

# PRICE LIST

| 30 minutes           |     | 45 minutes           |     |
|----------------------|-----|----------------------|-----|
| Facial Lift Massage  | 35€ | Classic Oil Relaxing | 45€ |
| Neck & Shoulders     | 35€ | Lymphatic Drainage   | 45€ |
|                      |     | Facial Lift Massage  | 45€ |
|                      |     | Deep Tissue          | 50€ |
| 60 minutes           |     | 90 minutes           |     |
| Classic Oil Relaxing | 55€ | Classic Oil Relaxing | 80€ |
| Lymphatic Drainage   | 55€ | *Custom Massage with |     |
| Facial Lift Massage  | 55€ | therapist            |     |
| Deep Tissue          | 60€ |                      |     |

## Alternative Massage

|                       |     |                       |     |
|-----------------------|-----|-----------------------|-----|
| Ayurvedic Massage 75' | 90€ | Foot Reflexology 60'  | 55€ |
| Foot Reflexology 30'  | 35€ | Chair Massage 45'     | 40€ |
| Foot Reflexology 45'  | 45€ | Kobido Natural Fascia | 55€ |
|                       |     | lifting 60'           |     |



ALMA MATER

ALMA MATER  
*Weekly*  
**SCHEDULE**  
YOGA & FITNESS

|            |                                                                                                                            |
|------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>MON</b> | <b>8:30 - 9:45 AM</b> Prana Vinyāsa                                                                                        |
| <b>TUE</b> | <b>8:45 - 9:45 AM FREE YOGA</b><br><b>10:00 - 10:30 AM FREE YOGA FOR KIDS (7-12yo)</b>                                     |
| <b>WED</b> | <b>6:30-7:30 AM FREE Guided Meditation</b><br><b>9:30 - 10:45 M</b> Power Yoga                                             |
| <b>THU</b> | <b>7:30 - 8:30 AM FREE YOGA CLASS</b><br><b>11:30 - 12:45 AM</b> Qi Qong                                                   |
| <b>FRI</b> | <b>6:30-7:30 AM FREE Guided Meditation</b><br><b>8:00 - 9:15 AM</b> Prana Vinyāsa<br><b>9:30 - 10:45 AM</b> Kundalini Yoga |
| <b>SAT</b> | <b>9:00- 10:15 AM</b> Hatha Yoga                                                                                           |
| <b>SUN</b> | <b>9:30- 10:45 AM</b> Restorative Yoga                                                                                     |

Reserve your class at [actividades@salemaecocamp.com](mailto:actividades@salemaecocamp.com) until **4PM**

Please note that NOT ALL yoga classes are free.

The sessions marked has free are only free for guests staying at Salema Eco Camp.

Yoga Class pass 15€ (CASH ONLY PAID TO THE TEACHER).