

LUXURY WELLNESS CENTER

BY IKEBANA



An exclusive health and wellness space

CATALONIA
HOTELS & RESORTS

Alegria
Spa
by Ikebana

MASSAGES

Relaxing Alegría

30min/50min 55€ / 70€

Medium-gentle pressure massage to achieve a state of mental and body relaxation combined with relaxing essential oils.

Deep Tissue

30min/50min 65€ / 75€

Massage with specific techniques performed by professionals to relieve deep muscle tension and reduce the sensation of pain.

Ikebana Integral Wellness

75min 95€

Massage designed by Ikebana to achieve a state of inner peace and well-being combined with cranial therapy.

Tired Legs

30min 55€

Massage combined with essential oils to activate the circulation of the lower limb and reduce the feeling of tiredness and heaviness.

Tired legs + Pressotherapy

60min 85€

Stimulates the circulatory and lymphatic system to eliminate toxins, liquids, oedemas, venous disorders while relaxing the area of muscular tension and reducing the appearance of cellulite by breaking up accumulations of localised fat.

Pregnancy massage

30min/50min 55€/70€

Back massage to relieve the tensions caused by pregnancy, with gentle draining manipulations to improve circulation in the legs. Includes relaxing craniofacial massage.

BODY TREATMENTS

Wood therapy by Ikebana

50min 67€

Circulatory massage with different wooden tools to reduce cellulite, drain and improve the appearance of the skin.

Lymphatic drainage legs

30min 55€

Massage to cleanse and purify your body of toxins that accumulate in the body, thus helping to strengthen the immune system. Aesthetically, it significantly improves the appearance of the skin and reduces the feeling of heaviness and fluid retention.

Lymphatic drainage and wood therapy by Ikebana

75min 97€

Massage with different wooden tools to reduce cellulite, drain and improve the appearance of the skin, reducing the feeling of heaviness and fluid retention.

Deep Lymphatic Drainage by Ikebana

50min 75€

Massage technique that combines manual lymphatic drainage therapy with a reducing and shaping massage.

Ikebana Wellness Luxury

75min 145€

Experience of exfoliation and integral massage with personalised essential oils to improve the condition of the skin and relieve muscle tension.

BODY RITUALS by IKEBANA

*Rituals include exfoliation and seaweed body wrap prior to massage.

AIRE Detox Ritual

90min 155€

Air is the element of fluidity. This experience is based on a deep draining massage, with traditional techniques combined with innovative and precise movements

Ritual FIRE Vitality

90min 155€

Fire is the element of reaction and enthusiasm. This unique experience consists of a circulatory massage with wood therapy, which will bring dynamism and energy, as well as having an activating and revitalising effect.

EARTH Ritual Rejuvenate

90min 155€

Earth is the element of strength. This experience is based on Traditional Chinese Medicine and the Cupping technique, offering a revitalising massage of the tissues, balancing body and mind and rejuvenating in all senses.

WATER Ritual Emotions

90min 155€

Water is the element of understanding. Taking Californian massage as its essence, this experience fuses long, fluid and slow manual techniques that evoke the waves of the sea. Sedative and anti-stress effect.

FACIAL TREATMENTS

Express Beauty

30min 52€

Personalised facial treatment that eliminates toxicity from the face and provides a luminous appearance.

Intensive Flash - Rescue

50min 75€

Facial treatment to help eliminate liquids and toxins with slow, gentle movements. Decongestant and anti-inflammatory effect that improves the appearance of the skin and has a sedative effect on the body.

Kobido by Ikebana

45min 65€

Japanese technique where we combine massage and aesthetic care. In the personalised massage we perform a natural stimulation of the skin of the face, neck, shoulders and upper chest, providing a rejuvenating effect.

Holistic Bio-Repairing

50min 67€

Intensive regenerative treatment based on natural products to oxygenate the tissue and eliminate toxins. The face recovers its light, tone and smoothness thanks to cellular renewal.

Luxury Hematite Facial Ritual

50min 110€

Specific treatment for aged skin or skin lacking firmness. Ideal for events and ceremonies. Improves the appearance of wrinkles and expression lines. Thanks to the natural ingredients and active ingredients, the level of collagen and elastin is increased. Feel your skin hydrated and illuminated to show off your best face.

NATURAL THERAPIES

Integral Osteopathy

50min 95€

Holistic manual therapy that uses different techniques to improve your overall health. Performed only by accredited professionals.

