



ALMA IBIZA MASSAGE BY LYDIA MADERO

PROFESSIONAL MASSAGE, WELLNESS & BEAUTY SERVICES

5 PRIVATE & LUXURY MOBILE SERVICE*
HOME, VILLAS, YACHTS, HOTELS, RETREATS, EVENTS



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IMMERSE INTO THE LUXURY OF PERSONAL CARE

FROM A HOLISTIC VISION, WE BRING WELLNESS,
HEALTH AND PERSONAL CARE TO YOUR
EVERYDAY. *YOUR HEALTH CARE TO US.*

WHEREVER YOU ARE
WE TAKE CARE OF YOU

VISION & MISSION

ABOUT ALMA IBIZA MASSAGE



ALMA IBIZA MASSAGE is a company created by Lydia Madero, a professional masseuse, committed and dedicated to global well-being where the mission is to expand, with the help of qualified professionals in their sector who work and collaborate in our team, our work philosophy and values; and to be able to offer you different **services related to personal care and health**, putting emphasis on quality and professionalism, worrying about implementing the greatest comfort and well-being in your daily life, creating an exclusive and appropriate experience for you. We guide you and accompany you.

The main purpose is to offer a **5* private mobile spa service of personalized therapeutic massages and wellness services throughout the island of Ibiza, every day of the week, whenever you need. Our extensive team allows us to be immediately available.** We offer you a wide variety of therapies, massages, techniques and experiences without the need to leave home; performing our services at home, salon, events, villas, yachts, hotels and retreats. You don't have to worry about anything. We carefully organize everything for you, using high quality materials and products.

Furthermore, we care that you feel beautiful, so we have different **beauty services**, so that you can give it the care and importance that your skin deserves, and highlight your natural beauty.

Whether you are from the island of Ibiza or if you come to enjoy your holidays, contact us to organize your stay in a private and dedicated way and enjoy all our well-being services.

DISCOVER THE PERFECT BALANCE BETWEEN LUXURY AND WELL-BEING.

WHAT MAKES US SPECIAL

KNOW WHAT OUR CUSTOMERS SAY

SIR JOAN HOTEL | STANDARD HOTEL
EUROSTAR IBIZA | COLLABORATE
WITH US



PROFESSIONAL AND
HIGH QUALITY SERVICE



AVAILABILITY 24 HOURS
AND IMMEDIATE
AVAILABILITY



LARGE PROFESSIONAL
AND QUALIFIED TEAM

ABOUT OUR SERVICES



LUXURY MOBILE SERVICE

SERVICE AT HOME

VILLA SERVICE

YACHT SERVICE

ON BOARD SERVICE

EVENTS & RETRATS

HOTEL SERVICE

ON NATURE SERVICE

- ▶ PROFESSIONAL MASSAGE
- ▶ WELLNESS SERVICES
- ▶ BEAUTY SERVICES
- ▶ EXPERIENCES
- ▶ EVENTS



MASSAGES, THERAPIES AND BODY EXPERIENCES

CONSCIOUS TOUCH & PRESENCE



ALMA THERAPY

Comprehensive support where we work from the basis of applied and transgenerational kinesiology and other body, energy and emotional work techniques with the aim of finding the cause of the imbalance in our five planes, and thus being able to work on it, integrate it and heal. A way back to you.



ALMA MASSAGE - RELAX & HOLISTIC MASSAGE

A holistic and integrative massage where conscious listening to the body is the main ingredient. Meditation, breathwork, sound therapy and aromatherapy and an exclusive selection of massage techniques. Emotion, touch, energy and body.



DEEP TISSUE MASSAGE

Deep tissue and myofascial massage focused on releasing tension and finding the cause of pain, working in depth on the connective tissue and muscle chains. Helps release stiffness and promotes flexibility. Different essential oils are applied to help relieve inflammation.



