

# Menu



# The Concept

## Us

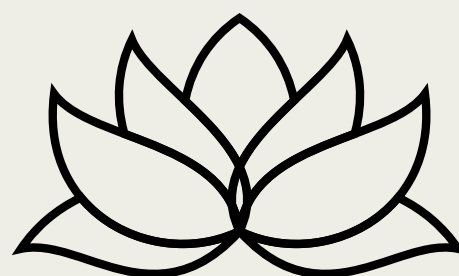
We are passionate about the art of massage —an ancient language that unites body, mind, and breath. Through technique and presence, we create experiences that awaken vitality and restore inner balance. More than a service, we offer a space of silence, harmony, and genuine connection.

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## Philosophy

Each session is unique —the result of attentive listening and conscious adaptation. We don't follow formulas: we listen, we feel, and we respond to what your body truly needs. We believe massage is a dialogue between knowledge and intuition —an ancestral practice that harmonizes movement, energy, and awareness.

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**LOTUS**  
MASAJES

### HOURS

We are open every day from 10 a.m. to 8 p.m., by appointment only.

### CONTACT

Web: [www.lotus-masajes.com](http://www.lotus-masajes.com)  
E-mail: [info@lotus-masajes.com](mailto:info@lotus-masajes.com)  
WA: (+549) 11-6586-9222

# The space



## Hotel Krista

We operate within a boutique hotel housed in an early 20th-century residence —a serene, light-filled retreat in the heart of Palermo.

Amid light, greenery, and the quiet of a garden with a pool and solarium, the surroundings become part of the ritual: a sanctuary where the body softens into rest and the mind returns to its natural stillness.



# The massages

The massage room is for private and exclusive use. All massages include access to the wellness circuit (dry and steam sauna). All our therapists are women

## Deep Tissue Massage

Releases deep muscular tension and relieves physical discomfort caused by stress, poor posture, sedentary habits, or physical overload.

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## Relaxing Massage

A soothing experience designed to induce a state of deep calm, emotional balance, and overall well-being.

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## Sports Massage

A specialized manual technique that effectively supports regular physical activity. This is an intense, firm massage aimed at athletes and active individuals.

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## Foot Reflexology

Gentle stimulation of reflex points on the feet that correspond to different parts of the body.

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## Manual Lymphatic Drainage

A gentle and precise technique that stimulates the lymphatic system, helping eliminate toxins, retained fluids, and metabolic waste.

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## Bruxism & Craniofacial Treatment

Relieves chronic tension in the jaw, neck, and head areas. This treatment is always applied in combination with another massage.

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## Four-Hand Massage

Two therapists work in perfect synchrony, treating different areas of the body at the same time to release tension and restore balance to the whole system.

# The rates

## Individual Massages

Individual massage (60 min.) — \$ 75.000.-

Individual massage (90 min.) — \$ 105.000.-

Four-hand massage (60 min.) — \$ 150.000.-

Four-hand massage (90 min.) — \$ 210.000.-

Rate per person. Includes 45 minutes of access to the wellness circuit (steam and dry sauna). Please inquire about longer sessions.

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## Simultaneous Massages

Simultaneous massage for 2 people (60 min.) — \$ 150.000.-

Simultaneous massage for 2 people (90 min.) — \$ 210.000.-

Simultaneous massage for 3 people (60 min.) — \$ 225.000.-

Simultaneous massage for 3 people (90 min.) — \$ 315.000.-

Rate for 2 or 3 people. Includes 45 minutes of access to the wellness circuit (steam and dry sauna). The massage room is for private and exclusive use—it is not shared with anyone outside your family group, partner, or friends. Simultaneous massages must be booked at least 24 hours in advance.

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# The Wellness Circuit

Circuit including steam and dry saunas, designed to purify the body, promote deep relaxation, and renew energy. Approximate duration: 45 minutes.

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## Steam sauna

A warm vapor bath that envelops the body in a dense, humid atmosphere, creating an immediate effect of relaxation, openness, and purification- The high humidity helps open the pores, stimulate perspiration, and promote the elimination of toxins.

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## Dry sauna

A bath of progressive, intense heat in a naturally wood-lined space with carefully controlled temperature. With minimal humidity, it allows higher temperatures that deeply stimulate the circulatory, metabolic, and muscular systems.

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Wellness Circuit — \$ 40.000.-

Rate per person. Please inquire about longer sessions.



# Lotus Spa & Brunch

Total wellness ritual: professional massage, wellness circuit (dry and steam sauna), and gourmet brunch. Approximate duration: 3 hours.

