

Cosmetic treatments

A cosmetic treatment is a balm for both skin and soul.

Our cosmetic studio enjoys stunning sea views. The movement of the sea provides a relaxing soundtrack to all treatments. We offer our clients a variety of caring and rejuvenating face and body treatments to enhance their beauty.

All treatments are specially designed to suit your individual needs.

You can totally relax and trust yourselves into our caring hands.

Skin Clear

This is an exfoliating, intensive facial treatment with Vapozone herbal steam and an individually chosen skin care treatment.

Classic Vital

This is a rejuvenating, exfoliating and caring face, neck and décolletage treatment with long lasting effects. It includes eyebrow design or also an eyelash and eyebrow colour treatment on request. It includes an intensive relaxing Aroma massage for face, neck and décolletage which helps to relax. It imparts a fresh, glowing appearance.

Special Vital

A basic treatment as in Classic Vital. It supports the skin through a special anti-ageing serum and includes a specially designed lifting massage. Only well chosen, high quality products are used here, which visibly support the lifting-effect.

Man-o-Man

A cosmetic treatment with exfoliating, caring and relaxing properties, specially designed to suit men's skin. It includes a face, head and neck massage.

Extras

Manicure with paraffin bath

Depilatory Wax:

lips

legs, complete treatment

colouring of eyebrows

colouring of eyelashes

eyebrow design

or complete treatment

Part - or Full body Massage

Aromatherapy Massage

This is a relaxing part or full body massage. It makes the skin texture flexible, with soft strokes varying with strong massage strokes. The scent of essential oils will transport you into deep relaxation.

Gomera Vulcano Massage (Hot Stone)

A holistic combination massage with hot basalt stones and selected precious stones. The massage has a broad effect on the body. The stones are individually placed to suit your personal needs. The warmth will loosen and release physical blocks. This deep relaxing treatment is very pleasurable.

Gomera Wellness Massage

This is a combination of a whole body massage with intensive skin care. A special whole body peeling which enhances the metabolism and makes the skin soft and silky is used after the massage. At the end, the skin is vitalized with an Aloe Vera intensive care treatment. After the treatment you will experience a new body feeling.

Lomi Lomi Nui (Hawaii)

Lomi Lomi Nui is a full body massage from Hawaii which helps to loosen tense muscles. It has a very holistic approach. Long flowing movements, partly done with the lower arms, will vary with soft loosening of the joints and energy work. This kind of attention and touch together with warm and scented body oils accompanied by sounds from Hawaii will give you a deep relaxation and you will let go at all levels of your being.

Holistic Bodywork

This is a very individual mixture of a classic massage and an energy massage, which combines floating movements and a tight grasp. It gives you a holistic, deep relaxation.

Deep Relax Massage

An introducing relaxing journey through your body. A soft, floating massage technique helps to harmonize the body's energies. You feel deeply connected to your body. In a connection of body and mind, the soul will be taken on a journey of relaxation.

Deep Massage

Tense muscles are stimulated by small, pointed, expanding movements. The intensity of localized expanding movements supports a long lasting relaxation of the muscles.

Shiatsu Massage

This massage has a healing and vitalizing effect on the body, mind and soul. It is especially effective on back, neck, shoulder and hip problems as well as on slipped disc, joint and muscle pain. It supports the regeneration of the inner organs and strengthens the immune system.

Classic Massage

The techniques of the classic massage treatment support the relaxation of muscles, skin and connective tissue. It enhances blood flow. Only through harmony within the body, can stress be released. On request, a relaxing or tight hold can be used.

Connective Tissue Massage

It has been observed that disorders of the organs can change the tension / stress in the connective tissue of the skin's underlay. The effect of this massage treatment is one of stress equalisation, harmonisation of the autonomic nervous system, pain reduction, scar elimination and a local general and reflective impact and effect on the functions of the organs.

