

# SPA AT THE BEACH

## SO/ RELIEF MASSAGE

Uplifting and de-stressing, this full-body massage helps to relieve muscle tensions, targeting your individual needs.

*// 50 min; 100€*

## DEEP-TISSUE MASSAGE

With sustained pressure using slow and deep strokes to target the inner layers of the muscles and connective tissues, this massage releases chronic muscle tension by increasing blood flow and reducing inflammation.

*// 50 min; 110€*

## BACK AND NECK

This quick but powerful massage will target the tension in your back and neck, creating a general sense of wellbeing.

*// 45 min; 95€*

## ONE ZONE MASSAGE

Refresh your body and release stress with a cold stone massage, totally customized to target your needs. You can choose from back, legs or facial massage.

*// 30 min; 65€*

## LIGHT & COOL LEGS

Get an invigorating feeling with this cooling gel massage, leaving your legs ready to go.

*// 30 min; 65€*

## CRANEO FACIAL

The Craniofacial Massage uses smooth and precise movements, with the entire musculature relaxes and the mind is silenced. This helps concentration and reduces stress. (includes neck, head and face).

*// 20 min; 50€*

WELLNESS CLUB  
SOTOGRADE

SO/ SOTOGRADE SPA & GOLF - 5\* RESORT

Av. Almenara S/N, 11310 Sotogrande, San Roque, Cádiz | T +34 956 922 894 | [www.so-sotogrande.com](http://www.so-sotogrande.com)