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## 60 minutes of professional massage

A personalized treatment designed to release tension, deeply relax the muscles, and restore balance to body and mind.

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## 45 minutes of wellness circuit

Access to the spa with dry and steam saunas —a ritual of heat and vapor that promotes detoxification, circulation, and energy renewal.

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## Gourmet brunch at the Café **Hobby**

1 beverage (coffee, tea, or juice) + 1 savory (avocado toast, scrambled eggs, yogurt with granola, or brie toast) + 1 sweet (cookie, pound cake, or croissant).

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Lotus Spa & Brunch — \$ 110.000.-

Rate per person. Includes 60 minutes of massage, 45 minutes of access to the sauna circuit, and a full brunch. Approximate duration of the experience: 3 hours.



# Spa, Brunch & Pool Day

Full day of spa: professional massage, wellness circuit, gourmet brunch, and access to the outdoor pool and solarium. Approximate duration: 5–6 hours.

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## 60-minute professional massage

A personalized treatment designed to release tension, deeply relax the muscles, and restore balance to body and mind.

+

## 45-minute wellness circuit

Access to the spa with dry and steam saunas — a ritual of heat and vapor that promotes detoxification, circulation, and energy renewal.

+

## Gourmet brunch at the Café **Hobby**

1 beverage (coffee, tea, or juice) + 1 savory (avocado toast, scrambled eggs, yogurt with granola, or brie toast) + 1 sweet (cookie, pound cake, or croissant).

+

## Outdoor pool and solarium at Hotel Krista

Surrounded by calm, water and light become part of the experience — a space to breathe, recharge, and extend the feeling of well-being.

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Spa, Brunch & Pool Day — \$ 170.000.- (includes pool and solarium).

Pool & Solarium Day — \$ 60.000.-

Service available during the summer season, every day from 10 a.m. to 8 p.m.  
Rate per person. Total duration of the experience: approximately 4–5 hours.

# The Gift Cards

Give the gift of well-being. Our Gift Cards are the perfect way to share an experience of relaxation, care, and personal connection.

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## How do they work?

You can choose the massage session duration you wish to gift: 60, 90, or 120 minutes. All Gift Cards include 45 minutes of access to the sauna circuit. Gift Cards must be paid in full at the time of purchase. Payment can be made in cash (Argentine pesos or USD), by bank transfer (Argentina), or via Mercado Pago. Debit and credit cards are not accepted.

- **Digital format**  
The Gift Card is sent via WhatsApp (or by email upon the client's request).
- **Appointment coordination**  
The person receiving the Gift Card can contact us directly through WhatsApp to choose the day and time. It is not necessary to book a date at the time of purchase.
- **Validity**  
All our Gift Cards are valid for 30 consecutive days from the date of purchase.



# The terms & conditions

## 1. Reservations

All sessions are available by appointment only. Reservations are coordinated via WhatsApp. To confirm the booking, a 50% deposit is required, payable by bank transfer (Argentina), cash, or Mercado Pago. The remaining balance is due at the time of the session.

## 2. Cancellations and rescheduling

Cancellations or changes must be communicated at least 24 hours in advance. Cancellations made with less than 24 hours' notice or no-shows will result in the loss of the deposit.

## 3. Payment methods

Services can be paid in cash (Argentine pesos or USD), by bank transfer (Argentina), or via Mercado Pago. Debit and credit cards are not accepted.

## 4. Rates

All rates are expressed in Argentine pesos, as published in this Menu and on the Lotus Masajes website ([www.lotus-masajes.com](http://www.lotus-masajes.com)). Prices are subject to change and will be updated through this Menu or on the website.

## 5. Service conditions

Massages and the wellness circuit include towel service, complimentary water, and Wi-Fi. Access to and use of the outdoor pool and solarium depend on the summer season and weather conditions and may be closed in the event of low temperatures, rain, or other inclement weather. Minors under 18 must always be accompanied by a responsible adult when using the outdoor pool or solarium. Pets are not allowed on hotel premises.

## 6. Health conditions

Certain health conditions may require caution or contraindicate some services (pregnancy, postoperative recovery, fever, infections, decompensated chronic illnesses, etc.). In all cases, clients are responsible for informing us of their health status and following the professional team's recommendations.

## 7. Privacy and confidentiality

All personal information shared during the booking process or session is treated with strict confidentiality and is never shared with third parties.

## 8. Promotions and Gift Cards

Current promotions are subject to availability and specific conditions. Gift Cards are valid for 30 consecutive days from the date of issue and must be scheduled in advance. They are non-refundable but may be transferred to another person.