

SPA & Wellness

Grand Hotel Residencia • Palm Beach

Welcome to our 5 star SPA & Wellness centre.

Discover the luxury of our elegant SPA, designed as a tranquil haven to escape, relax and be pampered. We are delighted to offer a wide range of massages and body treatments such as aromatherapy, Rasul baths and thalasso therapy, in addition to ozone therapy, thymus therapy and serum therapy. There are also a wide range of rejuvenating facials, manicure and pedicure treatments.

In addition to our outdoor pools, we also offer a Thalasso pool with sea salt and minerals. A sauna and a steam bath that are nestled in a quiet zone provide the perfect hide-away to relax and unwind. In our fitness area we offer state-of-the-art Technogym cardiovascular machines and weight lifting equipment.

At our SPA we have created a selection of unique treatments that can be adapted to each individual's requirements; our trained therapists will be delighted to design a programme of one day or one week, to provide you with the results you would like to achieve.

Information, consultation, booking: daily from 09.30 am to 05.30 pm

Treatments: daily from 10.00 am to 8.00 pm

Call us and make an appointment for the perfect treatment.





Thalasso Pool

The saltwater pool (30 °C) is enriched with sea salt and other minerals and includes a counter current swimming system. The underwater jets, swan's necks, massage seats and air jet beds increase circulation and relax muscles and joints.

Sauna area

- Finnish Sauna (90 °C): Eliminates toxins and strengthens the body's natural immune system.
- Bio Sauna (60 °C, at Hotel Palm Beach): Sanarium with chromo therapy and aromatherapy.
- Stone Bath (at Hotel Palm Beach): The red-hot mineral stones are quenched in cold water, impregnating the space with steam and tiny drops of water that pleasantly encourage perspiration.
- Steam Sauna (at Grand Hotel Residencia): With a new design, starry sky and pleasant fragrance.
- Ice Fountain (at Grand Hotel Residencia): Recommended to use after the sauna; apply the fine crushed ice to your body, refreshes and stimulates circulation.
- Salt Cave (at Grand Hotel Residencia): Inhale the high content of trace elements and iodine, highly recommended for skin conditions and to strengthen the respiratory system.

Opening times: daily from 4.00 pm to 8.00 pm

Fitness-Centre

The open air Fitness area offers state-of-the art Technogym cardiovascular and weight training equipment in addition to aerobic, Yoga and Tai Chi equipment. A personal trainer is available by appointment to create an individual training programme for you (a charge will be posted to your room).

Wellness-Combinations

...Holiday body pamper... Hammam: Turkish soap brush massage for deep cleansing followed by a relaxing massage with sesame oil to nourish the skin. **85,- €** (55 min.)

...Inner Harmony... Oriental Rasul, Cleopatra-Cream-Wrap, relaxing massage with hot stones. **155,- €** (120 min.)

...Enjoying together... Honey Dreams in the Oriental Rasul, followed by a Chocolate-Massage and Wellness-Snack in our relaxation area. **99,- €** per person (90 min.)

...For a special occasion... Diamond Magnetic: a diamond dust body peeling will leave your skin sparkling and is complemented by an energising magnetic therapy massage. **129,- €** (80 min.)

...After Golf... Foot scrub, foot massage and intensive back treatment for relaxing muscle contractions. **78,- €** (55 min.)

...Royal-Citric Experience... Pure Vitamin C for the face and body, regenerates and revitalizes the skin whilst relieving stress. **176,- €** (110 min.)

...For sun damaged skin... Soothing and nourishing body wrap with authentic Aloe Vera from the Canary Islands. **69,- €** (50 min.)





