



NOBU  
HEALTH & BEAUTY  
Menu Of Services

MASSAGES



# DECOMPRESS OR SPORTS MASSAGE

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This type of massage includes a series of deep and intense physiotherapy techniques, which are focused on areas of pain and which seek to eliminate contractures, helping to recover normal muscle function.

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25 min – 55 €

50 min – 85 €

85 min – 125 €

Sports massage aims to prepare the sporty person to improve the physical condition and performance, before, during and after physical exercise to avoid injuries.

# ULTRA-RELAXING MASSAGE

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The main objective of this massage is the secretion of endorphins that occurs during its application. This hormone, also known as the happiness hormone, helps to relieve muscle tension, improve circulation and reduce stress.

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25 min – 55 €

50 min – 85 €

85 min – 125 €

# MASSAGE FOR PREGNANT OR POST-PARTUM WOMEN

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Specific massage to help relaxation, relieve different aches or pains, combat stress or anxiety, improve circulation, reduce muscle tension, help to sleep well and enjoy a better quality rest.

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50 min – 95 €

# HEAD MASSAGE

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This massage is performed on the head and the face, although it also stimulates the neck and shoulder area. The goal is to release the pressure in these areas and allow for greater circulation of energy and blood flow.

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25 min – 60 €

50 min – 90 €

It helps to reduce tension, decongest the facial muscles and release neck muscle tension.

# FOOT REFLEXOLOGY

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This specific massage technique is based on the idea that each area of the feet is the reflection of an organ of the body. So, by massaging specific areas of the feet, the corresponding internal organs are reflexively influenced.

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40 min – 70 €

# LYMPHATIC DRAINING

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This massage therapy technique consists of applying soft massages to different areas of the body with the aim of improving lymph circulation and the lymphatic system.

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40 min – 70 €

The pressure applied during lymphatic drainage helps to draw retained fluids into the circulatory system and into the blood.



# JET – LAG EXPERIENCE

## Foot Reflexology + Head Massage

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Our experience pursues the mind and body relaxation after a long journey and the energy recovery, to enjoy Seville to the fullest, with the combination of foot reflexology and head massage techniques.