SPORT MASSAGE

Focused on treating injuries and improving physical performance in athletes and people who practice sports activities. It focuses on prevention and rehabilitation, as well as improving flexibility, circulation and muscle recovery.



TRADITIONAL THAI MASSAGE

Traditional Thai massage is based on the belief that the body is made up of meridians and Sen lines through which our vital energy flows. For this reason, it works through pressure and stretching, acting on specific points, being a massage that seeks both physical, energetic and emotional balance. You work in loose clothing, on a futon.



ACUPUNCTURE & MOXA

Acupuncture for pain is a technique born from TCM, where a series of points located on the face, navel, ankles and wrists are meticulously selected (holographically), in order to treat any ailment or imbalance in our channels. energetics, and therefore, in our five planes.



CRANIOSACRAL MASSAGE

Manual therapy focused on the cranio-sacral system. It is used to release restrictions and promote balance in this area, which includes the skull, spine and sacrum. Gentle and subtle maneuvers are used to relieve tension and improve the functioning of the central nervous system.



WOOD THERAPY AND BRAZILIAN SHAPING DRAINAGE

Fusion of two non-invasive and non-painful techniques, indicated for those people who need to improve their blood circulation, relieve heaviness and tired legs, promote the elimination of fluid retention, also acting against cellulite, improving the quality of the skin. You can work the entire body or in a localized way.



DEEP TISSUE MASSAGE & STRETCHINGS

We help and accompany you to become aware of your physical body. Working on biomechanics and anatomy for movement, thus adapting the therapeutic exercises and stretches that your body needs to regain its balance.



LOMI LOMI MASSAGE

Traditional Hawaiian massage is a type of massage that evokes a dance where rhythmic, fluid, and ritual movements are used to promote relaxation and well-being. It is characterized by the use of the hands, forearms and elbows to apply pressure and perform long, continuous movements on the body.



FOOT REFLEXOLOGY

In our feet there is a map where the imbalances of our physical body are reflected. In reflexology we apply pressure and a gentle massage to different points that reflect both our organs and our musculoskeletal system, seeking stimulation and reflex release.



OSTEOPATHY

Structural, cranio-sacral and visceral osteopathy. Global body work where the focus is on finding the cause of the imbalance and your treatment.



HAMMAM EXPERIENCE

*Suitable for services where a sauna is available. The Hammam Exfoliation with Sauna is an exquisite wellness ritual that combines the tradition of the hammam with the relaxing benefits of the sauna. Exfoliation with specific products, use of sauna and deep hydration during a relaxing massage.



RELAX MASSAGE

Let yourself be pampered by our expert hands. A relaxing massage goes far beyond releasing tension. The relaxing massage acts on the emotional and energetic body. Accompanied by aromatherapy and an exclusive selection of massage techniques, it will envelop your skin to achieve a state of deep relaxation and rest.



KOBIDO & FACIAL MASSAGES

Kobido facial massage is a refined Japanese technique that seeks to restore facial balance through gentle and precise movements. Based on ancient traditions, it improves blood and lymph circulation, promoting deep relaxation and revitalization of the skin.



CUPPING

Relieving massage accompanied by cupping, in order to relieve muscle tension, activate blood circulation, eliminate toxins and metabolic waste, promoting a general feeling of well-being.

- CARD PAYMENTS CARRY AN **ADDITIONAL COST OF 21% VAT.**
- RESERVATIONS FOR GROUPS, EVENTS, OR RETREATS, **MUST PAY 50% OF THE COST AT THE TIME OF RESERVATION.**
- RESERVATIONS WITH A MINIMUM OF **2 HOURS IN ADVANCE.**
- CANCELLATION POLICY: IF THE PROFESSIONAL HAS ATTENDED THE RESERVATION PLACE, AND THE CUSTOMER REJECTS THE SERVICE, THEY MUST PAY **100% OF THE COST OF THE SERVICE.**
- **WELLNESS & BEAUTY SERVICES:** +9PM THE SERVICES WILL HAVE AN ADDITIONAL COST TO THEIR USUAL PRICE OF 30% PER NIGHT
- AVAILABLE MASSAGE SERVICE FOR **FULL DAY AND HALF DAY:**