...Especially for Her... Stimulation of the metabolism, detoxification and tightening of the tissue: Amber body peeling, lymph drainage, algae body wrap, Pantai Contour, Thalassa-Vita and Anti-Cellulite Massage. **315,- €** (3 days)

...Especially for Him... Peeling scrub with sea salt and oil, Pantai-Relax, "Cure"-facial treatment, professional pedicure, neck and shoulder massage. **315,- €** (3 days)

...Just what you need... Calming and revitalizing: Oriental Rasul, Caviar cream wrap, Shiatsu, Hydro-Power facial treatment, Pantai-Luar. **338,- €** (3 days)

...away from Europe...

- Indian head massage **45,- €** (25 min.)
- African Therapy **45,- €** (25 min.)

Beauty-Collection for Him and Her

Classical Facial Treatments (Peeling, cleansing, eyebrow shaping, ampoule, massage and mask)

Hydro-Power Moisturizing treatment, customized to your individual skin type. **119,- €** (80 min.)

Vitamin C Facial treatment rich in anti-oxidants impregnates your skin with pure Vitamin C. **129,- €** (80 min.)

Acne-Solution (for our younger guests) Deep cleansing and care for face and décolleté. **98,- €** (80 min.)

Diamond Experience Luxury anti-ageing treatment, sensational care with high-quality ingredients. **189,- €** (90 min.)

Lifting-Facial-Treatments

Lifting-Express Intensive facial peel followed by the application of a cooling and anti-ageing-Seaweed-Mask.
68,- € (45 min.)

Fill-up Look younger: An alternative treatment fills lines and wrinkles and restores a youthful appearance.
159,- € (80 min.)

Micro-Lift Manual 3-D Lifting Technology: Intensive firming and filling of fine lines and wrinkles.
179,- € (80 min.), **483,- €** (3 x 80 min.)

Hialurox The latest in anti-ageing technology to refill and diminish the look of wrinkles using cold laser technology. Spectacular results visible after just one session, without the use of Botox or injections.
198,- € (80 min.), **534,- €** (3 x 80 min.)





Short Facial Treatments

After-Sun-Treatment for sun damaged skin. 59,- € (45 min.)

Vital-Eyes treatment specifically for the eye contour area. 45,- € (30 min.), 129,- € (3 x 30 min.)

Facial-Lymphatic-Drainage to reduce swelling and congestion in the eye contour area. 39,- € (25 min.)

Eyelash dyeing 14,- €

Eyebrow dyeing 9,- €

Depilation with wax Price per area

Professional manicure 39,- € (approx. 45 min.)

Professional pedicure 49,- € (approx. 45 min.)

Nail polish with base and top coat 10,- € (approx. 15 min.)

Nail polish with gel coating 29,- € (approx. 25 min.)

Medical foot care 65,- € (approx. 55 min.)

