



BAOBAB
WELLNESS

PAMPER YOURSELF



NIRAMA AT
BAOBAB WELLNESS



THERAPIES

30 min. 60 min. 90 min.

ABHYANGA

A gentle massage with medium pressure that aims to strengthen our immune system.

Helps to relax the muscles, to calm nervous tension, restore blood and lymphatic circulation, ensure good sleep and release stress.

50 € 75 € 100 €

Ayurvedic Relaxing massage recommended for all ages.

ABHYANGA WITH PINDAS

It's a powerful revitalizing treatment. Massage performed with hot pindas (cotton compresses filled with rice, spices, natural herbs and aromatic plants) Produces oxygenation and detox effect in our body, helps to rejuvenate tissue and improves muscular tonus.

75 € 120 € 145 €

(Massage with Pindas is beneficial for all types of rheumatism, joint pains and muscular mass loss. Has anti-inflammatory properties and helps soothing skin irritations)

ANTI-STRESS RITUAL

Relaxation therapy that harmonizes body and soul, helping to achieve inner peace.

Therapy combines application of ayurvedic warm oil, unblocking of energetic channels, massage with hot pindas (cotton compresses filled with rice, spices, natural herbs and aromatic plants) and hydration massage.

- - 170 €

TERAPIES

CHAMPI

It's a neck, shoulder and head massage. It's technique combines different types of manipulations and pressures that help us to release muscular tensions, relieves mental exhaustion, stress, insomnia, headaches and migraines.

50 MIN / 85 €

(Increased capillary circulation, concentration and supplies oxygen to the brain. Nourishes and moisturises hair)

PADA ABHYANGA

This massage provides calm and wellbeing. Stimulates lymphatic system and venous return. Reduces pain and foot inflammation, giving feeling of complete relaxation.

60 MIN / 75 €

(Consists of peeling, complete foot massage and Marma points and y relaxing massage up to the nee)

PADANI ABHYANGA

Foot and full leg therapy. Stimulates blood circulation and venous return. Relieves pain and heaviness. Reduces fatigue, stimulates lymphatic system, hydrates our joints and soothes joint pain. Reduces y prevents cellulite caused by fluid retention.

60 MIN / 85 €

(It' a personalized gentle massage according to customer needs)

TERAPIES

30 min. 60 min. 90 min.

UDVARTANA

Udvartana depurative therapy considered as Ayurveda's slimming massage. It helps us to detox.

It's purpose is to heat up, drain, detox and tonify, reducing excess of body fat and fluid that retain our organism.

This therapy consists of invigorating fast massage and detox body peeling, mixture of turmeric and micronized plants, applied directly to the body and vigorously rubbed to enhance its effect.

- 85 € 120 €

Followed by clay body wrap with sandalwood and anti inflammatory plants.

Finalizing the treatment with nourishing restorative body milk.

(Possibility to choose from body treatment or complete - body, facial and scalp treatment)

KUMARI

Deep hydration regenerating therapy. Helps to hydrate and regenerate external and internal skin layers. Consists of moisturizing wrap of natural Aloe Vera pulp and gentle massage with customized blend of regenerating components - herbalized aloe vera gel, ayurvedic oils and creams.

- 75 € -

(This therapy is indicated after sun exposure. Calms organism after being exposed to chemotherapy sessions. Relieves psoriasis outbreaks and atopic dermatitis).

TERAPIES

NIRAMA FACIAL THERAPY

This therapy specially indicated to help expel excess of mucus accumulation in the throat, fosas nostrils, ears and cranial area caused by process of Sinusitis, Tonsillitis and chronic colds.

60 MIN / 85 €

(Relaxes facial muscles, improves blood flow; has anti-inflammatory effect and helps drain excess of fluid accumulated in orbicular area).

