

MASSAGES & RITUALS



**embody
emotions**

www.embodyemotions.com
Vilafranca del Penedès
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Release stress
Revitalize your senses
Pamper your soul

NAMASTÉ

A pause for inner peace

Welcome to a journey of unique sensations!

At Embody Emotions Holistic BioWellness, we offer massages that go beyond the surface, combining body, heart, and soul, with you at the center of it all. Our signature Californian Massage blends Gestalt therapy, conscious touch, energy, and presence to help you reconnect with your body in a fulfilling and meaningful way.

We enhance your well-being with techniques like Aromatherapy, Reiki, and Reflexology, creating a profoundly relaxing and healing experience. Before we begin, we take a moment to get to know you better because every detail matters to us.

Our treatments use bio and natural, toxin-free products, offering an experience in harmony with nature.

Are you ready to discover a new dimension of wellness?

Regina Carbó Alemany
Founder



MASSAGES

- **Body**
- **Mystics**
- **Face treatment**
- **Feet**
- **Couples**
- **Ritual**
- **Pregnancy**

The image features a light gray background with several pink rose petals scattered across it. A large, white, semi-circular shape is positioned in the upper left quadrant, serving as a backdrop for the text. The petals are in various stages of bloom, with some showing the delicate texture of the petals and others appearing as simple pink shapes. The overall aesthetic is soft and romantic.

Body Massages



RELAXING CALIFORNIAN

A balm for the soul

When the outside world feels overwhelming, this massage is your refuge.

Like the ocean waves, the Californian massage's flowing movements envelop you in a state of total tranquility.

The essential oils of lavender and vetiver help soothe your emotions, dissolve stress, and restore a sense of inner harmony.

Relaxing Californian Massage 75'

75€

Relaxing Californian massage + feet/face 90'

90€



DECONTRACTING CALIFORNIAN

Deep and revitalizing release

Feel the relief as each accumulated tension melts away through firm, precise movements. Ideal for those who need to release deep-seated tightness and regain flexibility, this massage combines deep techniques with the refreshing energy of peppermint and rosemary essential oils.

You'll leave feeling renewed, with your body revitalized and filled with energy.

Decontracting C. Masage 75' 75€

Decontracting C. Massage + feet/face 90' 90€



FIRMING CALIFORNIAN

Rediscover beauty and vitality

This is not just a massage; it's a revitalizing experience for your skin.

Essential oils of myrrh and basil activate your senses while toning and restoring skin firmness.

Imagine leaving with radiant, firmer skin, feeling rejuvenated as each movement reconnects you with your inner beauty.

Firming C. Massage 75'

75€

Firming C. Massage + feet/face 90'

90€

ANTI-CELLULITE CALIFORNIAN

Drain, detoxify, and transform

For smoother, firmer skin, this massage is the one for you.

With essential oils of lemon and geranium, this treatment combines the power of the Californian massage with wood therapy, targeting areas affected by cellulite.

Feel your body detoxify as your skin regains its natural glow and freshness.

Anti-Cellulite C. Massage 75' **75€**

Anti-Cellulite C. Massage+ feet/face 90' **90€**

COMPLETE 360° MASSAGE

Pure indulgence for body and mind

When you deserve it all, the Complete Massage is the perfect gift for yourself. Enjoy 65 minutes of a customized Californian massage decontracting, relaxing, or firming, according to your needs.

Next, treat yourself to 15 minutes of revitalizing foot massage that boosts circulation and relieves foot fatigue.

Finally, part of the Essence of Vine facial treatment will bring brightness and freshness to your face. Leave feeling renewed, relaxed, and energized.

Complete 360° Massage 90' 95€

Mystic Massages





MYSTIC BALANCE MASSAGE

Energetic harmony with minerals and quartz

Experience a unique fusion of massage and energy with the Mystic Balance.

After 75 minutes of your chosen Californian Massage, enjoy 15 minutes of energy rebalancing with strategically placed minerals on your chakras and the use of a quartz pendulum.

You'll feel muscle tension melt away as energy flows freely, bringing serenity and harmony to your body and spirit. Ideal for deep inner connection.

Mystic Balance Massage 90' 90€

MYSTIC HARMONY MASSAGE

Deep peace with a spiritual touch

If you need to fully disconnect from the outside world, this massage is for you.

Enjoy 75 minutes of Relaxing Californian Massage, followed by 15 minutes of Reiki, an energy practice that balances and restores your body's energy flow.

By the end of the session, you'll feel deeply at peace, with a renewed spiritual connection and a lasting sense of calm.

Mystic Harmony Massage 90' 90€

MYSTIC FLOW MASSAGE

When the vibration opens everything, the body lets go

Mystic Flow begins with a sound bath with gongs and Tibetan bowls that invites you to cross the threshold between the outside world and your inner world. The vibrations gently penetrate your body, breaking down subtle stiffness and creating the ideal space to receive the massage from a deep presence.