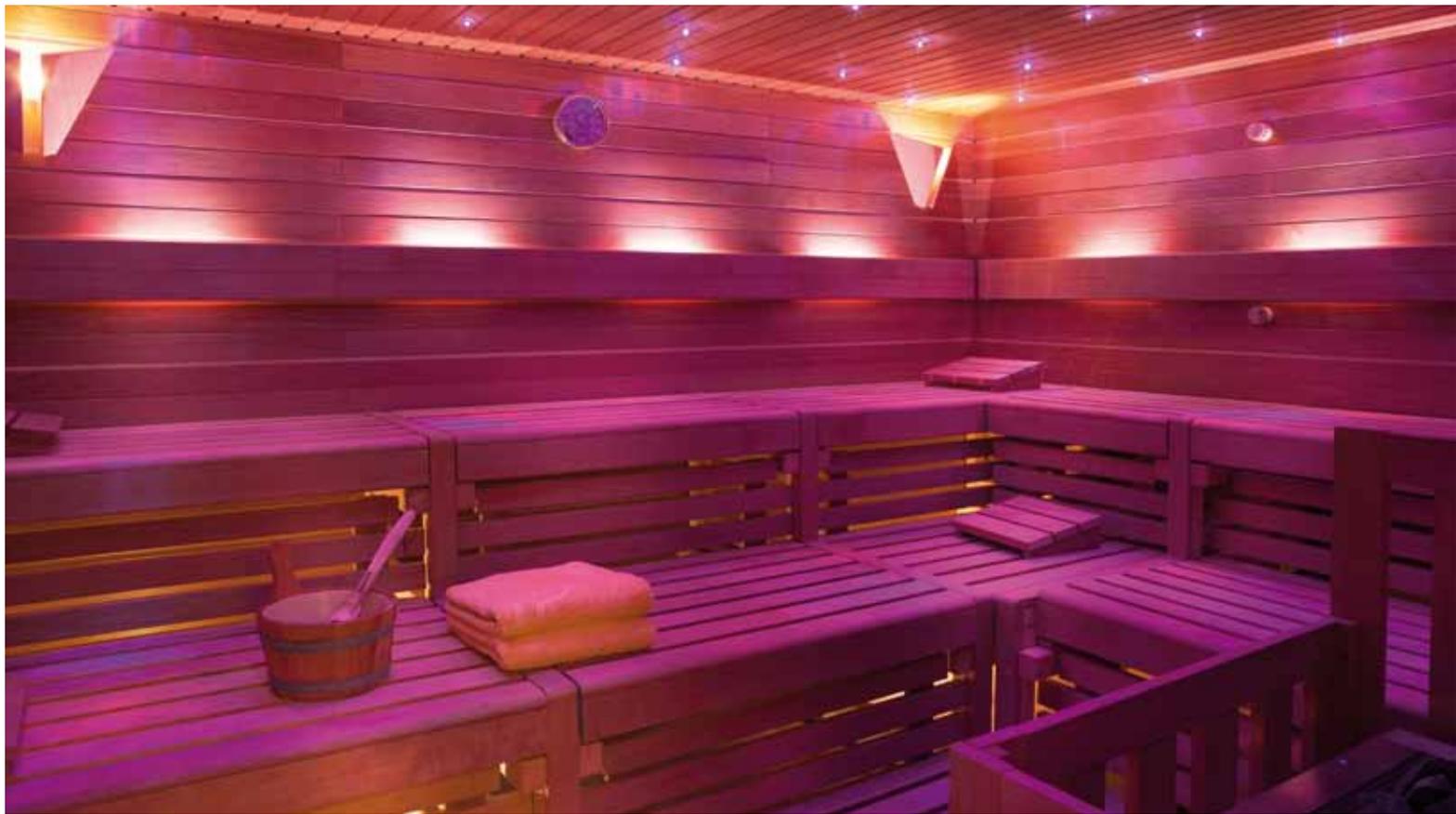
„Sun bronzed without sun“ (at Grand Hotel Residencia)

Bronceador DHA 100% natural bronzing by „DHA-Corpora“, formulated using sugarcane and aloe vera, without stains, without harmful UV rays, without yellowish overtones. The colour lasts for up to 10 days.

- Face and décolleté 29,- €

- Body 59,- €





Body-Collection

Body-Peelings:

Lemon, Lavender or Mandarin Peeling Refreshing peeling scrub for cleansing and nurturing of your skin.
39,- € (25 min.)

Bamboo Peeling Soothing body peeling with bamboo fibres and exotic oils, especially formulated for sensitive skin
42,- € (25 min.)

Honey Peeling Gentle exfoliating scrub with minerals, fruit acids and vitamins, a pleasant aroma and a gentle massage. 45,- € (25 min.)

Sea Salt Oil Peeling With rosemary scent, improves circulation: recommended for very dry skin. 39,- € (25 min.)

Oriental Rasul Intense exfoliation for the entire body in the Rasul steam bath, with natural eucalyptus, medicinal clay and sea salt. Strengthens tissue and muscle tone, activating metabolism. 39,- € (25 min.)

Hamam Ceremony The bathing ceremony in the Hamam with olive soap, natural sponges and brushes signifies: warmth, light foam, aromas and water falls. 49,- € (25 min.)

