Life is a long journey, and we must help to make it better for all, therefore, let us pause time in the tranquility of our Spa, and with the help of therapies and treatments especially designed for you, we will contribute to your wellbeing.
Facial treatments

**THE CURE BY NATURA BISSÉ**
Enzymatic detoxifying cure. A meticulous cleansing protocol based on thermo-active enzymatic detoxification: enzymatic heat to open and soften pores and refreshing botanicals to close and purify them.

60’ | 98 €

**CITRUS VITA-ESSENCE BY NATURA BISSÉ**
Citrus aromatherapy facial. A facial ritual created for those looking for global care and wellbeing.
This treatment perfectly combines contouring massage techniques with the exquisite aromatherapy of Mediterranean citrus. The result is luminous and radiant skin.

60’ | 98 €

**CARBOXI-EXPRESS BY NATURE BISSÉ**
A revitalizing treatment that incorporates one of the most effective techniques in aesthetic medicine: carboxy-therapy.
This technique combats the signs of aging through the application of CO2 to the skin. Carboxy-therapy produces an effervescent sensation, combined in this treatment with other technologically advanced ingredients to provide a lifting effect and visibly revitalized skin.

30’ | 65 €

**ELYSIUM FACIAL**
A personalized aromatherapy facial to detoxify, oxygenate, hydrate and restore the skin, leaving you with a natural, healthy glow.

60’ | 75 €

**90’ | 95 €**

**OXYGEM**
Facial treatment for dehydrated skin; when the hydrogen peroxide penetrates the skin, it turns into water and pure oxygen, thus achieving an instant sensation of comfort, while relieving skin tightness, recovering skin elasticity and restoring skin freshness.

60’ | 75 €

**OXYGEM + LPG**
Flash Effect Dual Treatment; helping you achieve deeply moisturised skin, combined with authentic Fitness for the skin, activating our skin’s production of collagen and hyaluronic acid, which are naturally found in our dermis.

75’ | 125 €
AL ANDALUS RITUAL
An ode to Andalusia, this is a complete relaxation ritual of ancestral techniques, including an aromatherapy facial, full-body exfoliation, a citrus wrap and body massage.

FULL-BODY EXFOLIATION WITH DEAD SEA SALTS
A pleasure for all of the senses, this is an intense yet surprisingly hydrating exfoliant scrub, combining Dead Sea salts with essential oils to leave your skin silky smooth.

BODY-SHAPING RITUAL
A tailored anti-cellulite, firming and detoxifying treatment with a full-body wrap and either lymphatic drainage or a massage.

ANTIOXIDANT BODY WRAP
A very relaxing treatment designed with travellers in mind, this includes an anti-oxidant exfoliation, nourishing body wrap and stress-relieving massage.
Massages

QUIROGOLF MASSAGE
Discover a lavish experience that's 100% golf. Natura Bissé indulges you with an exclusive and stylish golf-ball massage. Deep-tissue relaxation to give you focus, muscle warm-up and flexibility to improve your game.

THE ELYSIUM MASSAGE
The best of relaxation massages, realized with aromatherapy to restore not only your body but your spirit as well.

THE ELYSIUM HOT STONE MASSAGE
Combining hot stone protocols with a full-body massage provides a very healing and effective experience. The hot stones have a sedative effect that alleviates chronic pain, reduces stress and promotes deep relaxation.

BACK & NECK
A targeted massage to release tension in the back and neck, especially indicated for those with painful knots or spasms.

PRENATAL PAMPERING
A personalized massage with almond oil for the mother-to-be.

CRANIAL FACIAL MASSAGE
An intensive massage focused on the muscles and pressure points of the head and face.

SPORT MASSAGE
A therapeutic massage effective in preventing and/or treating sprains, designed to accelerate the rehabilitation of strained muscles.

COUPLE’S MASSAGE
Unwind with a friend or loved one with this full-body aromatherapy massage for two.
Oriental massages

TUI NA

KOBIĐO
Japanese Lifting. Anti-ageing facial treatment with deep and precise massage techniques, obtaining the benefit of oxygenation and nutrition of the skin cells, activating, illuminating and toning the complexion.

BAMBOO MASSAGE
Oriental Massage that, through rolling and pressing, promotes energy rebalance of our body, as well as aiding lymphatic and blood circulation, helping to reshape the silhouette.

Physiotherapy

PHYSIOTHERAPY SESSION
Elysium offers one of the best physiotherapists in the country, an expert in sport rehabilitation. Multi-session passes available upon request.
**LPG Endermologie**

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<tr>
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<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>1 LPG body session</td>
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**Aesthetic**

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**Waxing**

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**HAIR**

Please consult our price list
Gym

Spa day pass 30 €
Day pass for Gym & Classes 30 €
Full-day pass 45 €
Weekly full-access pass 140 €
10 full day pass voucher 195 €
20 full day pass voucher 350 €

One group class 15 €
Voucher for 10 group classes 130 €
Voucher for 20 group classes 240 €
Personal training 40 €
Voucher for 10 sessions 350 €

CARD FULL (Gym + Spa + Classes) 150 €
CARD FITNESS (Gym + Classes) 95 €
CARD WELLNESS (Gym + Spa) 95 €
CARD SPA 80 €
CARD GYM 80 €

Monthly  Quarterly  Annual

80 €  200 €  800 €
95 €  255 €  900 €
150 €  420 €  1500 €
95 €  255 €  900 €
80 €  200 €  800 €

Hours: 8:00 a.m. to 9:30 p.m. from Monday to Sunday

ElysiuM
SOTOGRANDE WELLNESS CENTRE

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