

## DECOMPRESS OR SPORTS MASSAGE

50/85MIN. 110/155

This 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.

## ULTRA-RELAXING MASSAGE

50/85MIN. 110/155

This massage is intended to secrete endorphins (happiness hormones) to relieve muscle tension, improve circulation and reduce stress.

#### HEAD MASSAGE

50MIN. 11

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 energy circulation and blood flow.

### JET I AG EXPERIENCE

90MIN. 220

Foot reflexology + head massage for the mind and body relaxation after a long journey and the energy recovery to enjoy Seville to the fullest.





## FACIAL TREATMENTS

Deep facial cleansing	60MIN.	105
Hydra'Global	75MIN.	120
Lumin'Éclat	75MIN.	120

## MAKE UP

Day make-up	140
Evening or party make-up	200

### HAIRDRESSING

Woman's cut	115
Woman's cut and style	185
Woman's style	115
Woman's up-do	140
Man's cut and style	115

# INFORMATION AND RESERVATIONS

SPA M

Hotel EME Catedral Mercer Calle Alemanes, 27. Sevilla Tel. +34 954 560 000 spa@emecatedralmercer.com Tuesday to Saturday, 10 to 18h.