FACIAL HYDRATION THERAPY

Cleansing and toning with Skin Care infusion rich in antioxidant and anti-inflammatory bioactives that improves microcirculation and general mood. Relaxing facial massage followed by Haridra mask with its intense and exclusive formula that helps rejuvenate skin's cellular memory, slows hyperactive melanocytes, diffuses and prevents dark spots; it has highly moisturizing, firming and toning properties.

45 MIN / 50 €

(Ancient botanical combination of this mask gathers base of purifying clay, bioactives of turmeric, ashwagandha, el fenugreek and lotus flower, for nourished, luminous and vibrant skin).

TERAPIES

FACIAL RASAYANA RITUAL

Ballancing anti age therapy that relaxes nervous system at the same time as stimulates facial muscles. Consists of cleansing, light exfoliation with mixture of finely micronized ayurvedic herbs. "Nirama" with caolin base, Neem bioactives, licorice, turmeric, kalongi and fenugreek that absorbs impurities, stimulates deeper skin layers for better cell regeneration. Highly firming mask with Ubtan powders that softens and smoothes facial skin, followed by ayurvedic facial massage and massage with Pindas (cotton compresses filled with rice , spices, natural herbs and aromatic plants).

90 MIN / 150 €

(The purpose of this therapy is to reaffirm flaccid facial parts and stimulate microcirculation, for visually balanced and more rejuvenated appearance)

PERSONALIZED DEEP THERAPY 60 min. 90 min. 110 min.

Possibility to choose from parcial, semi-complete and complete.

90 € 120 € 150 €

CLASSIC TREATMENTS

25 MIN.

50 MIN.

RELAXING MASSAGE

Gentle technique, mainly performed with sliding maneuvers, using neutral oil with aromatherapy drops for better movement.

40 €

70 €

DECONTRACTING MASSAGE

Suitable to relax muscular and soft tissue when we feel pain caused by contraction of a muscle or tension in a particular area. Relieves tension as consequence of bad postures and stress.

50 €

85 €

GET READY FOR SUN THERAPY

Magnificent treatment to prepare your skin for homogenous and lasting tan, using natural and ecological products that will help to hydrate and nourish your body.

Consists of a peeling, that due to it's high continece of trace minerals has antioxidant and anti inflammatory properties. It gently removes dead cells, stimulating cell regeneration and leaving skin clean, soft and hydrated. Followed by pure Aloe Vera wrap to cool down body tissue, finishing treatment with nurturing body lotion that leaves skin with radiant glow.

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80 €

CLASSIC TREATMENTS

90 MIN.

INTENSIVE BODY TREATMENT

Personalized Detox, Anti Cellulite and Drainage treatment that helps to eliminate fluid retention and dissolve fat nodules, toning muscular tissue and and firming the skin.

We begin with gentle or intense exfoliation, depending on customer needs. It's anti inflammatory and antioxidant properties help to regenerate and heal your skin.

Anti Cellulite wrap with Coffee, Cocoa and Guarana extract is diuretic, stimulates lymphatic and blood circulation and lipolysis. es diurética, activa la circulación sanguínea y linfática, y estimula lipolisis.

110 €

If the purpose of a treatment mainly to help with fluid retention and detox, we'll use volcanic ash clay mask, that absorbs the impurities, Grapefruit peel and Fennel oils that detoxifies and reduces fluid retention.

Treatment is finished with personalized massage.

HANDS

CLASSIC MANICURE

Beauty treatment for hands performed applying pre heated wet towels with refreshing essential oils, removal of cuticle excess and softening skin on the nail edges. Nail shaping and moisturising.

30 - 40 MIN. / 28 €

*(Manicure treatment does not include polish.
Check our + EXTRAS)*

SPA MANICURE

Complete treatment for hands performed applying pre heated wet towels with refreshing essential oils, exfoliation; Coconut, Spiruline and Peppermint mask. Removal of cuticle excess and harder skin on the the nail edges, nail shaping, followed by relaxing massage.

