



# SPA & WELL NESS

ENGLISH



# WELCOME!

Our large SPA area offers wellbeing for your body, soul and mind. It is the ideal place to relax. In addition to the outdoor pools, the SPA area offers a saltwater pool with underwater massage jets. Relax in one of our saunas and afterwards unwind in the comfortable relaxation areas. Our Fitness area has the most state-of-the-art cardiovascular machines and other weight-lifting equipment.

We provide a wide range of massages and body treatments, such as Aromatherapy, Rasul baths or Thalasso therapy, which contribute to your wellbeing. We also offer a wide selection of cosmetic treatments, as well as manicure and pedicure.

It would be a pleasure to organize a personalized Wellness programme for you, tailor-made to your preferences and requirements. Contact us at our SPA Reception to book individual treatments, one day or one week programmes. For further information, please ask our specialized staff.

Information, inquiries, and reservations:

Daily from 10.00 a.m. to 6.00 p.m.

Treatments:

Daily from 10.00 a.m. to 8.00 p.m.

We look forward to welcoming you!









# SAUNA AREA

Open: Daily from 4.00 p.m. to 8.00 p.m.

## FINNISH SAUNA (90° C)

Helps eliminate toxins and strengthen the natural defences of the body.

## BIOSAUNA (60° C, at Hotel Palm Beach)

Sanarium with chromotherapy and aromatherapy.

## STONEBATH (at Hotel Palm Beach)

The stones are quenched in water in a large cauldron, filling the atmosphere with steam, impregnated with tiny drops of water that pleasantly encourage perspiration.

## STEAM SAUNA

(approx. 45° C, at Grand Hotel Residencia)

The comfortable temperature and high humidity of around 98% are pleasurable and especially beneficial.

## ICE FOUNTAIN (at Grand Hotel Residencia)

Rub crushed ice on your body after the use of the sauna to refresh and stimulate circulation.

## SALT CAVE

Inhaling the salt vapours and oxygen has a stimulating effect that is recommended for skin or respiratory conditions.





## WELLNESS SALTWATER POOL

The saltwater pool (30°C) is enriched with sea salt and other minerals and includes a counter-current swimming system. The different underwater jets, swan necks, and massage seats and beds increase the beneficial effect on muscles and joints.

## FITNESS-CENTER

The open-air fitness area offers modern Technogym cardiovascular and weight training machines as well as gym equipment. Furthermore, we offer complimentary headphones for the use of our training equipment. A personal trainer is available by appointment (charge) to create an individual training programme for you. Water aerobics, Yoga (at Hotel Palm Beach), and Tai Chi classes (at Hotel Palm Beach) are offered free of charge.

### INDIVIDUAL TRAINING

Personal training, training to build up muscles or instruction for the use of the Fitness equipment, with exercise plan.

25 min. | 50 min.

### INDIVIDUAL YOGA FOR BEGINNERS

Gentle Yoga, therapeutic Yoga, Yin Yoga, Hatha Yoga.  
50 min.

### INDIVIDUAL YOGA ADVANCED LEVEL

Intense Yoga, Vinyasa Yoga or Ashtanga Yoga.  
50 min.



# WELLNESS- COMBINATIONS

## READY FOR THE HOLIDAYS

Hamam ceremony with olive soap, natural sponge, and brush: foam bath, aromas, and water affusions, followed by a relaxing massage with warm sesame oil and rosemary scent.

55 min.

## EXPERIENCE "A THOUSAND AND ONE NIGHTS"

Body scrub in the Rasul steam bath, shea butter and argan oil body wrap and a relaxing massage.

110 min.

## ENJOYING TOGETHER

Honey Dreams in the Rasul, relaxing massage and a snack in the relaxation room.

90 min.

## DIAMOND ROSE TREATMENT

A luxurious body scrub with diamond dust and a soft massage with Damascus rose oil. The skin becomes soft and luminous.

80 min.

## AFTER GOLF

Foot scrub and foot massage followed by a therapeutic back treatment to relax the muscles.

55 min.





## ROYAL CITRIC EXPERIENCE

Drench your skin with an intensely hydrating firming C+C ritual for your face and body. Includes an exfoliating mandarin wrap concluded with a soothing body cream application and an antioxidant facial treatment.

110 min.

## FOR SUN DAMAGED SKIN

Soothing body wrap and application of authentic Aloe Vera from the Canary Islands.

50 min.