Body-Wraps

Wrap with cream of evening primrose oil Pure cream of evening primrose oil, recommended for psoriasis, eczema and sensitive skin. 49,- € (25 min.)

Cleopatra Cream Wrap Pamper your skin by moisturising it with precious oils and vanilla aroma. 39,- € (25 min.)

Caviar Deluxe Rejuvenating and repairing process for the mature, particularly stressed skin. 49,- € (25 min.)

Natural mud wrap Localised wrap (depending on medical history), especially recommended for arthritis. 29,- € (25 min.)

Seaweed Wrap Seaweed has slimming and purifying effects while firming tissues. 39,- € (25 min.)

Thalassa-Vita Natural seaweed rich in active ingredients is applied directly to any problematic areas activating weakened skin cells. 49,- € (25 min.)

Aloe-Vera-Wrap For sun damaged skin, a soothing wrap with the Canary Island Aloe Vera. 39,- € (25 min.)





Massages

Sports Massage 39,- € (25 min.), 75,- € (50 min.)

Intensive Back Massage Back muscles are first warmed followed by a deep massage alleviating muscle contractions. 45,- € (25 min.)

Neck Treatment Intensive treatment for neck tension, relieves headaches and pain in the shoulders. 75,- € (50 min.)

Relaxing Massage With warm macadamia oil to moisturize the skin whilst easing tensions and relaxing the mind. 75,- € (50 min.)

Foot Reflexology Massage on pressure points of the foot, recommended for cases of digestive disorder, migraines or exhaustion. 39,- € (25 min.)

Foot Ritual Foot peeling scrub, foot reflexology and finishing treatment with a refreshing cream. 75,- € (50 min.)

Light Legs Massage that relieves congested legs followed by cold wraps to stimulate circulation. Especially recommended for varicose veins and tired legs. 39,- € (25 min.)

Lymphatic Drainage Relieves congestion in the lymphatic vessels and activates lymphatic flow. 75,- € (50 min.)

Anti-Cellulite-Massage Localised massage to activate problem zones with specific anti-cellulite products. 72,- € (50 min.)

Shiatsu Japanese method of acupunctural massage in which pressure is applied to specific points of the body with the fingers to relieve pain and tension. **79,- €** (50 min.)

Volcanic Stone Massage This treatment constitutes a very special wellbeing experience. The massage begins with aromatic mandarin oil, after which hot volcanic stones are passed along the meridians. **79,- €** (50 min.)

Pantai Luar Pantai Luar is a traditional body application from the Far East. Carefully prepared medical herbs in small cotton bags are heated to 120 °C with Pantai oil and then used for a deep tissue massage in fast movements. Offers deep relaxation and alleviates muscle contraction. **98,- €** (55 min.)

Pantai Herbal Energy Fantastic head, back and foot treatment using small bags of medical herbs and cold mint wraps. You are revitalized and feel refreshed. **119,- €** (70 min.)

Pantai Contour Using a vigorous massage, steam and selected herbs rich in active ingredients, problematic areas such as legs, buttocks and abdomen are toned with visible results. Finally a refreshing mask is applied. **79,- €** (50 min.)

Pantai Herbal Belle Visage Face and décolleté massage using small bags of steamed medical herbs for complete relaxation of facial lines. **79,- €** (50 min.)

Pantai Relax Relaxing treatment especially for back and legs, with steam, selected herbs and fine oils. **72,- €** (45 min.)





Physiotherapy depending on medical history. 45,- € (25 min.), 78,- € (50 min.)

Personal training Individual training and instruction for the use of the gym equipment with an exercise plan.
78,- € (50 min.)

Treatment Times

Please note that all treatment times are approximate.

Cancellations

Please allow a minimum of 8 hours notice of cancellation to avoid a charge to your bill.

Gift Certificates

All SPA services can be purchased in form of a gift certificate. We will be happy to design an individual programme for you.



Stand: 10/12

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