

Reservations & Curated Wellness Experiences

This exclusive in-villa spa menu has been thoughtfully created to offer moments of profound relaxation and elevated wellness, enjoyed in the privacy and comfort of your villa. Each treatment is delivered with the highest level of care, discretion, and attention to detail.

Guests wishing to explore additional therapies or indulge in a more immersive spa journey are invited to discover the complete Bath House Spa menu at Acro Suites - A Wellbeing Resort, and to arrange a bespoke appointment at the spa, subject to availability.

For reservations or personalised assistance, the Bath House team at Acro Suites remains entirely at your disposal, dedicated to curating an exceptional wellness experience.

the
TIERRAS
BY MICRON HOTELS



A PRIVATE RITUAL OF RESTORATION, OFFERED
IN THE PRIVACY OF YOUR VILLA TERRACE

SIGNATURE BODY RITUALS

Rízoma | Grounding Massage Ritual 60' | 160€

A deeply grounding full-body massage combining fluid, rhythmic movements with refined therapeutic techniques. Designed to release tension, calm the nervous system, and restore balance, this ritual encourages circulation, clarity, and a sense of quiet renewal.

Ámbaros | Radiance Revive Ritual 50' | 150€

A warming candle massage using aromatic amber wax that melts into a nourishing oil. Slow, circular movements ease muscular tension while enveloping the body in warmth, leaving the skin soft, luminous, and deeply relaxed.

Katársīs | Ritual of Depth & Release 30' | 100€ - 60' | 180€

A targeted therapeutic massage focused on deep muscular release. Through firm pressure and trigger-point techniques, this ritual relieves chronic tension, restores mobility, and reawakens energy flow. Recommended after physical activity or periods of fatigue.

THERAPEUTIC & RESTORATIVE TREATMENTS

Aeirō | Lymphatic Drainage Massage 30' | 70€ - 60' | 160€

A gentle, rhythmic massage designed to stimulate lymphatic and blood circulation. Supports detoxification, reduces fluid retention and swelling, and promotes overall vitality using carefully selected detoxifying oils.

Isórrhopīa | Purifying Massage Ritual 60' | 210€ - 90' | 315€

A slow, deeply calming ritual that supports detoxification and internal balance. Using light-pressure lymphatic techniques, this massage encourages the natural flow of lymph, helping to clear congestion, ease the body, and quiet the mind.

NURTURING EXPERIENCES

Mother-to-Be Massage 50' | 150€

A gentle, comforting massage designed to support the body during pregnancy. Using safe, nourishing oils and mindful touch, this treatment eases tension, hydrates the skin, and promotes deep relaxation.

ANCIENT HEALING TRADITIONS

Ayurvedic Massage 60' | 180€

A traditional Indian therapy using warm herbal oils to nourish the skin, stimulate circulation, and restore harmony. Offered as a full-body ritual or focused work on specific areas, tailored to individual needs.

Thai Massage 60' | 180€

An energizing treatment combining assisted stretching, pressure, and breath awareness. Performed with or without oil, this ritual improves flexibility, circulation, and energetic balance. Not recommended for guests with certain medical conditions.

MOVEMENT & MINDFULNESS

Sound Bath 60' | 180€

A meditative experience using sound frequencies and singing bowls to promote deep relaxation and energetic alignment. Ideal for stress release, emotional balance, and inner stillness.

Personal Yoga Session 60' | 80€

Enjoy a fully personalized yoga experience tailored to your needs and level. Through guided breathing techniques, flexibility exercises, and strengthening movements, this session aims to improve physical condition, reduce stress, and enhance inner balance. Ideal for both beginners and advanced practitioners, in a calm and private setting designed to promote relaxation and focus.

Personal Pilates Mat Session 60' | 70€

Experience a personalized Pilates session designed to strengthen your body, improve posture, and enhance core stability. Through controlled movements and focused breathing techniques, this session helps increase flexibility, tone muscles, and promote overall body alignment. Suitable for all levels, from beginners to advanced, in a calm and private setting that supports concentration and well-being.

APPOINTMENTS & PRIVATE RITUALS

All treatments are offered in the privacy of your villa terrace. To reserve a personalized ritual or explore bespoke experiences, please contact our team, who will be delighted to curate a treatment tailored to your needs.