

*Wellness Services
Alexandra Palace*



**ALEXANDRA
PALACE**

○ **Zen Massage**

90 € / 1 Hour

Relaxing body massage performed with long-enveloping movements. The use of essential oils reconciles you with your body, providing you with the perfect harmony essential for your body's well-being.

○ **Cranial Massage and Relaxation Facial**

60 € / 40 minutes

This massage removes all tensions accumulated in the shoulders and the nape of the neck, and ends with a scalp and facial massage - creating a pure moment of absolute relaxation.

○ **Foot Reflexology**

85 € / 1 Hour

Stimulating specific reflex zones, this reflexology foot massage is very gentle while offering a comprehensive foot treatment that re-balances the vital systems and awakens internal energy. This massage provides a deep relaxation while helping relieve nervous tension.

○ **Relaxing Massage**

70 € / 45 minutes

This massage encompasses the back, arms, legs, and feet, relieving tension by harmonizing energy points.

Treatments are available by reservation only - subject to availability.