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90 min – 180 €

# BEAUTY FLASH EXPERIENCIE

## Kobido Facial Lifting

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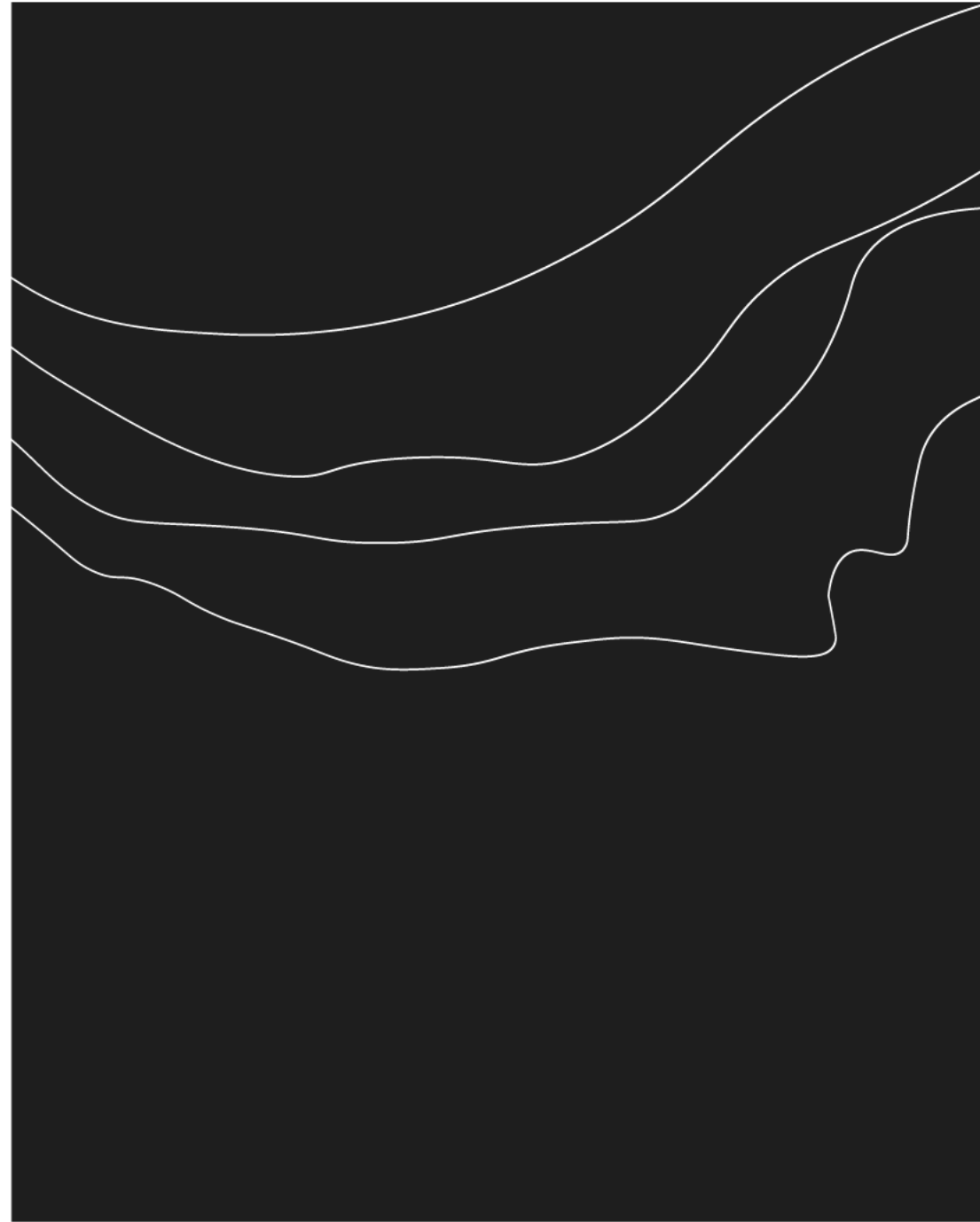
Kobido Japanese face lift is a natural alternative to aesthetic medicine treatments. This massage originates from the traditional Chinese medicine. It arrived in Japan around the 14<sup>th</sup> century, where it was refined and popularized.

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50 min – 120 €

Kobido is the most technically advanced facial massage in Japan, and probably in the world. The number and complexity of the techniques requires the therapist to have very high manual skills and the ability to select appropriate techniques for individual skin needs.

