



# SoundAtaraxia



Malaga,  
Spain



“If you wish to understand the universe, think in terms of energy, frequency and vibration.”

Nikola Tesla

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As seen on the BBC, click below

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ONE

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## Aromatherapy

Aromatherapy massage is a combination of Swedish massage therapy using massage oil and essential oils. During an aromatherapy massage, you inhale these essential oil molecules or absorb them through your skin. Essential oils promote beneficial changes in your mind and body by affecting the limbic system, a region of the brain known to influence the nervous system.

Full body 85€  
Half body 45€

## Indian Head

Indian Head Massage is based on the ancient healing system of Ayurveda and has been practised in India for thousands of years. This popular massage takes around 20-30 minutes and works on the upper back, shoulders, neck, head and face to help ease a variety of stress-related conditions as well as relieve muscular tension.

45€

# Services

## Reflexology Hands & Feet

This massage stimulates nerve function, induces a deep state of relaxation, increases energy, boosts circulation, and eliminates toxins from the body. Also, speeds up recovery after an injury or surgery, reduces sleep disorders, and relieves depression and pain.

Feet 40€  
Hands 40€  
Feet & hands 75€

## Compression therapy

Compression therapy offers numerous benefits, including improved blood circulation, reduced swelling, and faster recovery from injuries or surgeries. It helps manage conditions like lymphedema, venous insufficiency, and deep vein thrombosis by preventing fluid buildup and promoting lymphatic drainage. Additionally, it aids in scar healing, particularly for burns, by flattening and softening scar tissue. Athletes also use compression garments to enhance performance and reduce muscle fatigue. Overall, it's a non-invasive, effective method to support healing, reduce pain, and improve mobility.

Legs or waist (one cycle) 35€  
Legs and waist (two cycles) 50€  
Add a head massage for 25€ only

For sound massage and vibroacoustic reflexology massages, please consult the dedicated brochures!

In this day and age of feeling the pressure of always doing, always being on top, always being at our best, rarely do we allow ourselves to just be.

Choosing to take time for oneself and allowing the body to relax is not only wise, it is also necessary. For every thought we have, the body stores said thought into energy -positive and negative- into our cells. Ensuring a harmonious flow of the energy will have positive effects on every aspect of your life: you will feel better, more relaxed and more grounded.

As a better-being and body positivity practitioner, I can guarantee you massages are a great way to unwind. Dressed or part-undressed, choose the method that suits best your mood and objectives, when you need it most. Put yourself at the centre of your well-being.

Much love,  
Franita

