



Home service massage BY: Nahomy Tayatzin Ramos Luna

Our main goal is to help you to forget the stress moment of the city and work enjoying a moment full of peace and tranquility; you can have full confidence that you will receive a quality service, ethical and profesional.

Menú

MASAGES


Massage	Pression	Velocity	Stretching	Price
Relaxing / Swedish	Gentle-medium	Slow	No	\$1100 1 HR or \$1550 90 min
Therapeutic	Medium- strong	Médium	Yes	\$1100 1 HR or \$1550 90 min
Deep tissue	Strong pressure	Slow	Yes	\$1100 1 HR or \$1550 90 min
Sport	Strong	Fast	Yes	\$1200 1 HR or \$1700 90 min
Prenatal	Soft	Slow	No	\$1100 1 HR or \$1550 90 min
Hot stones				\$1200 1HR or \$1600 90 min
Lymphatic drainage	Gentle	Slow	No	\$1100 1 HR or \$1550 90 min
<p>Luna massage : It consists of a combination of techniques (therapeutic, Deep tissue and hot stones using oils with analgesic and anti-inflammatory effects (arnica, rosemary, calendula, cinnamon, turmeric and black cumin). \$1200 1HR or 1700 90 min</p>				

FACIALS


Moisturizer. \$600 45-60 min

PACKAGES

- 1 HRA MASSAGE + CLAY MASK \$1300
 - 30 MINUTES FOOT MESSAGES + FULL BODY STRETCHES \$1000
 - 30 MINUTES BACK MASSAGE + 30 MIN FACIAL MASSAGE \$1200
 - 1 HRA MASSAGE + FACIAL \$1450
- IF YOU WANT TO GIVE YOUR PARTNER A SURPRISE LET US KNOW AND WE WILL HELP YOU

 [spa_by_nahomy](https://www.instagram.com/spa_by_nahomy)

 322 288 8447

 naodai_18@hotmail.com

From a US line: 011521 3222888447

ONLY HOME SERVICE



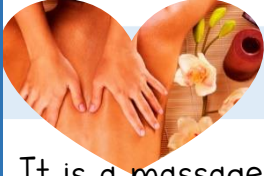
Pre service considerations

- ☯ Eat in moderation before the service and avoid alcoholic beverages .
- ☯ Try not to wear earrings, bracelets, rings, necklaces, watches or any other accessories.
- ☯ Sunburn can prevent you from having or enjoying your treatment.
- ☯ Pregnant women who want to take a massage minimum must be 3 months pregnant and have a healthy pregnancy in order to be cared for.





Description of services



Swedish/Relaxing massage:

It is a massage that eliminates accumulated tension, stimulates blood circulation, increases the production of endorphins, generating a state of comfort and relaxation.



Therapeutic massage

It is a compilation of different massage techniques that are intended to help in Muscular and musculoskeletal problems, facilitating the elimination of toxins, activating blood and lymphatic circulation and improving the supply of oxygen to the tissues



Deep Tissue / Decontracting

It is used to relax the muscles and dissolve contractures that are produced by stress, bad posture, lack of rest or a too sedentary life.



Sports massage

It is applied on the muscle groups involved in each sport or sports discipline, to optimize their tone, flexibility and performance.



Hot Stone Massage

The energy released by the stones, through appropriate manipulation and procedure, allows positive results, increases circulation, bringing the necessary nutrients to each cell, accelerating vital energy, oxygenating the body and reducing the level of stress.



 Luna Spa

Lymphatic drainage


It is a type of massage, soft and light that is applied on the circulatory system and which objective is to mobilize the fluids of the organism to favor the elimination of the waste substances that accumulate in the liquid that occupies the space between the cells. One of the main applications of lymphatic drainage is in fluid retention.



Prenatal massage

It is a therapy that focuses on the needs of the pregnant woman, acting as a therapy for the prevention and relief of discomforts that may appear during the gestation period.

Luna Spa

 [spa_by_nahomy](https://www.instagram.com/spa_by_nahomy)



322 288 8447



PayPal naodai_18@hotmail.com

From a US line: 011521 3222888447

ONLY HOME SERVICE