## ESPECIALLY FOR HER

To stimulate the metabolism and detox and tighten the tissues: Lemon-lavender body scrub, lymphatic drainage, seaweed body wrap (2x), Pantai Contour and anti-cellulite massage.

3 days

## ESPECIALLY FOR HIM

Pampering programme for gentlemen: Body scrub with oil and sea salt, sports massage, "Cocoon" facial treatment, professional pedicure, neck shoulder back treatment.

3 days







## BEAUTY-COLLECTION

For all beauty treatments we use high quality cosmetic products by the prestigious brand Natura Bissé from Barcelona.

All facial treatments for Her and for Him include exfoliating scrub, deep cleansing, eyebrow shaping, serum, facial and neckline massage, mask, and final application with sun protection. (Deep steam cleansing and extraction only applies to 80 min. facials)

## CLASSIC FACIAL TREATMENTS

### MOISTURISING | OXYGEN

For skin care.

50 min. | 80 min.

### COCOON

Overall anti-pollution protection.

55 min.

### VITAMIN C

Facial Treatment with protection from free radicals.

80 min.

### CEUTICAL

Treatment for sensitive and reactive skins.

80 min.

### AKNE SOLUTION

Treatment for our younger guests.

50 min. | 80 min.

## LIFTING-EFFECT

### DIAMOND ENERGY EXPERIENCE

Luxurious anti-ageing treatment.

50 min. | 80 min.

### LIFE INFUSION

Innovative facial treatment that gives life to your skin to preserve its beauty and youth.

80 min.

### 3D COLLAGEN SHOCK

Alternative rejuvenating treatment with Collagen Flash.

80 min.

### INHIBIT FACE LIFT

Professional treatment that reduces expression lines and improves the signs of ageing.

55 min.

### HIALUROX (at Hotel Palm Beach)

The latest in anti-ageing technology to smooth wrinkles utilizing cold laser and hyaluronic gel.

80 min. | 3 x 80 min.

## GUINOT LIFTING (at Grand Hotel Residencia)

Instant, long lasting lifting effect treatment through electro stimulation of the facial muscles and in-depth skin moisturising.

80 min. | 3 x 80 min.

## SHORT FACIALS

### AFTER SUN

For sun damaged skins.

45 min.

### VITAL EYES

Special treatment for eyes contour.

25 min. | 3 x 25 min.

### INHIBIT VITAL NECK

Special neck and cleavage treatment.

25 min. | 3 x 25 min.

### FACIAL LYMPHATIC DRAINAGE

Improves congestion around the eyes.

25 min.







# BEAUTY

## EYELASH DYEING

20 min.

## EYEBROW DYEING

20 min.

## EYEBROW SHAPING

20 min.

## WAX HAIR REMOVAL

Price per area

## MANICURE

45 min.

## PEDICURE

45 min.

## MEDICAL FOOT CARE

55 min.

## NAIL POLISH WITH BASE AND TOP COAT

15 min.

## FRENCH MANICURE OR INFINITE SHINE

15 min.

## NAIL POLISH WITH GEL COATING

25 min.



# SCRUBS

## REFRESHING SCRUB

To cleanse and nurture the skin. With the scent of your choice: lemon or mandarin.

25 min.

## WELL LIVING SCRUB

A pleasant scrub with exotic oils. Especially recommended for sensitive skins.

25 min.

## SEA SALT AND OIL SCRUB

Rosemary scented. Stimulates the circulation, recommended for very dry skins.

25 min.

## DETOX SCRUB WITH ALUM STONE

100% natural alum stone. Helps eliminate toxins, regulates water and mineral loss, and cleanses the connective tissue.

25 min.

## CHARME D'ORIENT DU NIL

Intense full body scrub in the Rasul steam bath with black soap and medicinal clay. Strengthens tissues, improves muscle tone, and stimulates metabolism.

45 min.





## WRAPS

### PURE EVENING PRIMROSE OIL

Wrap recommended for psoriasis, neurodermatitis and sensitive skins.

25 min.

### CLEOPATRA CREAM

Wrap to care for the skin, moisturising it with precious oils, honey and royal jelly.

25 min.

### NATURAL MUD

Localised wrap (depending on medical history), especially recommended for arthritis.

25 min.

### RED HEALING CLAY

Localised wrap (depending on medical history) with an anti-inflammatory effect.

25 min.

### SEAWEED

Wrap with a purifying and detox effect while firming tissues.

