

Casas Heddy Wellness Menu

Massages

Ayurvedic Head Massage

Ayurvedic head massage focuses on releasing any blockages, increases circulation and can promote drainage of accumulated toxins found in the body. You may also see benefits in your hair and scalp, lymphatic system, muscle pain, mental concentration and it could improve blood circulation.

Swedish Massage or Classical Massage

A Swedish massage is one of the more well-known massage techniques which can leave you both relaxed and energised. This can be due to the massage therapist directing their movements in the direction of your heart, allowing for blood to move back towards your heart.

Sports Massage

The benefits of effective sports massage are immense and rejuvenating.. When you dive into a sports massage, your therapist will be manipulating the soft tissue on focused areas by using deep and rehabilitating processes. Sports massage helps muscle strains, prevent further injury, and prepares you for more activity.

Deep Tissue Therapeutic Massage

Deep tissue massages are known for their strength and focus on deeper muscle tissue. Any injury, soreness, tightness, muscle pain or even anxiety can be helped by a deep tissue massage. Your massage therapist will use strong pressure to relieve any tension from the deeper layers of your muscles.

Foot and Hand Treatment

Reflexology focuses on your hands, feet and ears. Reflexology uses pressure points to relax the body and restore your energy levels. Our therapists will use both gentle and firm pressure to alleviate any pain or anxiety you may be feeling.

Aromatherapy

Not all massages are created equal, and while most focus on the physical body, aromatherapy brings an emotional healing component. Aromatherapy massage could potentially reduce stress, anxiety, symptoms of depression, can boost your mood, as well as relieve muscle tension and pain.

Lymphatic Drainage

Our lymphatic system is incredibly significant to our bodies removal of waste and toxins. Health conditions could interrupt the lymph nodes, causing a build-up of lymph fluid in various parts of the body. Therefore, lymphatic massage can drain the lymphatic system which reduces swelling and improves circulation.

Hot Stone Massage

If you are looking to simply relax, a hot stone massage may work best for you. Similar to that of a Swedish massage, therapists use the heated stones, in addition to their hands, to relieve muscle tension, increase blood flow and relieve any pain you may have.

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Beauty treatments

Rejuvenating Facial

Includes cleansing, exfoliation, nutrition mask, moisturising, and a relaxing face massage.

Vitamin Facial

All the treatments included as in the Rejuvenating Facial with added vitamin treatment and a relaxing neck- and face massage

Anti-wrinkle Facial

Includes cleansing, exfoliation, steam, nutrition-mask, vitamin-, AHA-, and collagen treatment with galvanic electricity and a relaxing neck- and face massage

Spa Manicure

Soak, cuticle- and nail treatment, exfoliation, warm moisturising treatment, nail shaping, 4 layers nail polish (organic nail polish available) and hand massage

Shellac Manicure

This manicure includes trim & shape of nails, groom your cuticles, and coat of Shellac in your choice of colour or with French finish.

Holiday Pedicure

Wash and soak, removal of hard skin, cuticle treatment, shaping and polishing of the natural nail, 4 layer of nail polish, moisturising and foot massage

Spa Pedicure

Wash and soak, exfoliation, removal of hard skin, cuticle treatment, shaping and polishing of the natural nail, 4 layer of nail polish and massage with warm oil

Aloe Vera Body Therapy

Relaxing and cooling full body massage, with fresh aloe vera from Lanzarote

Vitality Body Therapy

Exfoliating, cupping, Swedish full body massage and pressure points treatment

Lanzarote Therapy

Salt exfoliation with salt from Lanzarote, moisturising treatment using aloe vera from the island and full body, hot volcanic stone massage

Choco Therapy

Gentle honey exfoliation, chocolate body mask, full body massage with warm cacao oil and a chocolate surprise

For further treatments or hair dressing services please contact us via email or visit us in the Fisioterapia building of Casas Heddy where one of our staff will be happy to help you.
All products used for massage, spa and skin treatments are ecological and organic.