**WE CREATE EXPERIENCES FOR
YOUR SOUL
WE CREATE EMOTIONS**

IN OUR TEAM WE ARE DEDICATED TO CREATING **LUXURY EVENTS** AND **EXPERIENCES** DESIGNED EXCLUSIVELY FOR YOUR COMPREHENSIVE WELL-BEING. WE TAKE CARE OF EVERY DETAIL SO THAT YOU CAN ENJOY UNIQUE MOMENTS THAT ALLOW YOU TO RELAX AND CONNECT WITH YOURSELF HERE AND NOW. OUR GOAL IS TO PROVIDE YOU WITH EXCEPTIONAL SERVICE THAT ELEVATES YOUR QUALITY OF LIFE AND MAKES YOU FEEL SPECIAL AT ALL TIMES.

YOU CAN CHOOSE ONE OF OUR EXPERIENCE PACKS OR CREATE YOUR OWN
LET YOURSELF BE PAMPERED BY US!



CARE EXPERIENCE

Care experience is designed for you to enjoy yourself or to give as a gift to someone special to you. It is an experience that lasts 4 hours where you will enjoy different self-care and well-being tools and techniques in order to take care of each part of you.

OUR PLAN INCLUDES:

Personalized Yoga class. Conscious breathing and meditation

You can choose different styles that suit you:

[Hatha Yoga](#) | [Vinyasa Yoga](#) | [Yin Yoga](#) | [Yoga Nidra](#)

After finishing your yoga practice, you can also enjoy a personalized Sonotherapy session, a sound bath where different instruments with high vibrational frequencies will be used to heal from the inside out with the power of sound and vibration.

Holistic and integrative massage | ALMA MASSAGE

90 minutes holistic massage session. Conscious touch & presence. An experience created after a fusion of oriental techniques, Californian massage and lomi lomi and conscious listening to what your body needs here and now; accompanied by aromatherapy and energy and body work techniques.

Kobido

Kobido facial massage or organic facial cleansing accompanied by a tanaka draining massage. We use the best products chosen for your skin type and we teach you how to take care of it and become aware of the importance of its care so that you look the way you deserve.



SOUND EXPERIENCE

Give yourself a healing experience, connecting with yourself through the sounds of Tibetan bowls and other high-vibration instruments.

Allow yourself to feel and enjoy this journey into yourself.

We offer you different options so you can enter the wonderful world of high vibration sound.

SOUND EXPERIENCE INCLUDES:

ALMA massage of 60 or 90 minutes accompanied by sound healing.

High vibration instruments will accompany you throughout the entire process.

A massage where touch, caress, subtlety, humility and sound will embrace your soul.

ANOTHER OPTIONS FOR U:

Individual sound therapy.

Where the session will be solely and exclusively for you. Working with the instruments and accompanying you in this healing process.

Treating disorders of lack of energy, causing lethargy, lack of motivation or excess energy as a source of anxiety, irritability, or hyperactivity.

Sound baths, in groups or individually.

Concert of Tibetan bowls and other instruments focused on generating calm, tranquility and physical and subtle balance.

Individual or group yoga class.

Where we will end with a relaxation where the sounds and instruments will be the protagonists. Finishing in shavasana, after listening to your body through yoga, with the high vibration that these instruments emit is a gift for you.

PRICES TO CONSULT*

BODYWORK EXPERIENCE

GLOBAL BODY TRAINING.

