MASSAGE MENU

2026

MASSAGES ◆ TREATMENTS ◆ SPA

MYR HOTELS

PLAZA MERCADO
SUITE HOTEL & SPA
BY MYR HOTELS

MASSAGES

RELAXING MASSAGE

Relaxing body massage with sweet almond oil and a scent of your choice.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
30 min	**70€**	**140€**
60 min	**85€**	**160€**
90 min	**130€**	**260€**

RELAXING MASSAGE + FACIAL RITUAL

Relaxing massage with almond oil and rose water. Facial ritual with cleansing milk, exfoliant, mask and moisturising cream.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
60 min	**90€**	**180€**

RELAX DELUXE & FACIAL WOOD THERAPY

Full-body relaxing massage with almond oil and natural essences, paired with our facial ritual of cleansing milk, exfoliant, refreshing mask and vitamin C-enriched moisturising cream. It is combined with facial wood therapy to tone and firm the facial muscles, activating elastin and collagen and leaving the skin rejuvenated.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
90 min	**150€**	**300€**

PREGNANCY MASSAGE

Relaxing massage designed to relieve heavy legs and tension in the back and neck. Performed with natural oils. Available from the third month of pregnancy.

DURATION	INDIVIDUAL PRICE
60 min	**85€**

VOLCANIC STONE MASSAGE

Full-body relaxing massage with natural oils and hot stones to help relax the muscles and ease stress-related tension.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
60 min	**90€**	**180€**
90 min	**135€**	**270€**

HOLISTIC MASSAGE

Full-body massage with almond oil and natural essences, using long, deep strokes together with hot stones and rice pindas.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
60 min	**95€**	**190€**
90 min	**135€**	**270€**

PINDA MASSAGE

Relaxing massage using pindas (cloth pouches filled with rice and natural herbs that help relax the body and relieve muscle discomfort), with almond oil and relaxing essences.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
60 min	**90€**	**180€**
90 min	**135€**	**270€**

LYMPHATIC DRAINAGE MASSAGE

Massage to relieve heavy, tired legs. It helps reduce fluid retention and improve poor blood circulation.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
30 min	**75€**	**150€**
60 min	**90€**	**180€**

DEEP TISSUE MASSAGE

Muscle-release massage combining kneading, gliding pressure and venous drainage techniques. Recommended for muscle discomfort and/or tension. Complemented with special balms to aid recovery.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
30 min	**80€**	**160€**
60 min	**95€**	**190€**
90 min	**170€**	**340€**

SPORTS MASSAGE

Massage designed for athletes, before and/or after competitions. Faster deep-massage techniques to activate circulation, combined with stretching. Focused mainly on the back, legs and glutes. Complemented with special balms to aid recovery.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
30 min	**80€**	**160€**
60 min	**95€**	**190€**
90 min	**170€**	**340€**

ANTI-CELLULITE / SLIMMING MASSAGE

Massage designed to target fat build-up on the legs, glutes and abdomen. Wooden rollers can be added at the client's choice.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
30 min	**80€**	**160€**
60 min	**95€**	**190€**

FOOT MASSAGE (HAPPY FEET)

Manual massage techniques to relieve and relax the muscles of the feet.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
30 min	**70€**	**140€**

HEAD & FACE MASSAGE

Manual massage techniques to relieve tension in the neck, scalp and face, with essential oils.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
30 min	**70€**	**140€**

FACIAL & BODY TREATMENTS

FACIAL WOOD THERAPY & RITUAL

A treatment combining our facial ritual of cleansing milk, exfoliant, refreshing mask and vitamin C-enriched moisturising cream with wood therapy and natural oils, accompanied by 100% natural geranium essence. This wood treatment aims to tone and firm the skin for a rejuvenating effect, helping to activate the face's elastin and collagen.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
45 min	**85€**	**170€**

HYDRATING FACIAL

We begin by deep-cleansing your skin with micellar water or cleansing milk, then apply an exfoliating gel. While the mask works, we perform a neck massage; we then remove the product and finish with a facial massage using moisturising cream.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
30 min	**70€**	**140€**

MASSAGE + BODY SCRUB

We start with a full-body exfoliation using gloves and moisturising creams or natural oils, followed by a relaxing massage with almond oil and natural essences.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
60 min	**90€**	**180€**
90 min	**135€**	**270€**

GOLD RITUAL

Immerse yourself in gold with this treatment of exfoliation, body wrap and cream made with natural oils and 24k gold particles. Ideal for hydration, it boosts the skin cells' defences against free radicals and leaves your skin silky smooth. To relax your body, we finish with a volcanic stone massage.

DURATION	INDIVIDUAL PRICE	COUPLES PRICE
90 min	**150€**	**300€**

CONDITIONS

- Massages must be paid in advance to confirm a booking.
- Flip-flops must be worn in the facilities. If you do not have any, they can be purchased at reception for a supplement.
- Please arrive 10 minutes before your appointment. Please note that if you arrive late, the delay will be deducted from your massage time.
- A valid ID card or passport is required to attend your appointment (not required for hotel guests).
- **Cancellation policy:** free of charge up to 24 hours before your appointment.

SPA

Our spa area features:

- **2 small pools:** 1 cold contrast pool and 1 heated pool with water jets and hydromassage.
- Relaxation area with stone loungers.
- Roman bath.
- Women’s and men’s changing rooms.

PRICE PER HOUR

15€
per person

GROUPS OF 5 TO 7 PEOPLE

20€
each
The spa is closed for the group’s exclusive use

WHAT TO BRING

Swimming cap, flip-flops and swimsuit. An ID document will be requested on arrival for registration and invoicing of your service.

> Advance booking required.
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> Children under 12 are not permitted, and under-18s must be accompanied by an adult.