Acupressure

According to eastern philosophy, the life force, or Qi, pulsates in our body through 14 meridians. In contrast to acupuncture, a treatment with needles on vital body points, Acupressure uses soft pressure and massage on these points to influence energy flow. It is especially effective as a treatment of acute and chronic pains, allergic reactions, psycho vegetative disorders (stress, nervousness, fear), abdominal disorders, circulatory disorders etc. (**with health consultancy**)

Akupunktmassage - Acupuncture massage

The goal of this massage is to balance the life energy which circulates through the meridians.

It is effective in all kind of conditions, for example a general fatigue / exhaustion, imbalance, low energy levels and difficulties resulting from energy imbalance.(**with health consultancy**)

Ayurvedic Massages

The soft touch of ayurvedic oil massages is very powerful for the organism. They reactivate muscles, organs, veins and arteries and clear the skin. The by-products of metabolism are released from the body, self healing power and the immune system are activated. Tensions and physical blocks are removed. These treatments rejuvenate the body and senses and stress is released with the help of these massages.

Mukhabhyanga

A very pleasant face, head, neck and décolletage massage with hot oil and an individually designed herbal pad/compress. This massage is specially effective for depression. It is very deeply relaxing and gives emotional balance.

Pindasweda

Small cotton sacks are filled with different herbs. The sacks are heated in oil and the body is massaged with a special technique. The treatment works on different levels and is deeply relaxing. It is also effective for cellulite and weight reduction.

Abhyanga - Whole body massage

The hot oil is used with extraction and softer strokes. It is massaged on the vital points (marma) into the skin's texture. It detoxifies the body, providing well-being and deep relaxation.

Garshan – Silk glove- massage

This dry massage without oil has a good effect. The lumps in the raw silk help to give a peeling effect. The skin becomes very soft and tender. It is a very enhancing whole body massage with a special effect on the metabolism. It is also effective for weight reduction and against cellulite.

Foot massage including peeling and foot bath

The feet and lower part of the legs are massaged with hot oil. This massage vitalizes the organs of the body, helps deep relaxation and gives a complete feeling of wellness.

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Classic Naturopathic Treatments and Physical Therapies

Nutrition Consultancy and Therapy

Diets, treatment of sicknesses that result from an imbalanced diet, disturbance of food intake /ingestion, reabsorption or expulsion of certain food components (for example diabetes Type II)obesity, high blood pressure, osteoporosis, gout, rheumatism, celiac disease etc. It is successfully used for allergies and skin diseases. (**consultancy and preparation of an individual diet plan**)

Energy and Relaxation Work

Body- Psychotherapy with elements of Art-Colour therapy, Medical Resonance Therapy-Music (recommended by WHO, a successful treatment, proven by scientific examination and observation in universities and leading research institutions.) It includes elements of Breathing Therapy and Meridian and Chakra work.

Homoeopathic anamnesis – case history

With the help of symptoms and indications in physiognomy, a case history is studied and holistic treatments are ordered to heal or relieve sicknesses. The person is seen as a holistic being. Body mind and soul and the self healing mechanism of the organs are connected. (**Health consultancy and Iris-diagnosis included**)

Bach Flower Remedies

It has some elements in common with homeopathy. A similar method for the treatment and supportive treatment of acute and chronic psychosomatic crisis and sicknesses. The focus in a Bach Flower therapy is an observation of the emotional constitution of a person. Here all 38 archetypical behavioural patterns (Theory by C. G. Jung) of human nature are reflected. It is the aim of Bach Flower Remedies to support self help for the emotional constitution. The release and break up of emotional blocks will set the psychic energy into motion, which is needed for the holistic healing process.

Cranio - Sacral - Therapy

Connective tissue surrounds all organs of the body . The brain and spinal cord sheath forms a part of this connective tissue. Within the connective tissue and brain and the spinal cord sheath, a pulsation takes place, which is called the Cranio –Sacral - Movement .Therapy on connective tissue and the brain and spinal cord sheath has a strong impact on the nervous system. Through Cranio- Sacral- Therapy, the following disease patterns can be influenced in a positive way : migraine, headache, stress, concentration problems, tensions of all kind after accidents or birth trauma etc.