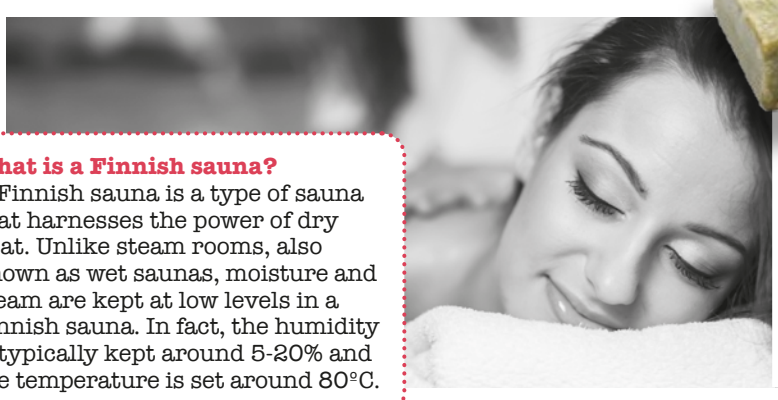
VERSION 2025 #02

VILLA con migo bed & breakfast

wellness & fitness

information and rates 2025



What is a Finnish sauna?
A Finnish sauna is a type of sauna that harnesses the power of dry heat. Unlike steam rooms, also known as wet saunas, moisture and steam are kept at low levels in a Finnish sauna. In fact, the humidity is typically kept around 5-20% and the temperature is set around 80°C.

Finnish sauna

Reveal yourself and enjoy our Finnish sauna with sauna scent of your choice

+ 2 hours use of the Finnish sauna
+ Sauna scent of your choice
+ Bottle of water + use of sauna towel(s)

SAUNA FINLANDESA
Relájese y disfrute de nuestra sauna Finlandesa con la fragancia de sauna que prefiera. El paquete incluye:
+ 2 horas de uso de la sauna Finlandesa
+ Fragancia de sauna de tu elección
+ Botella de agua + uso de toalla(s) de sauna

FINSE SAUNA
Ontspan en geniet van onze Finse sauna met de saunageur naar keuze. Het saunapakket bestaat uit:
+ 2 uur gebruik van de Finse sauna
+ Saunageur naar keuze
+ Flesje water + gebruik van sauna handdoeken

For 1 - 2 persons / personas
Sauna for 2 hours ..... € 25.00

GOOD TO KNOW
The sauna is available daily between 11 AM and 10 PM. Each additional hour or person is **€ 10,00**

Reservation required - Rates subject to change
Se requiere reserva previa - Tarifas sujetas a cambios
Reserveren noodzakelijk - Tarieven onder voorbehoud

Hot tub, fitness & swimming pool

A day of relaxation

Feel the warmth of the Spanish sun on our sun terrace and read a book. Take a refreshing swim in the large swimming pool or enjoy the jacuzzi whilst zipping a cold drink. The hot tub, fitness and swimming pool are free of charge for our guests. Before you enter the hot tub and swimming pool please have a shower. ***IMPORTANT: When the robot is in the pool, it is not allowed to enter the pool.***

BAÑERA DE HIDROMASAJE, GIMNASIO Y PISCINA
Siente el calor del sol en la terraza y lee un libro. Tome un refrescante baño en la piscina o disfrute del jacuzzi mientras toma una bebida fría. Nuestro Bañera de hidromasaje, la piscina y gimnasio son gratuitos para nuestros huéspedes. Antes de entrar en bañera de hidromasaje y la piscina le pedimos que se duche. ***Cuando el robot está en la piscina, no se le permite entrar a la piscina.***

BUBBELBAD, FITNESS & ZWEMBAD
Voel de warmte van de Spaanse zon op het zonneterras en lees een boek. Neem een verfrissende duik in het grote zwembad of geniet van de jacuzzi onder het genot van een koud drankje. Het gebruik van het bubbelbad, fitness en zwembad is gratis voor onze gasten. Voordat je het zwembad en het bubbelbad in gaat vragen wij je te douchen. ***BELANGRIJK: Het betreden van het zwembad is niet toegestaan wanneer de robot zich in het zwembad bevindt.***

Massage

Unwind and enjoy a wonderful relaxing massage in the villa

Completely tailored to your needs or for pure relaxation. Ask us about the options and make your reservation. Our masseurs speak English and Dutch. Reservation is required.