MAKE UP



## DAY MAKE UP

110 €

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## NIGHT R PARTY MAKE UP

160 €

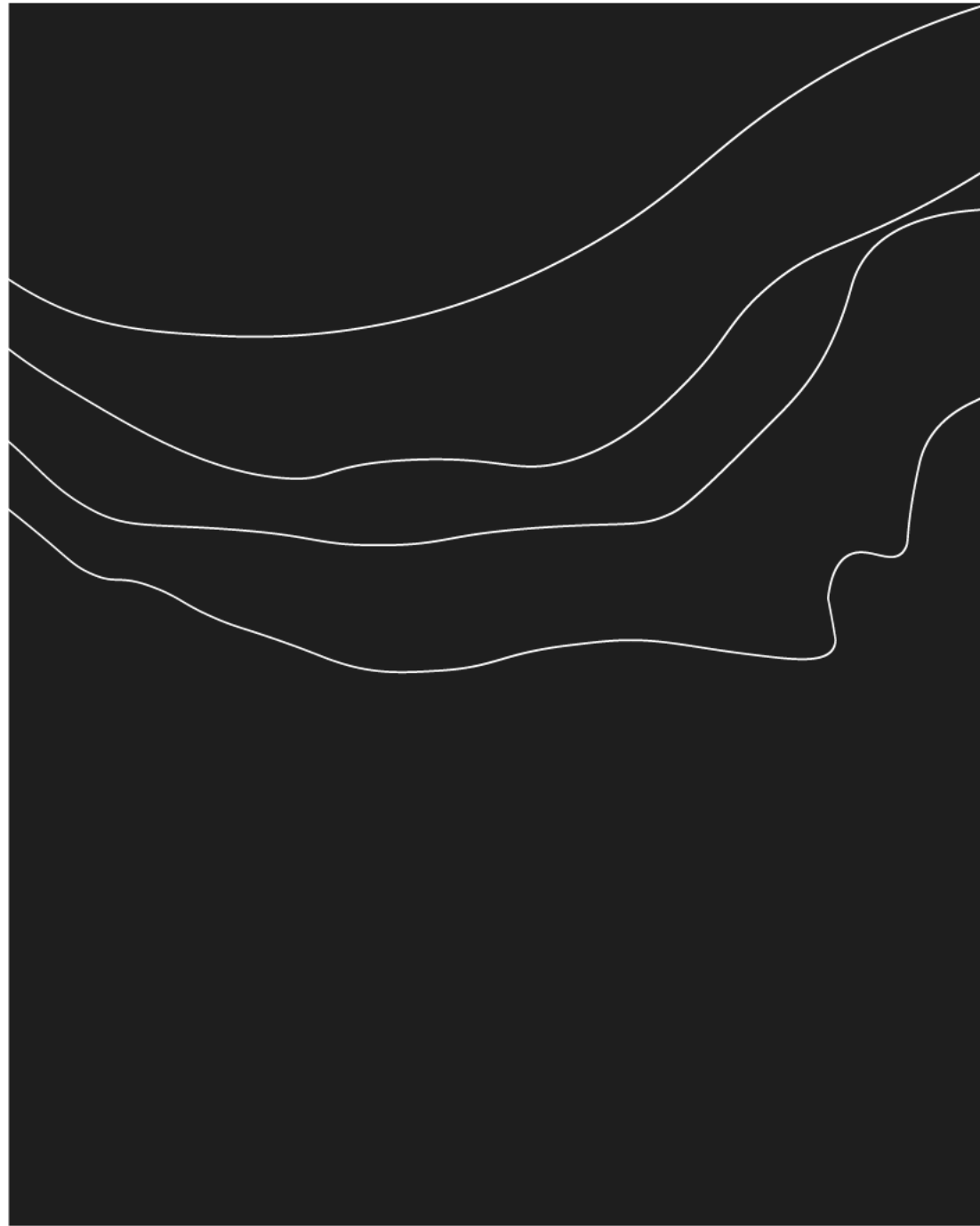
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## BRIDAL MAKE-UP AND HAIRSTYLING

