



FISH SPA

AN UNIQUE EXPERIENCE THAT NATURE PROVIDES US


The perfect solution for our feet with a treatment that eliminates dead cells and at the same time regenerates the skin in a completely natural way.

It treats skin problems in a safe and effective way thanks to the GARRA RUFa fish, the "medical fish", originating in Turkey. Treats various dermatological problems (psoriasis, eczema, calluses and hardness). When you set foot in the fish spa, Garra Rufa (a toothless species) takes care of sucking out dead skin cells, leaving it smooth, clean, healthy and at the same time processing and spreading an enzyme with a regenerating effect on your skin (anthracine). In addition, the impulses and micro-suctions of the "masseur fish" stimulates acupuncture points and improves blood circulation. This natural and rejuvenating peeling leaves the skin, clean, silky and nourished.



- Fish Spa 15min 15€
- Fish Spa 30min 30€
- Fish Spa 15min + Foot Massage 30€
(Relaxing foot massage with application of moisturizing cream)
- Robotherapy 7,50€ (15min) / 15€ (30min)
(Foot Massage performed by a robot, which stimulates/massage specific points, promoting rapid and effective relaxation)





WINTER OPENING HOURS: 10H - 19H00
CLOSED ON SUNDAY
SUMMER OPENING HOURS: 10H - 00H30
OPEN EVERYDAY

LOCATION 
RUA 5 DE OUTUBRO N°69
8200-109, ALBUFEIRA

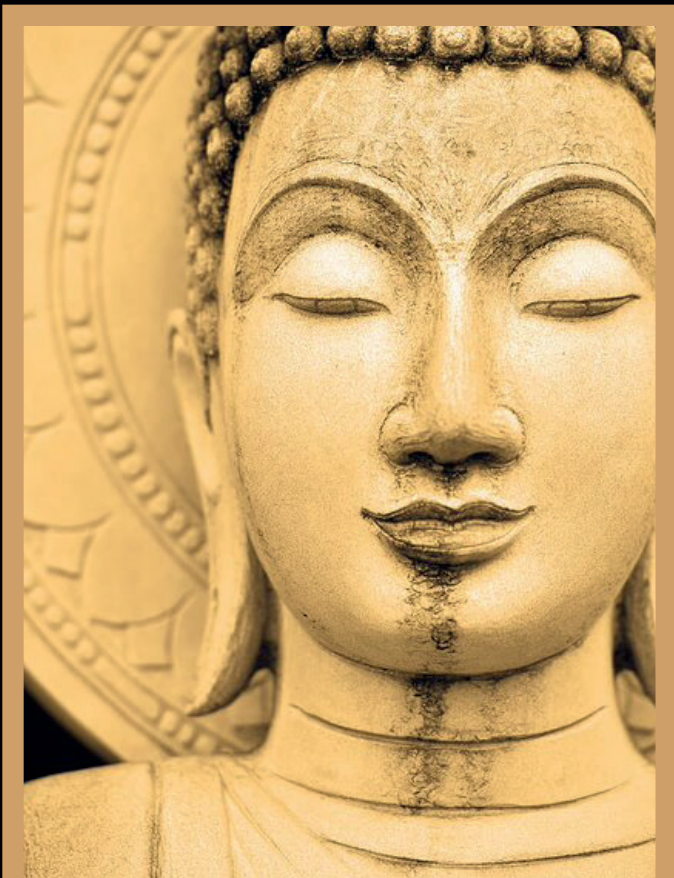
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 (+351) 966 095 207
(+351) 289 572 313   @SPAZENSATION

 freeinspirationslda@gmail.com  SPAZENSATION



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MASSAGES

Flash Relax Massage (25 min.)35€

Back, neck, shoulders, arms, hands and head massage. Focuses on the areas of greatest tensions, thus providing a sense of well being and relaxation.

Tired Leg Massage (25 min.)35€

Combats fatigue in the legs, toning and strengthening them. Excellent for treating cramps and poor circulation. Includes foot massage.

Full Body Massage (50 min.)55€

Relaxing massage, which relieves tension/pain, activates blood circulation, and promotes a sense of relaxation of body and mind.

Zensation Signature Massage (50 min.) .. 65€

Full body massage, relaxing body and mind. Followed by a facial shiatsu massage that improves blood circulation, oxygenation and skin tone, attenuating wrinkles. Pamper yourself with this zensation ritual, a moment all of your own, that relaxes and rejuvenates. (Excellent gift voucher idea).



Candle Massage (50 min.)60€

Relaxing full body massage. The oil resulting from the heated candle promotes a unique experience of essential aromas and sensations. Moisturises and nourishes the skin.

Foot Reflexology (50 min.)60€

Foot massage, which treats the body as a whole, through pressure on specific points corresponding to the organs and systems of the whole body.

Deep Tissue Massage (25min./50min.) ..40/60€

Therapeutic and deep muscle massage, ideal for those who exercise or who like an invigorating massage with pressure. Treats sore muscles, postural problems and injuries. It is common after the massage to have some muscle sensitivity for 2 days afterwards. You can opt for the 25 min massage. on the back/shoulders/arms, or the 50 min full body massage.

Therapeutic Massage (50 min.)60€

Full Body massage with a specific focus on the points of greatest accumulated pressure/pain. A muscle balm, hot towels, and suction cups can be used in this treatment to promote the elimination of contractures caused by day to day stress.

Pregnancy Massage (25 min.) 35€

Massage performed in a position of comfort, adapted to the needs of each woman, ideal for relieving common discomforts during pregnancy. Relaxing body & mind.

MASSAGES

Lymphatic Drainage (50 min.)..... .60€

It is a gentle but very effective treatment that helps the lymphatic system to eliminate toxins and swelling. Combats fluid retention, prevents migraines, sinusitis and hay fever.

Bamboo Therapy (50 min.)60€

Full body therapeutic massage, with bamboo canes. Works on shaping, flabbiness, muscle pain, promoting relaxation and muscle revitalization at the same time.

Hot Stone Massage (by appointment) (50 min.) .60€

Full body massage in a combination of heated volcanic stones with muscle tension relieving massage techniques. Relieves pain/stiffness, improves blood circulation. Relaxing and therapeutic.

Mini-Facial + Relaxing Massage (50 min.) .65€

Mini-Facial, includes skin cleansing, gentle exfoliation, massage and hydration of the face, as well as a massage of the back, shoulders, neck, arms and hands. Take the opportunity to take care of your well-being and your skin, which will be radiant and luminous.