60 MIN. / 45 €

*(Manicure treatment does not include polish.
Check our + EXTRAS)*

CUT & FILE

Treatment performed applying pre heated wet towels with refreshing essential oils, followed by nail enhancement giving it desired shape and uniforme finish.

10 MIN. / 12 €

*(Manicure treatment does not include polish.
Check our + EXTRAS)*

FILE & CLASSIC POLISH

Treatment performed applying pre heated wet towels with refreshing essential oils, followed by nail enhancement giving it desired shape, followed by polish, chosen from our classic range or one of customer personal products.

20 MIN. / 20 €

FEET

CLASSIC PEDICURE

Beauty treatment for feet, performed applying pre heated wet towels with refreshing essential oils. Wrap that softens hard skin on soles and excess of cuticles, followed by nail enhancement giving it desired shape and uniforme finish and moisturising.

30 - 40 MIN. / 38 €

(Treatment does not include polish. Check our + EXTRAS)

SPA PEDICURE

Complete treatment for feet performed applying pre heated wet towels with refreshing essential oils. Wrap that softens hard skin on soles and excess of cuticles, exfoliation followed by Coconut, Spiruline and Peppermint mask. Nail enhancement giving it desired shape and uniforme finish and relaxing massage.

60 MIN. / 55 €

(Treatment does not include polish. Check our + EXTRAS)

CUT & FILE

Treatment performed applying pre heated wet towels with refreshing essential oils, followed by nail enhancement giving it desired shape and uniforme finish.

10 MIN. / 18 €

(Treatment does not include polish. Check our + EXTRAS)

FILE & CLASSIC POLISH

Treatment performed applying pre heated wet towels with refreshing essential oils, followed by nail enhancement giving it desired shape, followed by polish, chosen from our classic range or one of customer personal products.

20 MIN. / 26 €

EXTRAS +

+ CLASSIC POLISH

Supplement to our Manicure & Pedicure Treatments.
Colour chosen from our classic range or one of
customer personal products.

10 MIN. / 8 €

+ SEMI PERMANENT POLISH

Supplement to our Manicure & Pedicure Treatments.
Colour chosen from our semi permanent range of
polish Art Paint.

15 MIN. / 12 €

+ TREATMENT FOR NAILS

Soft exfoliation of the nail surface with a buffer
better penetration of fortifying product. One layer for
fragile &/or dehydrated nails.

1 MIN. / 2 €

(Treatment does not include polish. Check our + EXTRAS)

DEPILATION SERVICES

EYEBROWS	10 MIN. / 8 €
UPPER LIP OR CHIN	10 MIN. / 15 €
UNDERARMS	20 MIN. / 25 €
BIKINI LINE	25 MIN. / 30 €
BRAZILIAN BIKINI	50 MIN. / 55 €
HALF LEG OR ARM	20 MIN. / 25 €
FULL LEG	40 MIN. / 45 €
FULL BODY WAX	90 MIN. / 110 €
EYEBROW TINT	20 MIN. / 20 €
EYELASH TINT	25 MIN. / 30 €
EYEBROW & EYELASH TINT	30 MIN. / 45 €

HAIRDRESSING FOR LADIES

CUT	25 €	30 €	35 €
GIRLS (up to 12 years old)	18 €	-	-
BLOW DRY	30 €	35 €	40 €
PIN UP		50 €	60 €
TINT	30 €	35 €	40 €
TINT (no ammonium)	35 €	40 €	45 €
HIGHLIGHTS	50 €	55 €	60 €
BALAYAGE	40 €	45 €	50 €
SUP HIGHLIGHTS	25 €		
PERMANENT CURLING	45 €	50 €	55 €

HAIRDRESSING FOR GENTLEMEN

CUT	22 €
BOYS (up to 12 years old)	15 €
BEARD	15 €

EXTRAS

SPECIAL PROD. APPLICATION (SHAMPOO / CONDITIONER)	4 €
TREATMENT (HYDRATING/RESTRUCTURING)	20 €