MOMENT FUGIT

By Palau Fugit

Descobreix tots els nostres massatges i tractaments

Discover all our massages and treatments



SOUL MASSAGE
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€

HOT STONE MASSAGE

A relaxing massage that combines gentle movements with the application of heated stones on the body. It relaxes the muscles, releases tension and stimulates blood circulation.

75 min - 97€ / 90 min - 110€

*All services require prior reservation.
*Dynamic pricing based on demand and availability.

SELENE MASSAGE
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 MASSAGE
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 acupressure 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 MASSAGE

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

30 min - 40€

RELAXING MASSAGE

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

60 min - 80€

MUSCLE RELEASE MASSAGE

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 - 66€

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 - 80€

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 - 60€

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€

PREGNANCY MASSAGE

Relieves lower back tension, heavy legs and swelling, while improving circulation and promoting better rest. Using Scens' nourishing Douceur oil and specially designed cushions, it provides a deep sense of well-being and relaxation.

75 min - 97€

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