In this two-hour experience exclusively designed for you and your well-being, you will be able to work on your physical, energetic and emotional condition, looking at them as a whole that is interconnected; providing conscious attention to all areas that need care and respect

You can choose between:

- **Yoga**
- **Pilates**
- **Functional training focused on anatomy for movement and biomechanics.**

You will thus learn conscious breathing techniques (respiratory kinetics), to work in synergy with your pelvic floor and diaphragm, to be able to integrate and learn to use your own internal and external loads. Adapted to people with pathologies and pregnant women (during and after)

Ending with a Breathwork session and personalized meditation





WE BRING EMOTIONS TO YOUR **EVENTS**

AT ALMA IBIZA MASSAGE, WE CREATE YOUR EVENT OR WE HELP YOU CREATE YOURS, PROVIDING THE BEST EXPERIENCE WITH ALL OUR WELLNESS SERVICES.

EVENTS



WITH ALMA IBIZA MASSAGE, WE BRING RELAXATION TO YOUR EVENTS SO THAT THEY ARE TRULY EXCLUSIVE.

WE HAVE A GREAT TEAM OF HIGHLY TRAINED **MASSAGE THERAPISTS AND WELLNESS AND BEAUTY PROFESSIONALS** WHO WILL BE IN CHARGE OF PROVIDING YOU WITH A UNIQUE AND REVITALIZING EXPERIENCE.

WHETHER YOU ARE HOSTING A **PARTY, RETREAT, BIRTHDAY, OR ANY OTHER TYPE OF EVENT, OUR TEAM WILL BE THERE TO PAMPER YOUR GUESTS AND MAKE SURE THEY FEEL REFRESHED.**

LET US ADD THAT SPECIAL TOUCH TO YOUR EVENT AND CREATE AN UNFORGETTABLE MOMENT!



WELLNESS SERVICES

BRING WELL-BEING TO YOUR LIFE.

INDIVIDUAL SERVICES, IN COUPLE OR GROUPS



PERSONAL TRAINER

A home personal trainer offers personalized physical training services in the client's home. This includes an initial assessment to establish goals and fitness, design of exercise programs tailored to individual needs, guided training with an emphasis on technique and motivation, nutritional and lifestyle counseling, and regular follow-up to adjust the program and maintain fitness. customer motivation.



YOGA | HATHA - VINYASA - YIN YOGA - SUPYOGA - YOGA NIDRA

Yoga for all levels. Our yoga teachers offer different types of this discipline. Their classes are adapted to the individual needs and pathologies of the client. The teacher brings all the necessary material with him.



PILATES

A Pilates teacher at home offers a personalized service that includes an initial evaluation to understand the client's needs, the design of sessions adapted to their goals and physical condition, teaching Pilates with emphasis on technique and body alignment, the progressive adaptation of sessions based on client progress and ongoing support to maintain motivation and consistency towards fitness and wellness goals.



MEDITATION - BREATHWORK

Both meditation and conscious breathing provide a number of benefits, including reducing stress, improving concentration, promoting emotional well-being, improving physical health by strengthening the immune and cardiovascular systems, and encouraging greater body awareness. which improves posture and relieves pain, facilitating a closer connection between mind and body.



BEAUTY SERVICES

HIGHLIGHT YOUR NATURAL BEAUTY



MAKE UP

DAY MAKE UP

NIGHT MAKE UP



WAXING



HAIRDRESSER & BARBER



EYEBROW DESIGN



MANICURE & PEDICURE

Classic manicure

Classic pedicure

Shellac manicure

Remove shellac

Shellac pedicure

Renew pedicure shellac

New gel nails

Gel nail filler

Renew gel nails

French



EYELASHES

A close-up photograph of a woman's face, looking slightly to the right. Her skin is clear and glowing. Three hands wearing white latex gloves are gently touching her face: one on her forehead, one on her cheek, and one near her chin. The background is a soft, light blue-grey.

ADVANCED AESTHETICS AND DERMOAESTHETICS

IN COLLABORATION WITH "CLÍNICA LAURA FERNÁNDEZ"

CUSTOM PROTOCOL

A personalized treatment adapted to the specific needs of each patient and carried out with highly effective products, following the SkinCeuticals philosophy: Prevent, Correct and Protect.