With an open energy field and a clearer mind, you enter a Californian massage that accompanies this opening with fluid, slow and integrating movements.

A ritual, deep and restorative session ideal if you need to loosen control, listen to yourself and re-inhabit your body from pleasure and awareness.

Mystic Flow Massage 90' 90€

MYSTIC RELEASE MASSAGE

Free your body, open your mind, turn on your light

Mystic Release combines the sweetness and depth of Californian massage with the liberating power of the Access Consciousness Bars. A transformative journey that works on both the physical and mental and energetic levels.

First, your body relaxes and gets rid of accumulated tensions with a massage that caresses the soul. And then, through specific energy points on the head (the “bars”), you disconnect limiting beliefs, judgments and unconscious patterns that keep you stuck.

A powerful session to release what no longer serves you and open space for your truth. Ideal for people looking for a life change, to ease the mind and to emotionally unblock themselves.

Mystic Release Massage 90' 90€

A background image featuring several white tulips with green stems and leaves, resting on a light-colored wooden surface with a visible grain. A semi-transparent grey circle is positioned in the upper-left quadrant, containing the text 'Face Massage' in a black script font.

Face Massage

ESSENCE OF VINEYARD FACIAL TREATMENT

Freshness and vitality for your face

The antioxidant and regenerative power of grapes combines with a relaxing facial massage to nourish your skin and bring radiance.

This treatment cleanses, exfoliates, hydrates, and renews your complexion, while hydrosols of witch hazel or frankincense calm and purify, leaving an incomparable feeling of freshness.

Your skin will glow with life.

Essence of Vineyard Facial Treatment 50'

55€



The image features a soft-focus background of pink orchids with delicate veining on their petals. A large, white, semi-transparent circle is positioned in the upper-left quadrant, serving as a backdrop for the text. The overall aesthetic is gentle and elegant.

Feed Massage

ROOTS MASSAGE

Ground yourself, find balance

Your feet are the foundation of your body, and this massage gives them the attention they deserve.

Through reflexology and other techniques, this massage releases accumulated tension and stimulates reflex points connected to your entire body.

Feel your health and well-being improve from the ground up, with a deep sense of lightness and balance.

Roots massage 45'

45€

METAMORPHIC MASSAGE

A subtle yet profound transformation

This massage is a journey inward, releasing deep-seated tensions and allowing your vital energy to flow freely.

With 45 minutes of reflexology on the feet and 10 minutes of metamorphic techniques, this experience helps you let go of emotional trauma and accumulated stress.

It finishes with 5 minutes of Reiki, bringing a sense of peace and inner harmony.

Metamorphic massage 55' 55€

The image features a white semi-circle in the upper left quadrant. To its left, a cluster of vibrant pink roses is partially visible. Scattered across the white background are several individual pink rose petals. The text 'Couple Massage' is written in a black, elegant script font within the white semi-circle.

Couple Massage

COMPLICITY MASSAGE

Shared connection and wellness for couples

Share a unique moment with your partner with this massage, designed to harmonize your energies.

Each partner enjoys a personalized Californian massage, creating an intimate and serene space where you can connect on a deeper level.

A gift for the soul that strengthens your emotional bond, leaving you feeling more connected.

Complicity Massage 90' 185€

*Pregnancy
Massage*





SWEET EXPECTATION MASSAGE

Nurture yourself and your baby

Pregnancy is a sacred time, and the Sweet Expectation Massage is designed to care for both mother and baby.

With gentle, fluid movements, this massage relieves muscle tension, improves circulation, and reduces swelling, providing a moment of peace and serenity for mother and child.

Connect with your sweet expectation and savor this unique moment.

Sweet expectation massage 75' 75€

Sweet expectation massage+ podal/facial 90' 90€

Ritual





INFINITY RITUAL

Connect with the infinity of your being and your divine essence

Treat yourself to a moment to connect with your infinite essence.

This ritual begins with a floral hydrosol bath, followed by a gentle Californian massage that soothes your soul, and finishes with a revitalizing facial treatment and a foot massage that reawakens every part of your body.

Feel the energy flow freely, leaving you in a state of peace and fulfillment.

Infinity Ritual 120' 140€

GIFT CARDS

Give the gift of an experience that leaves a mark

Any of our massages can be turned into a unique and meaningful **gift** with Embody Emotions gift cards.

We **personalize** the experience with the person's **name** and, if you wish, add a special **dedication** that connects with the **heart**.

Contact us for more information

A background image of several pink orchids with white and pink petals, some in full bloom and some as buds, set against a light, textured background.

*Thank you for
your trust!*

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