25 Min.

### ALOE VERA

Soothing wrap with authentic Aloe Vera from the Canary Islands, for sun damaged skins.

25 min.

## MASSAGES

### ★ NATURA BISSÉ LUXURY OILS

Personalize your massage by choosing from different fragrances and characteristics: Energizing, Fitness, Detox or De-stress. Supplement charge to your massage.

### BACK

Classic back muscle massage (face down).

25 min.

### FACE, HEAD, NECK

Invigorating massage with Jade stones and selected products. (Face up).

25 min.

### SPORTS

Classic deep tissue full body massage.

50 min.

### THERAPEUTIC

A personalized massage according to medical history and pain syndrome.

50 min.

### NECK, SHOULDER, BACK

Therapeutic massage specially to relieve cervical spine syndrome and muscle tension in the shoulders, the muscles will be heated first with a hot roller.

50 min.

## LUMBAR TREATMENT

Therapeutic massage for the back, glutes, and legs.  
With soft stretching.

50 min.

## LYMPHATIC DRAINAGE

Unblocks the lymphatic system and activates flow.

50 min.

## SPECIFIC MESSAGES

### SHIATSU

Japanese method of acupressure along the meridians.  
Relieves pain, contractions, and symptoms of illnesses.

50 min.

### HINDU HEAD MASSAGE

Deep ayurvedic head massage in an ergonomic chair.

25 min.

### FOOT REFLEXOLOGY

Acupressure massage, especially recommended for  
digestive disorders, migraines, or exhaustion.

25 min.

### FOOT RITUAL

Food scrub, intensive massage of feet and half legs,  
reflexology, and application of a refreshing cream.

50 min.







## LIGHT LEGS

Foot massage, massage that relieves congestion in legs, followed by cold wraps to stimulate circulation, especially recommended for varicose veins and tired legs.

50 Min.

## ANTI-CELLULITE-MASSAGE

Localised massage to activate problem areas with special anti-cellulite products.

50 min.

## ANTI-STRESS MESSAGES

### NEPALESE MASSAGE WITH SINGING BOWLS

Especially recommended to relieve stress. Focusing on the sound and vibration of the bowls relaxes your mind.

50 min.

### RELAXING MASSAGE

Muscle massage with warm sesame oil cares for skin, helps recovery and relieves stress.

50 min.

### VOLCANIC STONE MASSAGE

This treatment provides a special sensation of wellbeing. Body massage with mandarin oil whilst warm volcanic stones are passed along the meridians.

50 min.





## PHYSIOTHERAPY

### OSTEOPATHY

Depending on medical history.

25 min. | 50 min.

### PHYSIOTHERAPY

Depending on medical history.

25 min. | 50 min.

## MASSAGES WITH HERBAL STAMPS

### PANTAI LUAR

A traditional body treatment from the Far East. Carefully prepared medical herbs in small bags are heated to 120° C with Pantai oil and then used for a fast movement deep tissue massage. Offers deep relaxation and alleviates contractions.

55 min.

### PANTAI HERBAL ENERGY

Fantastic head, back and foot treatment with small warm bags of medicinal herbs and cool mint wraps. You will feel revitalised and refreshed.

70 min.

### PANTAI CONTOUR

Vigorous massage, with steam, and selected herbs rich in active ingredients tighten problematic areas such as legs, buttocks, and abdomen giving visible results. A refreshing mask ends the treatment.

50 min.



## PANTAI HERBAL BELLE VISAGE

Face and décolleté massage using small bags of steamed medicinal herbs for the complete relaxation of facial muscles.

50 min.

## KIDS-WELLNESS (ages 4-11)

Children must be accompanied by an adult during the treatment.

## BEAUTY TREATMENT FOR LITTLE “PRINCESSES”

Filing of fingernails and toenails, hand and foot massage with moisturising cream, nail polish (on request) with a choice of bright colours (yellow, blue, pink, etc.).

25 min.

## MASSAGE FOR LITTLE “SUPERSTARS”

To relax or after exercise, relieves tension and prepares them for the pool.

25 min.











## SPA ETIQUETTE

### CANCELLATIONS

Cancellations are only accepted up to 8 hours prior to the appointment. Otherwise, the amount of the treatment will be charged to your room.

### MOBILE PHONE

Mobile phone sounds or loud voices are not permitted in the spa/pool area to keep the calm and peaceful atmosphere.

