluid and reduces muscular tension. Recommended after long trips.

## Diacqua Massage

Energy massage, inspired by the "Ayurvedic" four-hand techniques, recommended for a complete relaxation of the body.

## Body Corporal

Body exfoliation treatment, followed by a shower and a lissage technique applying a White Tea moisturizing body lotion (duration of treatment: 50 minutes).

## Hot Stone Massage

Used to harmonize energy, this technique combines traditional therapeutic massage with the placement of stones over the skin at different temperatures, helping energy flow and relieving tension and pain.

## Deep Facial Hydration

Hydra-System Facial Treatment: facial cleansing and exfoliation followed by the application of a moisturizing cream and mask.

## Facial Anti-Aging Option

Facial cleansing and exfoliation, followed by the application of a multi-regenerating Anti-Aging cream and an Age-Defense fruit mask.

## Yoga Hydrating Facial

Facial treatment, that allows you to relax and rejuvenate the skin of the face, neck and shoulder. Recommended for eliminate sagging face and improved the circulation.



## Pure Energy C+

Antioxidant treatment with pure vitamin C. Vitamin C is an essential daily supplement, with high antioxidant power, very effective against stress, dehydration and skin aging. Its components act on all the layers of the skin, stimulating cellular metabolism and proving extraordinary hydration levels. It also helps improving damages caused by sun exposure. Upon contact with the skin, it has an energizing as well as brightening action, leaving the skin radiant and relaxed, and improving skin texture.

## Only for you *(exclusive for men)*

Re-energizing and detoxification treatment. It helps prevent skin fatigue, reducing the signs of premature aging, improving facial skin elasticity and tightness.

### Relaxing Treatment Prices

Essential, Lymphatic Drainage, Relaxing, Deep-Tissue, Jet Lag

🕒 50 minutes AR\$ 135.000      🕒 80 minutes AR\$ 179.000

Hot Stone Massage

🕒 50 minutes AR\$ 140.000      🕒 80 minutes AR\$ 188.000

Four-hand Diacqua Massage (50 min)	AR\$ 198.000
Body Scrub (50 min)	AR\$ 158.000
Deep Facial Hydration (50 min)	AR\$ 144.000
Facial Anti-Aging Option (50 min)	AR\$ 144.000
Yoga Hydrating Facial (50 min)	AR\$ 198.000

### Special Programs Prices

Pure Energy C+ (50 min)	AR\$ 280.000
Only for you (50 min)	AR\$ 280.000
• Hot Tub Hydration (50 min)	AR\$ 104.000
• Access to the Wellness Center	AR\$ 151.000

Maximum stay of 6 hours. Includes access to the facilities, detox juice, locker, towels.

Massages must be booked at least 2 hours in advance and are subject to availability. Cancellation must be done at least 2 hours in advance; otherwise, the full value shall be charged to the room.

For further information and reservations, please reach us at 4700-7500 or [spa.palladio@accor.com](mailto:spa.palladio@accor.com)