

MOMENT FUGIT

By Palau Fugit



MASSAGE OF THE SOUL

Signature Massage

Holistic treatment that combines physical, energetic and breathing therapy, providing body relaxation, release of mental tensions and spiritual balance. Each session is unique, as it is each soul.

60 min - ~~90€~~ **72€** (20% disc.)
75 min - ~~110€~~ **88€** (20% disc.)
90 min - ~~125€~~ **100€** (20% disc.)

CRYSTAL MASSAGE AND HEALING SOUNDS

Signature Massage

A mix of instruments vibrations, mantra chanting, crystal therapy and sensitive massage to balance body, mind and emotions, achieving peacefulness and inner calm.

60 min - ~~90€~~ **72€** (20% disc.)
75 min - ~~110€~~ **88€** (20% disc.)
90 min - ~~125€~~ **100€** (20% disc.)

OPENING HOURS

Water Area

From Monday to Sunday

8h — 21h

**Massage and
Treatment Area**

Inquire at reception

SELENE MASSAGE

Signature Massage

This massage combines manual techniques and the use of selenite, a calming and purifying mineral for the mind, which harmonizes the chakras and enhances meditation and spiritual connection.

60 min - ~~90€~~ **72€** (20% disc.)

SATI “*Feminine Essence Massage*”

Signature Massage

It is an experience designed for women, with aromas that exalt femininity and awaken the inner goddess. It includes a body massage focused on the abdominal area, enhancing inner renewal and wellbeing.

60 min - ~~90€~~ **72€** (20% disc.)
75 min - ~~110€~~ **88€** (20% disc.)
90 min - ~~125€~~ **100€** (20% disc.)

CRANIOFACIAL MASSAGE

The massage works on head, face, neck and shoulders to unblock pressure in these areas, relieving mental tension and headache.

30 min - ~~45€~~ **36€** (20% disc.)

JAPANESE FACELIFT

It is a beauty technique that stimulates acupuncture points and combines reflexology, massage and facelifts. This therapy improves blood circulation, oxygenates the skin, eliminates fluids and boosts the formation of collagen and elastin, which helps to reduce wrinkles and laxity.

60 min - ~~75€~~ **60€** (20% disc.)

MARMA ABHYANGA

This technique alleviates muscular tension and releases energetic blocks, allowing vitality to flow throughout the body. It comes from the Ayurvedic Indian medicine and consists of a body and cranio-facial massage with oils and essences selected according to the state of each client at the time of the therapy.

75 min - ~~90€~~ **72€** (20% disc.)
90 min - ~~110€~~ **88€** (20% disc.)

MANUAL LYMPHATIC DRAINAGE

Gentle, relaxing massage applied to the lymphatic system in order to activate it. It helps to reduce fluid retention, oedema and fat, as well as improving the immune system. It is ideal for pregnant women.

30 min - ~~45€~~ **36€** (20% disc.)
60 min - ~~60€~~ **48€** (20% disc.)

FUGIT BODY PEELING + INTENSE HYDRATION

Ultra-moisturising peeling that favours skin renewal, eliminating dead cells from the superficial layers. It regenerates and nourishes the skin and ends with the application of an oil to intensify hydration and boost the skin's regeneration.

75 min - ~~110€~~ **88€** (20% disc.)

WOOD THERAPY

A wood therapy designed to reduce localized fat, stimulate microcirculation and help eliminate fluid retention in several areas of the body.

30 min - ~~45€~~ **36€** (20% disc.)

FOOT REFLEXOLOGY

The therapy consists in the application of pressure to specific points on the foot associated with organs, muscles and other parts of the body. It stimulates self-healing mechanisms, relieves pain, brings relaxation, strengthens the immune system and activates circulation, favouring the elimination of toxins.

30 min - ~~45€~~ **36€** (20% disc.)
45 min - ~~55€~~ **44€** (20% disc.)

FUGIT FACIAL

Facial treatment suited to your skin.
Choose between:

Facial hygiene
Moisturising treatment
Nourishing treatment
Intense lifting
Detox (oily/mixed skin)

75 min - ~~90€~~ **72€** (20% disc.)

**You need to make a reservation to book a massage or treatment and to access to the swimming pool of La Cova d'Aigua.*

DEEP FOREST

Signature Massage

Submerge yourself in your inner forest with this decontracting massage. Thanks to deep and rhythmic movements with hands, forearms and acupressure, it relieves tensions and calms the mind, and leaves you completely relaxed.

75 min - ~~110€~~ **88€** (20% disc.)

MASSAGE WITH SEASHELLS

Let yourself be transported by the subtle sensation of being in the calm of the sea world. This massage with seashells, warm oil and marine sounds will produce a relaxing effect on the nervous system, along with a pleasant sensation of wellbeing.

75 min - ~~90€~~ **72€** (20% disc.)

LA COVA D'AIGUA

Wellness area

La Cova d'Aigua from Palau Fugit, located in the limestone rock of the Roman wall of Girona, is a unique space to relax, with a hot water pool and a warm stone to rest on, offering an atmosphere of complete tranquility.

60 min **30€** (Per room or person)



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