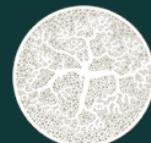


# essentia

The essence of massage, where and when you need it.



**BAOBAB**  
SUITES ★★★★★

## The Art of Luxury Wellness

At Essentia, every massage is much more than just a treatment; it is a carefully designed wellness ritual aimed at restoring balance between body and mind. We transform each session into a multisensory experience, blending expert techniques, high-end products, and a fully personalized approach to create moments of deep relaxation and renewal.

Our mission is to redefine luxury in the world of wellness, offering tailor-made treatments with the highest level of care, delivered in the most exclusive setting: your own space.

Together, we elevate sophistication and well-being to its highest expression, providing experiences that go beyond the conventional.

Where would you like to experience your Essentia moment? In our wellness space inside the hotel or in the privacy of your own suite.

**Same quality, two ways to enjoy it.**

# Massages

## Espira

Espira is a short yet deeply restorative experience focused on the back, neck, and shoulders — the areas where the body holds the most tension.

With conscious, flowing strokes and warm essential oils, this ritual melts away stress and restores inner lightness. The intuitive touch invites your body to surrender, while your breath guides you home. Perfect for those who need a pause in the middle of the storm — to breathe, to soften, to return to themselves.

Breathe. Release. Come back to you.

at our center  
90€ | 30 min

at the suite  
120€ | 30 min

## Pulse

Pulse is a deep-tissue massage designed to target areas of pain, stiffness, and muscle overload, especially in the back, neck, and shoulders. It incorporates deep pressure techniques, kneading, and stretching to release muscle knots and improve mobility.

This treatment is ideal for individuals experiencing built-up tension, muscle discomfort, or physical stress, providing immediate relief and restoring overall well-being.

**Intense massage to relieve muscle contractures and tension.**

at our center  
100€ | 45 min

at the suite  
130€ | 45 min

## Brazilian Lymphatic Drainage

An aesthetic and therapeutic massage designed to sculpt the silhouette, reduce fluid retention, and visibly improve the appearance of orange peel skin (cellulite) from the very first session. Through a precise, dynamic, and manual technique, the lymphatic system is activated, toxins are drained, and body swelling is reduced — providing an immediate sense of lightness and well-being.

Each session is tailored to your body's needs and performed in a private, comfortable setting: your own home.

at our center  
100€ | 50 min

at the suite  
130€ | 50 min

# Massages

## Essentia Active

Essentia Active is a massage designed to relieve muscle tension, improve circulation, and accelerate recovery in overworked legs and muscles. Using pressure techniques, stretching, and stimulating movements, this treatment reduces muscle fatigue, prevents injuries, and enhances physical performance.

Perfect for athletes, active individuals, or those who spend long hours on their feet, offering a sensation of lightness, relaxation, and renewed vitality in the legs.

**Massage for tired legs and muscles, ideal for recovery and performance.**

at our center  
110€ | 45 min

at the suite  
140€ | 45 min

## Nurtura

Nurtura is a massage specially designed for expectant mothers, providing relief, relaxation, and balance during pregnancy. Using gentle and safe techniques, it helps reduce muscle tension, relieve swelling, and improve circulation, promoting a state of well-being for both mother and baby. Each session is tailored to the mother's individual needs.

**A moment of deep connection between mother and baby, in the comfort of her own home.**

at our center  
130€ | 50 min

at the suite  
160€ | 50 min

## Serenna

Serenna is a wellness experience crafted to deeply relax the body, calm the mind, and restore vital energy. Through smooth, continuous, and harmonious movements, it releases built-up tension, eases muscular fatigue, and stimulates circulation to awaken the body from within. Pressure is intuitively adjusted to each individual, guiding them into a state of profound rest and inner reconnection. The synergy with high-quality essential oils turns each movement into a unique sensory journey where time slows down, and balance returns to the body.

