



# SPA & WELL NESS

ENGLISH



## WELCOME!

Our large SPA area offers wellbeing for your body and mind. It is the ideal place to relax. With your health, beauty and wellbeing in mind, we provide a wide range of massages and body applications, such as aromatherapy, Rasul baths or Thalasso therapy, as well as ozone therapy, thymus therapy and serum therapy. We also have a wide range of cosmetic, manicure and pedicure treatments.

Apart from the outdoor freshwater pools, the SPA area has a saltwater pool with underwater jets. Relax in one of our saunas and then unwind in the comfortable relaxation areas. Our Fitness area has the most state-of-the-art cardiovascular machines and other weight-lifting equipment.

We have created classic and other more unique treatments for you, all of which are extremely attractive. Depending on your interests, you can book individual treatments or one-day or one-week programmes that we will custom design for you, if required. Ask our specialist staff.

Information, enquiries and reservations:  
every day from 10.00 am to 6.00 pm  
Treatments:  
every day from 10.00 am to 8.00 pm

We're delighted to have you with us!





## SAUNA AREA

### 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.

### STONE BATH (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 into your body after 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.

Open:  
every day from 4.00 pm to 8.00 pm



## 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's necks, and massage seats and beds increase the beneficial effect on muscles and joints.

## FITNESS CENTRE

The open-air Fitness area offers modern Technogym cardiovascular and weight training machines in addition to gym, aerobics, yoga and tai chi equipment. A personal trainer is available by pre-paid appointment to create an individual training programme for you.

Water aerobics, yoga, tai chi and qi gong classes are offered free of charge as part of the animation programme.

## WELLNESS COMBINATIONS

### READY FOR THE HOLIDAYS

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

55 min | 89 €

### CHARME D'ORIENT DU NIL RITUAL

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

110 min | 198 €

### ENJOYING TOGETHER

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

90 min | p.p. 99 €

### DIAMOND ROSE TREATMENT

A luxurious body scrub with diamond dust and a delicate massage with Damascus rose oil. The skin becomes soft and luminous like never before.

80 min | 135 €

### AFTER GOLF

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

55 min | 85 €

### O2 FACE AND BODY PERFECTION

Especially for men. Oxygen treatments let the skin breath and give back a radiant and healthy appearance for the face and body.

110 min | 185 €

### ROYAL-CITRIC-EXPERIENCE

Pure Vitamin C for the face and body. Regenerates and revitalises the skin and relieves stress.

110 min | 185 €

### FOR SUN-DAMAGED SKIN

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

50 min | 79 €

### ESPECIALLY FOR HER

Lemon-lavender body scrub, lymphatic drainage, seaweed body wrap (2 x), Pantai Contour and anti-cellulite massage. Stimulates the metabolism and detoxes and tightens the tissues.

3 days | 349 €

### ESPECIALLY FOR HIM

Body scrub with oil and sea salt, sports massage, "Cocoon" facial treatment, professional pedicure, neck and shoulder treatment.

3 days | 359 €



## BEAUTY-COLLECTION

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

## CLASSIC FACIAL TREATMENTS

All classic facial treatments for Him and Her include: exfoliating scrub, in-depth cleansing, eyebrow shaping, serum, facial and neckline massage, mask and final application with sun protection.

### MOISTURISING

50 min | 99 €

### OXIGEN

50 min | 99 €

### COCOON

Overall anti-pollution protection.

55 min | 125 €

### VITAMIN C

70 min | 119 €

### CEUTICAL

Treatment for sensitive and allergic skins.

80 min | 135 €

### CURE REGENERATION

80 min | 149 €

### DIAMOND EXPERIENCE

Luxurious anti-ageing treatment.

80 min | 198 €

### ACNE SOLUTION

Treatment for our younger guests.

60 min | 98 €

## LIFTING-EFFECT FACIAL TREATMENTS FOR HIM AND HER

### LIFTING EXPRESS

Glycolic acid scrub and cooling seaweed anti-ageing mask.

45 min | 75 €

### 3D COLLAGEN SHOCK

Alternative rejuvenating treatment with Collagen Flash.

80 min | 165 €

### INHIBIT FACE LIFT

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

55 min | 139 €



### HIALUROX (at Hotel Palm Beach)

The latest in anti-ageing technology to refill wrinkles with a cold laser and hyaluronic gel.

80 min | 198 € – 3 x 80 min | 535 €

### 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 | 198 € – 3 x 80 min | 535 €

### LIFE INFUSION

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

110 min | 219 €

## SHORT FACIAL TREATMENTS

### DIAMOND LIGHTNING SYSTEM

Facial treatment for age spots.

50 min | 79 €

### AFTER SUN

For sun-damaged skins.

45 min | 59 €

### VITAL EYES

Special treatment for around the eyes.

25 min | 45 € – 3 x 25 min | 129 €

## FACIAL LYMPHATIC DRAINAGE

Improves puffy skin around the eyes.

25 min | 45 €

## SUNLESS TAN (at Grand Hotel Residencia)

DHA Corpora: 100 % natural tan based on sugar cane and Aloe Vera. No UV rays, no stains, no yellowish tones.

The tan lasts up to 10 days.

