



SUSANA BALBO WINEMAKER'S HOUSE & SPA SUITES

BATH MENU

SB - BATH MENU

Inspired by the healing benefits of warm water, it offers the body a deep sense of wellness, in combination with essential oils based on its active ingredients and aromatherapy.

Aromatherapy is a healing science, which through the use of essential oils seeks to balance the mind, body and emotions. The benefits of essential oils go beyond relaxation, eliminate stress, but also improve the appearance of the skin, reduce anxiety, counteract insomnia, increase defenses and relieve body pain.



RESTORATIVE - 20 MIN

Designed to calm the mind and restore balance to body and spirit as a whole.

Immersion in a tub based on salts and local herbs from our garden:

- Lavender (calming, relaxing, balancing)*
- Thyme (anti-inflammatory, pain reliever)*

PURIFYING - 20 min

Designed to detoxify the body of harmful agents and heal the soul.

Immersion in a tub based on salts and local herbs from our garden:

- Lavender (calming, relaxing, balancing)*
- Rosemary (antioxidant, antiseptic) gives with the aim of soothing the body and restoring freedom of movement.*

