finca Paraiso Monturrio
Your Personal Resort

Therapy Price List (status: 01.10.2026)

Offers Applications

Partial massage (40 mins)	55.00 euros
Full-body massage (80 mins)	95.00 euros
Spa Aromatherapy Oil (80 mins)	95.00 euros
Acupuncture massage according to Penzel (50 mins):	75.00 euros
Volcanic Massage	95.00 euros
Aromatherapy massages	95.00 euros
Canarian Hot Stone Massage (90 mins)	120.00 euros
Foot reflexology (45 mins)	60.00 euros
Releasing blockages – emotional blockages (1 session)	50.00 euros
Mental coaching the quantum-method by Joe Dispenza:	on request

Spa / Wellness Offers

Sauna (3 hours)	pro person	25.00 euros
Steam bath (hammam)	pro person	25.00 euros
Victorian bath		25.00 euros
Ice bath with breathing exercises (45 mins)		60.00 euros
Personal Training (one-off induction)		35.00 euros
Sports and training sessions		by agreement
Yoga (60 mins)		45.00 euros
Tai Chi (60 mins)		45.00 euros
Cupping massage (60 mins)		85.00 euros
Relaxation with Tibetan singing bowls (45 mins)		60.00 euros
Sun-Ancon-Chi machine		10.00 euros
Fascia therapy (50 mins)		70.00 euros
Meditation (60 mins)		45.00 euros
White Light and Suggestion Relaxation massage (90 mins)		120.00 euros
NU SKIN Galvanic Spa System for the face (high-frequency therapy)		xx.00 euros

Event Weeks

Week-long Quantum Meditation Seminar	Week-long retreat / 7 days	1,600.00 euros/pers.
Girls' Week	Weekly flat rate / 7 days	888.00 euros/pers.
Singles Week	Weekly flat rate / 7 days	888.00 euros/pers.
A break for mums	Weekly flat rate / 7 days	888.00 euros
A break for couples	Weekly flat rate / 7 days	1,477.00 euros/couple
A stay on the island with a host family	Weekly flat rate / 7 days	1,177.00 euros/pers.

Acupuncture massage	Workshop	2 days	297.00 euros
Hormones	Yoga-Workshop	2 days	297.00 euros
Mum and baby	Yoga-Workshop	2 hours	85.00 euros
Breathing workshop	*(Learn to breathe consciously)*	2 days	297.00 euros
Cookery course – Canarian cuisine / Mediterranean cuisine		1 day	95.00 euros