SKINCEUTICALS TREATMENTS:

DETOXIFYING FACIAL HYGIENE PROTOCOL

Ideal treatment for skin that needs deep hygiene and that has enlarged pores, roughness or dull tone.

This protocol offers different types of exfoliation, which improve the texture and luminosity of the skin.



INTENSIVE HYDRATION PROTOCOL

Treatment indicated for skin with signs of dehydration such as fine wrinkles, peeling or a feeling of tightness.

SKINCEUTICALS TREATMENTS:



SOOTHING PROTOCOL FOR REACTIVE SKIN

Treatment recommended to calm the most reactive skin, which may present redness, itching, a burning sensation and other characteristic annoying signs.

Highly recommended for sensitive or sensitized skin after sun exposure or the application of medical-aesthetic treatments.

60 min - €230



MENS FACE DETOX

We prepare the skin with a double exfoliation to eliminate toxins and dead cells, extract impurities, and then apply a massage and personalized mask.

60 min - €230

WE HAVE OTHER ADVANCED AESTHETIC FACIAL TREATMENTS AND MEDICAL TREATMENTS AVAILABLE, IN CLINIC. ASK US

FACE LIFT FACIAL

▶ **WOOD THERAPY COMBINED WITH FIRMING MASSAGE AND LINFATHIC DRAINAGE**

Facial wood therapy stimulates fibroblasts, which are responsible for generating collagen and elastin, accelerating the rejuvenation process and combating sagging.

▶ **LINFATHIC DRAINAGE MASSAGE**

Decongests the blood system to allow the lymph nodes to purify lymph, detoxifies, calms, provides oxygen and reduces inflammation.

OTHER TREATMENTS

▶ **RED LIGHT THERAPY**

Improves the appearance of fine lines and wrinkles, reduces acne, increases collagen production, reduces redness

▶ **MICRONEEDLING WITH VITAMINS**

Reduces the viability of wrinkles, Combines the stimulation of collagen and elastin production in the skin with the benefits of the direct application of vitamins and amino acids



PRESSOTHERAPY

Eliminates fats and toxins

Eliminates and reduces cellulite Improves
varicose veins

Eliminates fluid retention

Treats edema and lymphoedema

Post liposuction treatment or surgeries



EPIGENETIC TEST

Can you imagine being able to know exactly
how your lifestyle habits affect your health?

With a simple sample of your hair, it is possible
to obtain information on more than 90
parameters of your health. Discover if you have
any deficiencies or if any factors in your
environment are affecting your well-being.

**WE HAVE OTHER ADVANCED AESTHETIC FACIAL TREATMENTS AND MEDICAL
TREATMENTS AVAILABLE, IN CLINIC. ASK US**



ADDITIONAL SERVICES **CONCIERGE SERVICES**

At Alma Ibiza Massage we present our collaboration with different highly prestigious service companies in Ibiza.

It allows us to offer you a comprehensive package of concierge services, villa rental and sale, boat rental, event organization, private driver...
All designed to make your visit to Ibiza a unique, safe and highest quality experience.

We are here to ensure that every detail of your stay is unforgettable and lives up to your expectations.



CONCIERGE SERVICES

- **Lifestyle management:** Rent a home or Buy a home
- **Private fly**
- **Yacht brokerage**
- **Driver service:** 4 hours, 8 hours, 12 hours and 24 hours. Private transfer service to or from the airport.
- **Concierge services:**
 - Vip club reservations
 - Restaurants bookings
 - Private driver
 - Private security
 - Private chef
 - Home staff
 - Event planner
 - Personal assistant
 - Babysitter



DON'T WAIT ANY LONGER TO TRY AN EXPERIENCE AT
ALMA IBIZA MASSAGE!