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# MASSAGE

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## **RELAXATION**

*60MIN \$1550 / 90 MIN 2350*

Gentle and soothing massage that helps to release body tensions and reduce muscle pain, it contributes with blood circulation and toxin elimination, the experience creates unwind and de-stress.

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## **HOT STONE**

*90 MIN \$2450*

Hot stones are placed on key pressure points to warm and relax your muscles allowing pressure to be applied to alleviate muscular and bone pain, balancing the nervous system and giving you a sense of wellbeing.

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## **DEEP TISSUE**

*60MIN \$1650 / 90MIN \$2450*

This massage is directed to deeper muscle layers and connective tissue to undo knots. It activates blood flow, stimulates the lymph and facilitates toxin elimination leaving your body regenerated.

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## **VACUUM**

*60 MIN \$1790 / 90 MIN \$2550*

This massage is directed towards deep muscle layers and conductive tissue to release tension at that level. Suction enhances circulation, brightens the skin and leaves your body light and free to move.

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## **PRENATAL**

*60 MIN \$1550 / 90MIN \$2250*

Helps diminish pregnancy aches and pains such as fluid retention, back and leg pain and muscle tension. It stimulates blood circulation, energizes the body and gives a sense of comfort within the body.

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## **REFLEXOLOGY**

*60 MIN \$1550 / 90 MIN \$2250*

This massage is done face up in the most important reflexology maps of the body: face, hands, legs and feet. This millenary technique enhances the immune system and alleviates body aches.

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## **LYMPHATIC DRAINAGE**

*60min \$1950 / 90min \$2550*

This massage is done by creating pressure in the joints where the circulatory system rests. It aids fluid movement, enhances your body defenses and reabsorbs liquids, reducing inflammation and pain.



# FACIAL

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## **HIDRATING**

*60 MIN \$1250*

Honey bee enriched with ganoderma provides antioxidant, anti-inflammatory, and immune-boosting effects. It is perfect for dry, opaque or flaccid skin, removes dead cells and gives a hydrated, juvenile look.

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## **LIFTING**

*60 MIN \$1250*

This mask helps diminish the appearance of fine lines and wrinkles through creating tension at the skin level. Making it look more firm and younger for days.

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## **GOLD LEAF**

*60 MIN \$2550*

*Gold reduces inflammation, removes impurities, favors elasticity and stimulates an oxygenated skin because of its antioxidant effect, the result is a luminous, rejuvenated skin.*

# FEET

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## **REFLEXOLOGY**

*60 MIN \$1550*

This massage is done from knees to toes, with natural herbs and gelly, a sensory experience worth enjoying. Reflexology will help your feet feel rested, and provide well being where you need it the most.

# HANDS

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*60 MIN \$1400 / 90MIN \$1550*

This massage is done from elbows to fingertips, with natural herbs and gelly, a sensory experience worth enjoying. Reflexology will help your hands feel rested, and provide well being where you need it the most.



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## SERVICE POLICIES

### *Punctuality*

To begin your service on time, it is important you arrive on time too. We understand that there might be some setbacks, if this happens, we'll try our best to cover the total duration of the service you requested; however, there will be times in which we won't be able to do that, in such cases, your service will last for the remaining time.

### *Cancellation*

We understand that you may need to cancel your service, please notify us at least 24 hours prior to the scheduled time to avoid a penalty fee of 100% of the cost.

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[www.laparanera.com](http://www.laparanera.com)

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