### VALUABLE ITEMS

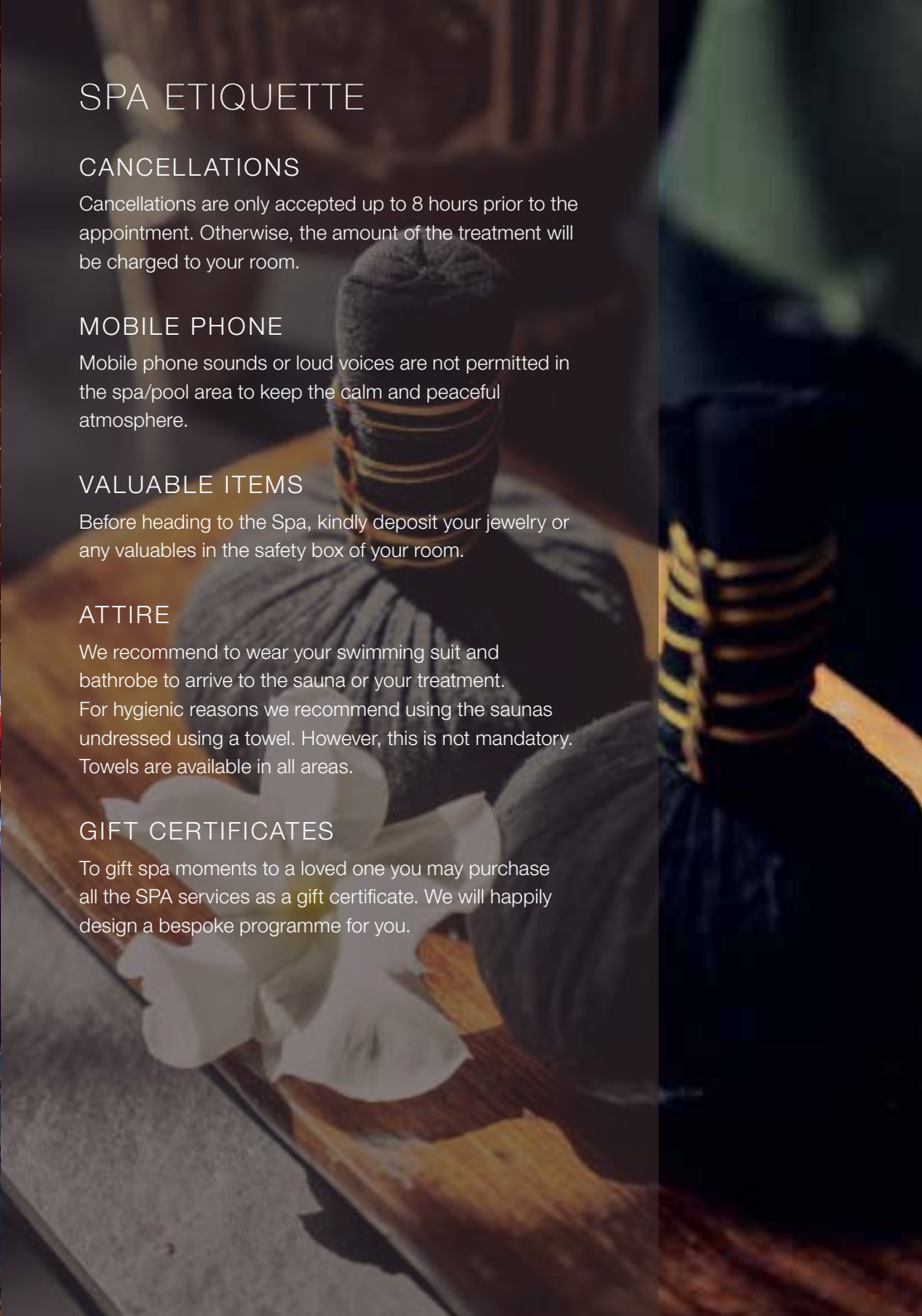
Before heading to the Spa, kindly deposit your jewelry or any valuables in the safety box of your room.

### ATTIRE

We recommend to wear your swimming suit and bathrobe to arrive to the sauna or your treatment. For hygienic reasons we recommend using the saunas undressed using a towel. However, this is not mandatory. Towels are available in all areas.

### GIFT CERTIFICATES

To gift spa moments to a loved one you may purchase all the SPA services as a gift certificate. We will happily design a bespoke programme for you.



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 A MEMBER OF DESIGN HOTELS

07 | 2023

