

FACIALS

TIMEXPERT LIFT_IN

90 min €135

TIMEXPERT ANTI-AGING

90 min €135

TIMEXPERT WRINK.LESS

60 min €105

EXPERT HYDRALURONIC

60 min €95

EXPERT RADIANCE C+

60 min €105

HANDS & FEET

MANICURE OR PEDICURE

45 min €50

Including peeling and massage. WITHOUT nail polish.

WITH NAIL POLISH FROM ESSIE

60 min €65

MANICURE/PEDICURE WITH SHELLAC

60 min €80

SHELLAC REMOVAL WITH NAIL FORMING

45 min €60

SHELLAC REMOVAL

€10



WELCOME TO THE ANCHORAGE SPA

Opening Times

	Summer	Winter
Spa	09:00-20:00	09:00-14:00 16:00-20:00
Gym	07:00-22:00	07:00-22:00
Sauna/Pool	09:00-19:45	09:00-13:45 16:00-19:45
Nude Sauna	18:00-19:45 (T. Th. Su.)	

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www.theanchorage.es

MASSAGES

CLASSIC

30 min* €45 / 45 min* €60 / 60 min €75 / 90min €105

Ideal for body relaxation, tension relief, reduction of chronic pain and muscle ease.

DEEP TISSUE

30 min* €50 / 45 min* €75 / 60 min €95 / 90min €120

This massage specifically targets muscle fatigue and is aimed at relieving tension, pain and knots.

PHYSIOTHERAPY

30 min* €50 / 45min* €75 / 60 min €95

Specific problems will be treated with passive stretching, mobilizations, trigger points and more.

OSTEOPATHY

60 min €120

A personalised therapeutic treatment designed to relieve pain, improve movement, release deep tension and enhance overall wellbeing using manual osteopathic techniques

VISCERAL MANIPULATION

60 min €95

A gentle, hands-on therapy focusing on the internal organs to reduce tension, improve mobility and enhance function. Relieves chronic pain, digestive issues, bloating, and structural imbalances. This is a true stress buster.

***Please note that 30 or 45 min treatments are only available if the therapist already has another booking.**

FOOT REFLEXOLOGY MASSAGE

45 min* €55 / 60 min €75

Foot reflexology has a relaxing effect and can release blockages throughout the body, allowing energy to flow freely.

MANUAL LYMPHDRAINAGE

60 min €85

Ideal for tired and swollen legs, fluid retention, post surgery, lymphedema.

AROMATHERAPY MASSAGE

60 min €80

This massage works with the help of essential oils, alleviating built up pain and stress in joints and muscles in the entire body.

KOBIDO FACIAL MASSAGE

60 min €90

Kobido is a Japanese, bioenergetic facial massage also called Facelift. It stimulates the blood circulation and tones the skin of the face. Relaxing for body and mind.

COUPLES MASSAGE (UPON AVAILABILITY)

CLASSIC MASSAGE 60 min	€65 P.P.
CLASSIC MASSAGE 90 min	€95 P.P.
DEEP TISSUE 60 min	€85 P.P.
DEEP TISSUE 90 min	€110 P.P.

PLEASE ALLOW 12 HOURS NOTICE IF YOU ARE UNABLE TO ATTEND YOUR APPOINTMENT. IN CASE OF SHORT NOTICE, YOUR TREATMENT WILL BE CHARGED.