

MOMENT FUGIT

By Palau Fugit

Descobreix tots els nostres massatges i tractaments

Discover all our massages and treatments



SOUL MESSAGE

Signature Massage

Holistic treatment that integrates physical therapy, energy work, and breathwork, providing bodily relaxation, release of mental tension, and spiritual balance. Each session is unique, just as every soul is unique.

60 min - 80€ / 75 min - 97€ / 90 min - 110€

LUXURY RITUAL By Palau Fugit

An exclusive wellness ritual that combines a relaxing body massage with a flash facial, designed to revitalize the skin, release tension, and provide a deeply relaxing and instantly renewing experience.

120 min - 154€

COUPLES MESSAGE

Relax together with a side-by-side massage designed for two people.

Choose between a relaxing massage or a muscle release massage.

60 min - 160€ / 90 min - 210€

*All services require prior reservation.

*Dynamic pricing based on demand and availability.

SELENE MESSAGE

Signature Massage

This massage combines manual techniques with the use of selenite, a calming and mind-purifying mineral that balances the chakras and is ideal for meditation and spiritual connection.

60 min - 80€

AYURVEDIC MESSAGE

Signature Massage

This technique relieves muscle tension and releases energy blockages, allowing vitality to flow throughout the body. Originating from Ayurvedic medicine in India, it consists of a body and craniofacial massage using oils and essences selected according to each client's condition at the time of the therapy.

75 min - 97€ / 90 min - 110€

SATI "Feminine Essence Massage"

Signature Massage

It is an experience designed for women, with aromas that enhance femininity and awaken the inner goddess. It includes a body massage focused on the abdominal area, promoting renewal and internal well-being.

60 min - 80€ / 75 min - 97€ / 90 min - 110€

JAPANESE FACIAL LIFT

It is a beauty technique that stimulates acupuncture points and combines reflexology, massage, and facial stretches. This therapy improves blood circulation, oxygenates the skin, removes fluids, and stimulates collagen and elastin production, helping to reduce wrinkles and sagging.

60 min - 66€

CRANIOFACIAL MESSAGE

The head, face, neck, and shoulders are worked on to release pressure in these areas, relieving mental tension and headaches.

30 min - 40€

RELAXING MESSAGE

Gentle, flowing movements that help reduce stress and promote a deep sense of calm.

60 min - 80€

MUSCLE RELEASE MESSAGE

A more intense technique focused on relieving muscle tension and localized knots.

60 min - 80€

MANUAL LYMPHATIC DRAINAGE

Gentle and relaxing massage applied to the lymphatic system to promote its activation. It helps reduce fluid retention, edema, and fat, while also improving the immune system. Ideal for pregnant women.

60 min - 53€

FUGIT BODY PEEL + INTENSE HYDRATION

Ultra-hydrating peel that promotes skin renewal by removing dead cells from the surface layers. It provides regeneration and nourishment, and at the end, an oil is applied to enhance hydration and boost skin regeneration.

75 min - 97€

WOOD THERAPY

It is a therapy using wooden tools designed to reduce localized fat, stimulate microcirculation, and help eliminate fluid retention in various areas of the body.

60 min - 53€

FOOT REFLEXOLOGY

The therapy involves applying pressure to specific points on the foot that correspond to organs, muscles, and other parts of the body. It stimulates self-healing mechanisms, relieves pain, promotes relaxation, strengthens the immune system, and activates circulation, aiding in the elimination of toxins.

30 min - 40€ / 45 min - 44€

FUGIT FACIAL

Facial treatment tailored to your skin.

Choose from:

Facial cleansing
Hydrating treatment
Nourishing treatment
Intensive lifting
Detox (oily/combination skin)

75 min - 80€

TIRED LEGS MASSAGE

Stimulates circulation and relieves the feeling of heaviness, providing immediate lightness and comfort.

45 min - 60€

DEEP FOREST

Signature Massage

Immerse yourself in your inner forest with this deep tissue massage, which through deep, rhythmic movements using hands, forearms, and acupressure, relieves tension and calms the mind, leaving you completely relaxed.

75 min - 97€

FOUR-HAND MASSAGE

Two therapists work in sync on your body to provide a deeply relaxing experience, releasing tension and promoting total well-being.

60 min - 160€ / 90 min - 210€

LA COVA D'AIGUA

Wellness area

La Cova d'Aigua from Palau Fugit, located in the limestone of Girona's Roman wall, is a unique space for relaxation, featuring a warm water pool and a heated stone for resting, providing an atmosphere of complete tranquility.

60 min

35€ (Per room or person)



SCHEDULE

Water Area

Monday to Sunday

8 h — 21 h

Massage and

Treatment Area

By appointment

hola@palaufugit.com

+34 872 987 362

ENG