

LIFE CENTRE
Treatments

CASAS HEDDY

HEALTH · FITNESS · WELLNESS



WELLNESS



Treatments List

Phisiotherapy



Initial assessment (30 min)	50€
Initial assessment (60 min)	75€
Follow up (30-60 min)	40 -70€
Hydrotherapy (40 min)	30€
Hydrotherapy small group 2-5 (40 min)	20€
Pilates (60 min)	60€
Pilates small group 2-5 (60 min)	20€

Treatments List

Fitness

Personal coaching first session (50 min) 50€

-Personal coaching (50min) 45€

Personal coaching (30 min) 30€

Group session various (45 min) 8€

Biometric 10€

HFW screening (60 min) 60€

Follow up HFW screening (30 min) 30€





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Massage Treatments

Deep tissue therapeutic (25-50 min)	30 -60€
Back shoulder & neck with heat (50 min)	60€
Sports massage (25-50 min)	30 -60€
Swedish massage (25-50 min)	30 -60€
Aroma therapy (50 min)	60€
Ayurvedic head massage (50 min)	60€
Neck & face (25 min)	30€
Reflexology (25-50 min)	30 -60€
Hot stone - back (70 min)	80€
Hot Stone – full body (105 min)	120€

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Facial Treatments

Cleansing, exfoliation, nutrition-mask, moisturising and a relaxing face massage (50 min) 45€

Vitamin Treatment: cleansing, exfoliation, steam, nutrition-mask and a relaxing face massage (55 min) 50€

Anti-wrinkle cleansing, exfoliation, steam, nutrition, vitamin aha and collagen treatment with galvanic electricity and a relaxing neck and face massage (70 min) 75€

Galvanic Facial mini (20 min) 30€

Eye brow shaping 9 -18€

Eye brow colouring 9€

Eye lash colouring 16€



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Waxing

1/2 Legs	16€
3/4 Legs	20€
Full legs	30€
Bikini	16€
Full legs and Bikini	42€
Underarm	12€
Lip or Chin	12€
Lip and Chin	30€
Back or Chest	24 - 34€

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Hand Treatments

Nail polish is always applied in 4 layers: base coat, 2 layers of polish, and a strong top coat for maximum durability, organic nail polish is available

Cuticle treatment, nail shaping, polishing of the natural nail 18€

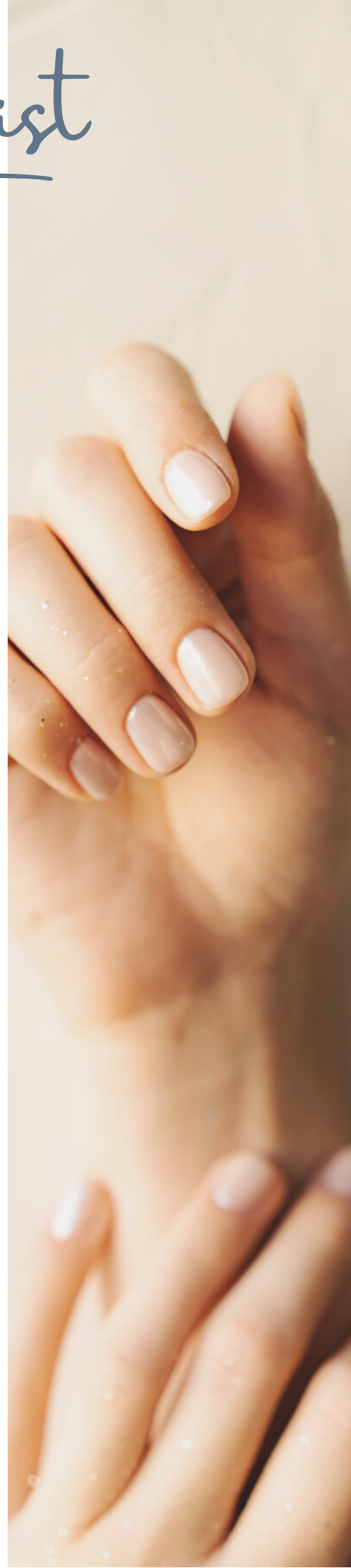
Cuticle treatment, nail shaping, polishing of the natural nail and nail polish 25€

Cuticle treatment, nail shaping, polishing of the natural nail and french polish 30€

SPA Manicure: soak, cuticle and nail treatment, exfoliation. warm moisturising treatment, nail shaping. 4 layers of nail polish and a hand massage 40€

CND Shellac colour 30€

CND Shellac french 35€





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Foot Treatments

Soak and wash, cutical, treatment, nail shaping, moisturising 30€

Soak and wash, removal of hard skin, cuticle treatment, nail, shaping, polishing of the natural nail, 4 layers of polish. moisturising and a foot massage 35€

SPA Pedicure: wash and soak, exfoliation, removal of hard skin, cuticle treatment, shaping and polishing of the natural nail, 4 layers of nail polish and a foot massage with warm oil 50€

Medical Foot Treatments: severe cases of hard skin, eczema, psoriasis, nail fungus, etc. 35-50€

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Body Treatments

Salt Glow: body scrub with a mixture of natural salts, depending on skin type, and moisturising 45€

Detox and Remineralising Wrap: using algae, seaweed and clay. 45€

Hydrating Wrap: using aloe vera from lanzarote and oils and a vitamin and collagen treatment 45€

Aloe Vera Therapy: relaxing and cooling full body massage with fresh aloe vera from lanzarote (70 min) 80€





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Body Treatments

Relax Therapy: gentle full body massage and facial (100 min) 110€

Vitality Therapy: exfoliation, cupping, swedish full body sports massage and pressure point treatment (130 min) 140€

Lanzarote Therapy: salt exfoliation with salt from lanzarote, moisturising treatment using aloe vera from the island, and a full body hot volcanic stone massage (165 min) 170€

Choco Therapy: gentle honey exfoliation, chocolate body mask, full body massage with warm cacao oil and a chocolate surprise (165 min) 180€

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