



IBIZA BALANCE

SUMMER
NEWS



Tuina Massage

Tuina methods include the use of techniques to massage the soft tissue (muscles and tendons), acupressure techniques to directly affect the flow of Qi and manipulation techniques to realign the musculoskeletal and ligament relationships
60Min. and 90Min.

Chinese Acupressure Massage

One of the healing arts of Traditional Chinese Medicine derived from acupuncture. By stimulating and pressing the acupuncture points, helps restore a better flow of vital energy through the meridians, boosting your immune system
60Min. and 90Min.

Cupping & Deep Tissue Massage

It's a method of using cups to create localized pressure by a vacuum. Causes the blood to form and helps the healing in that area. It triggers the lymphatic system, clears the blood vessels and stretches and activates the skin
60Min. and 90Min.

Moxa Therapy & Acupressure Massage

Moxa is considered to induce a gradual localized vasodilatation response. In addition to increasing the local blood flow, skillful moxibustion is extremely comforting and can create a deep relaxation response. Followed by an Acupressure Massage for relaxation of the muscles
60Min. and 90Min.

Shiatsu

A manipulative therapy developed in Japan. Shiatsu involves applying pressure to special points or areas on the body in order to maintain physical and mental wellbeing, treat disease or alleviate discomfort
60Min. and 90Min.

Tibetan Massage

A powerful and deep-acting massage used in the high valleys of the Himalayas. Submit your body to a vigorous session of intense and rhythmic massage designed to alleviate specific muscle tension and stress
90Min.

Foot Reflexology

A natural healing art based on the principle that there are reflexes in the feet correspond to every part, gland and organ of the body. Through application of pressure on these reflexes foot reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body
60Min. and 3x60Min.

Tai Chi / Qigong (Chi Kung)

Tai Chi and Qigong are ways to work with your vital energy and to promote health and longevity through the cultivation of internal energy. Their regular practice will improve your health, cure and prevent disease and help you eliminate day to day stress
60Min. and 3x60Min.

Thai Oil Massage

Massage with intensive stretches as well as acupressure for creating a balanced flexibility in combination with deep tissue massage to relieve tension in muscles, tissues and joints
60Min. and 90Min.

Ibiza Salt-Oil Massage

Soft and fresh skin created with Ibiza salt, ST BARTH Coconut or Avocado oil. Perfect body treatment to kick off the summer!
60Min. and 90Min.

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Your **IBIZA BALANCE** Team