Ideal for those seeking a space of serenity, emotional renewal, and true rest. Let yourself be enveloped by the art of conscious touch, and gift yourself the luxury of coming back to you.

**Full-Body Relaxation**

at our center  
130€ | 50 min

at the suite  
160€ | 50 min

# Massages

## Soléa

Instant relief for sensitive or sun-exposed skin. Soléa is a soothing treatment designed to calm, hydrate, and regenerate the skin when it needs it most. Perfect for irritated or sunburned skin after prolonged sun exposure. The session includes:

### **Aloe vera body wrap**

A refreshing and reparative wrap that soothes inflammation, deeply hydrates, and supports skin recovery.

### **Full-body relaxing massage (50 min)**

Gentle, flowing techniques that release tension and restore body-mind balance.

**Soléa is the reset your skin and body truly deserve.**

at our center  
150€ | 70 min

at the suite  
180€ | 70 min

## Soma

Soma is a deep tissue massage designed to work on the innermost muscle layers, relieving contractures, stiffness and persistent pain. Through firm pressure and specific movements, this treatment releases tension points, improves circulation and restores the body's elasticity and mobility. Ideal for people with recurrent muscle pain, physical overload or accumulated tension who need an effective therapy to relax, decontract and revitalize their body.

**Deep massage to relieve chronic tension and improve mobility.**

at our center  
160€ | 60 min

at the suite  
190€ | 60 min

## Lume

Lume is an immersive and deeply relaxing massage, designed to induce total disconnection and restore balance between body and mind. Through a combination of relaxation techniques, craniofacial massage, reflexology, and aromatherapy, this treatment melts away accumulated tension, calms the mind, and revitalizes energy.

Ideal for those seeking a moment of absolute well-being, where the body releases stress and the mind finds serenity.

**Full-body massage to reduce stress and restore body-mind harmony.**

at our center  
220€ | 80 min

at the suite  
250€ | 80 min

# Massages

## Alure Duo

This is not a massage.

It's an experience for two bodies choosing to share time, presence, and calm.  
A sensorial ritual designed to reconnect through touch, breath, and mutual care.  
Everything is crafted so the moment is not only felt,  
but remembered.

**Two bodies, one experience crafted for calm, presence and care.**

at our center  
270€ | 50 min

## Essentia

More than a massage, Essentia is a sensory experience designed to revitalize, hydrate, and restore inner balance.

Treatment steps:

**Step 1: Full-body peeling with natural fibers.**

A gentle exfoliation that removes impurities and dead skin cells, leaving the skin renewed and ready to absorb essential nutrients.

**Step 2: Ultra-hydrating and firming body wrap.**

Rich in vitamins, this wrap promotes collagen synthesis and cellular renewal. It provides deep hydration, firmness, and an aromatherapeutic effect that soothes the senses.

**Step 3: Rejuvenating facial with craniofacial massage.**

A treatment that combines the exclusive Golden Ritual, using Aurum Cream, formulated with microactive gold and aloe vera.

**Microactive gold** protects the skin from stress, strengthens its natural defenses, and enhances luminosity, promoting a more youthful and radiant appearance.

Aloe vera deeply hydrates, supports cellular regeneration, and soothes sensitive, damaged, or irritated skin.

This treatment delivers intense nourishment, firmness, and elasticity, leaving an immediate rejuvenating effect.

**Step 4: Full-body relaxing massage.**

A deeply restorative manual therapy that relieves muscle tension, improves circulation, and balances vital energy—providing a profound sense of well-being.

**A detail for you:**

To complete this experience, we include an exclusive toiletry bag with the products used in the rejuvenating facial, including a sunscreen to extend the benefits of the treatment. A travel kit designed to let the effects of the session accompany you beyond the massage.

**The perfect balance between luxury and wellness.**

**A multisensory experience of absolute well-being.**

at our center  
350€ | 120 min

your moment  
your body  
your essentia

Check availability and enjoy your moment of well-being.

634 091 295

 @essentiamassage

essentia