Foot Reflexology

40min 55€

An ancient holistic technique to reflexively treat specific problems of the body through specific points on the foot.

Cranio - Facial

40min 65€

Applied to the head, neck and face, this massage decongests the musculature of these areas, helping to release blockages in tissues, bones and fluids, promoting the revitalisation of the whole body.

WATER CIRCUIT

Clients Catalonia Hotels & Resorts

45min 15€

Non-hotel guests

45min 30€

Exclusive" water zone

50min 125€

PACKS

Spa circuit 45min + Relaxing massage

30min 62€

Spa circuit 45min + Sport massage

30min 75€

Spa Circuit 45min + Relaxing Massage

50min 80€

Spa circuit 45min + Sports massage

50min 90€

PRODUCTS FOR SALE IN THE SPA

Disposable flip flops

2€

Swimming cap

2€

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PROGRAMMES

IKEBANA SLOW LIFE METHOD

Achieve holistic wellbeing through the practice of a balanced and conscious diet, techniques such as holistic osteopathy, holistic beauty, self-care and techniques to calm your mind through a wonderful personal self-discovery.

Face-to-Face Programme sessions)

110€/Session (minimum 3

- Integral Osteopathic Assessment, Kinesiology and anthropometric study.
- IOMET Diagnosis
- Integral Osteopathy Session
- Slow Life Coaching with Nuria Lopez, our mentor and creator of the Method
- Nutritional advice and personalised diet

Premium Face-to-Face Programme

165€/Session (minimum 3 sessions)

- Integral Osteopathy Assessment, Kinesiology and anthropometric study.
- IOMET Diagnosis
- Integral Osteopathy Session
- Slow Life Coaching with Nuria López, our mentor and creator of the Method.
- Nutritional advice and personalised diet
- Diagnosis of your skin
- Facial or body treatment with high quality natural cosmetics and oriental techniques

Essential Online Programme

95€

- IOMET Diagnosis
- Nutritional advice and personalised diet
- Coaching new Slow Life habits

Premium Online Programme

145€

- IOMET Diagnosis
- Nutritional advice and personalised diet
- Coaching new Slow Life habits
- Self-massage tutorial
- Healthy skin routine tutorial with high quality natural cosmetics and oriental techniques

SLIMMING & ANTI-CELLULITE PROGRAMME

Effective treatment to drain, shape and detoxify the body in a natural way, stimulating the circulatory and lymphatic system to eliminate toxins, liquids, oedemas, lymphoedemas and venous disorders, all while relaxing areas of muscular tension, eliminating stress and gratifying with an aesthetic result.

Basic Programme

425€

- * Personalised study
- * 6 Sessions of massage and lymphatic drainage (Includes 2 sessions of pressotherapy as a gift).
- * Reducing and anti-inflammatory diet.

Premium Programme

675€

- * Personalised study
- * 8 sessions of massage and lymphatic drainage (Includes 3 sessions of pressotherapy as a gift)
- * Personalised slimming and anti-inflammatory diet.
- * 1 Ikebana Method Session by Nuria López

RECOMMENDATIONS

Before you arrive

For your convenience, we recommend that you leave all your personal jewellery and accessories in your room or in your spa locker. Alegria Spa by Ikebana cannot be held responsible for any items lost during your stay at our facilities.

Punctuality

Out of respect for other clients' bookings, please note that we will not be able to extend your treatment or circuit time if you are late.

During your experience

We thank you for your cooperation in maintaining the peaceful atmosphere necessary to enjoy the experience of relaxation and disconnection in our facilities during the treatments.

REMARKS

Opening hours

Monday, Wednesday, Thursday, Friday and Sunday: 10:00h - 14:00h and 15:00h - 20:30h
Tuesday: 15:00h - 20:30h
Saturday: 11:00h - 21:00h

Bookings

Appointments are necessary, both for the spa and for the treatments.

You can contact us at Alegria Spa by Ikebana:
Extension 680 // 672 795 687 // alegriaspa@ikebanasevilla.es

Cancellations

If you wish to cancel or change your reservation, please notify us at least 6 hours before the start of your reservation. Otherwise, Alegria Spa by Ikebana will charge of the treatments.

Gift Voucher

Give the gift of beauty and holistic health. We will help you choose the right treatment for that special person.

Ask us at our Wellness Center & Spa or visit our website www.ikebanasevilla.es
*Extracare Natural Cosmetics

The Ikebana team wishes you a wonderful Ikebana experience!



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