MASAJE: Relájate y disfruta de un maravilloso masaje relajante en la villa, completamente adaptado a tus necesidades o para pura relajación. Pregúntanos sobre las opciones y haz tu reserva. Se requiere reserva.

MASSAGE: Ontspan en geniet van een heerlijk ontspannende massage in de villa, volledig afgestemd op jouw wensen of voor pure ontspanning. Vraag ons naar de opties en maak je reservering. Onze masseurs spreken Engels en Nederlands. Het is nodig om te reserveren.

NOTE: Please discuss your preferences with our skilled masseurs, Kim or John. A customized massage, tailored to your specific needs, is their preferred approach to ensuring the best possible experience for you. This may also include a combination of the options listed below.

Relaxation massage
Just a moment for yourself. A relaxation massage has a calming effect because it uses gentle strokes. For complaints such as stress, tension, fatigue, or muscle pain, it can be a solution for you. Even without complaints, you can experience a wonderful relaxing massage and boost your immune system. Enjoy a full body massage for 60 minutes, where falling asleep is no exception.

Stress relief
This is a combination of relaxation, sport, and deep tissue massage. Smooth massage techniques will be used to relieve tension and warm up the muscle tissue. Then, deeper work will be performed on the muscles with a firm pressure to help relieve stress that has built up in the muscle. This process helps to relieve adhesions and other muscular tension.

Sports massage
A sports massage involves a firm massage, loosening underlying tissue and removing knots from your muscles. During a sports massage, the capillaries in the skin and muscles open further, causing a clear increase in blood flow.

Medical taping
Medical Taping is a taping technique used to support injury/trauma treatment. The elastic tape supports the muscular system without restricting movement.

Deep tissue massage
This massage targets muscle knots and stiffness, often caused by poor posture, stress, or prolonged tension. These issues can restrict blood and oxygen flow. The massage uses firm pressure with knuckles, fists, and elbows to release tension and restore balance by improving circulation. Note that soreness and muscle pain may occur afterwards, which is a normal response to the tissue work done. Your body's self- healing capacity is activated immediately after the treatment.

Energetic massage
The mind and body are interconnected; what affects one, affects the other. Energetic massage works on the body's energy flow and self-healing capacity. Emotions and pain can block or stagnate this flow. During the massage, you connect inwardly, experiencing what you need in the moment. Soft and deep techniques activate the parasympathetic nervous system, promoting rest and recovery.

Trigger point reset
Trigger Point Reset is a technique used to treat muscle spasms and stiff muscles by "triggering" them. Trigger points cause pain that radiates to other areas of the body. The therapist identifies the source and ensures that both the source and the referred pain are resolved.

Cupping therapy
Cupping is effective both physically and mentally. Emotional blockages can cause the connective tissue to become sticky, leading to tension, stress, and various ailments. Cupping helps detoxify the body, boosting energy and reducing inflammation. Using glass or silicone cups, the therapist applies suction, increasing blood, oxygen, and energy flow to the tissue. Redness may appear, with darker spots indicating waste buildup and the body's detox process.

STANDARD massage by Carolina
Relaxation massage
60 minutes* ..... € 65.00
**For two or more massages of 60 minutes, the rate is € 60,00*

LUXURIOUS massage by Kim
Relaxation, deep tissue massage, sports, energetic massage, cupping therapy & customized options
60 minutes ..... € 80.00

LUXURIOUS massage by John
Relaxation, stress relieve, deep tissue, trigger point reset, medical taping & customized options
60 minutes ..... € 80.00

Rates subject to change.
You pay for the massage in cash to Villa CONMIGO, as it is not possible to pay with a debit or credit card.

Villa CONMIGO bed & breakfast is a brand of BARTOLO Andalucia S.L. and registered as an official accommodation at the Junta de Andalucia Consejeria de Turismo, Comercio y Deporte under number CR/MA/00758.

The rates shown are subject to change.

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