Tests not included

450 €

HAIRDRESSING



WOMAN CUT

90 €

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WOMAN CUT AND STYLE / MAN

150 €

90 €

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WOMAN STYLE

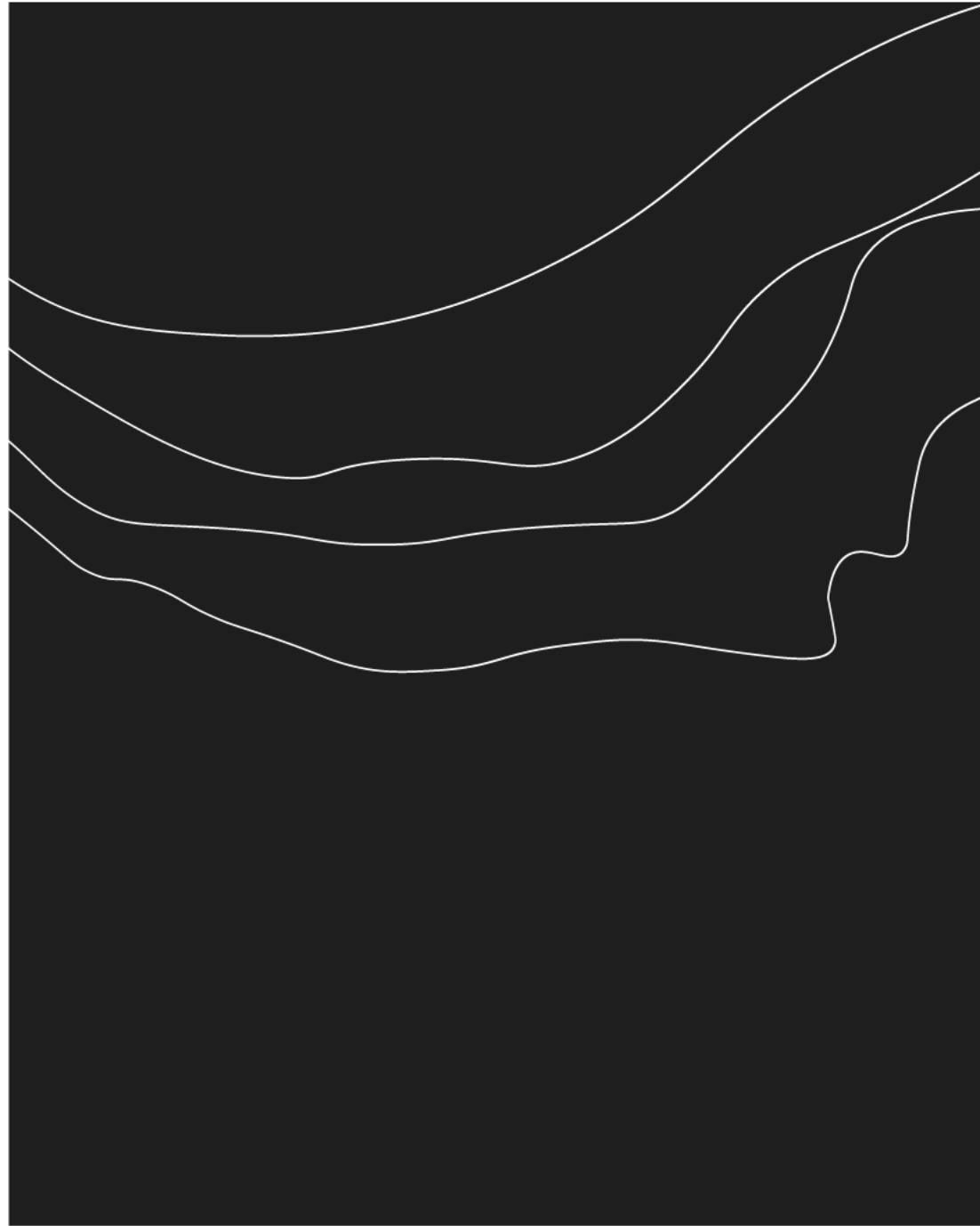
90 €

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WOMAN UP-DO

110 €

RESERVATIONS



## OPENING HOURS

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Monday to Sunday, from midday to 8:00pm

Night-time supplement up to 10:00pm

## PRIOR APPOINTMENT

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All services require prior reservation at Reception and are subject to availability.

Services begin and end punctually according to the specified times.

## MEDICAL PRECAUTIONS

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In case of high blood pressure, heart disease or other physical ailments, please inform the therapists.

In the case of pregnancy, please let us know so that we can recommend the most appropriate treatment.



## CANCELLATION POLICY

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Please note that if the reserved service is not canceled within 2 hours of the scheduled time, the total amount must be paid.

## ABOUT SALUDNATURA SPA

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All massages and treatments offered by SaludNatura Spa have a therapeutic or relaxing purpose. And in any case, they will have sexual content or purpose.

All products used are guaranteed 100% chemical free.



SALUDNATURA  
SPA

CONTACT US

***NOBU HOTEL***  
SEVILLA