Face and décolleté | 29 €

Full body | 59 €



## BEAUTY

### EYELASH DYEING

17 €

### EYEBROW DYEING

14 €

### EYEBROW SHAPING

15 €

### WAX HAIR REMOVAL

Price per area

### PROFESSIONAL MANICURE

45 min | 45 €

### PROFESSIONAL PEDICURE

45 min | 55 €

### MEDICINAL FOOT CARE

55 min | 65 €

### NAIL POLISH WITH BASE AND TOP COAT

15 min | 15 €

### SEMI-PERMANENT NAIL POLISH WITH BASE AND TOP COAT

15 min | 18 €

### NAIL POLISH WITH GEL COATING

25 min | 39 €

## BODY COLLECTION

### BODY SCRUBS

#### REFRESHING SCRUB

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

25 min | 45 €

#### DETOX SCRUB WITH ALUM STONE

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

25 min | 45 €

#### BAMBOO SCRUB

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

25 min | 45 €

#### SEA SALT AND OIL SCRUB

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

25 min | 45 €

#### 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 | 79 €



## BODY WRAPS

#### PURE EVENING PRIMROSE OIL

Wrap recommended for psoriasis, neurodermatitis and sensitive skins.

25 min | 49 €

#### ROYAL CREAM

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

25 min | 45 €

#### NATURAL MUD

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

25 min | 35 €

#### MEDICINAL RED CLAY

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

25 min | 35 €

#### SEAWEED

Wrap with a purifying and detox effect while firming tissues.

25 min | 45 €

#### ALOE VERA

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

25 min | 39 €

## MASSAGES

#### BACK

Classic muscle massage (facing down).

25 min | 45 €

#### FACE, HEAD, NECK

Classic muscle massage (facing up).

25 min | 45 €

#### SPORTS

Classic deep tissue massage.

50 min | 89 €

#### THERAPEUTIC

Massage according to medical history and pain syndrome.

50 min | 89 €

#### NECK, SHOULDER, BACK

Therapeutic massage specially to relieve cervical spine syndrome and muscle tension in the shoulders. Heating up of the muscles with a hot roll.

50 min | 85 €

#### LUMBAR TREATMENT

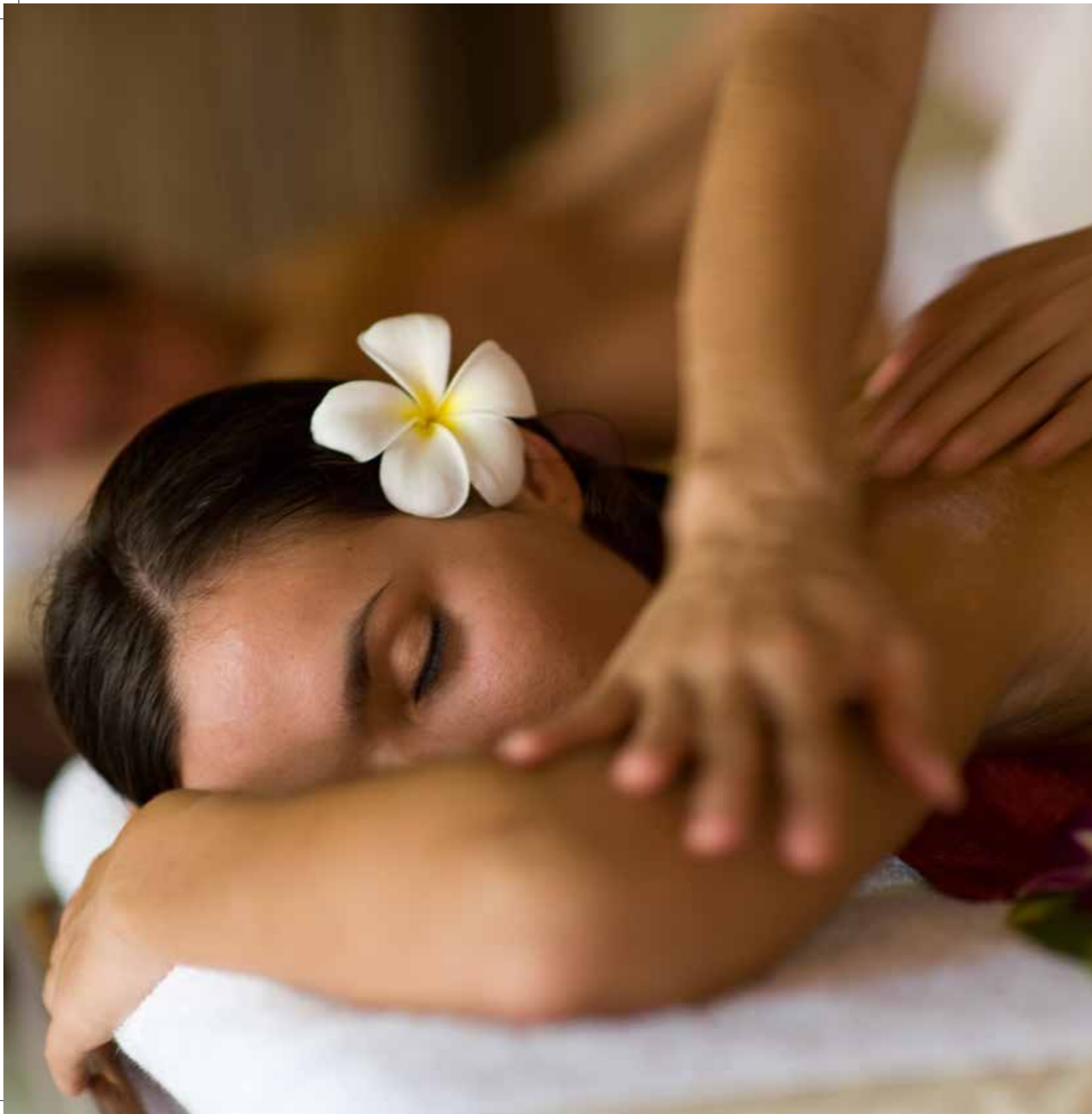
Therapeutic massage in lumbar and gluteal regions.

25 min | 55 €

#### LYMPHATIC DRAINAGE

Unblocks the lymphatic vessels and activates flow.

50 min | 89 €



## SPECIFIC MASSAGES

### SHIATSU

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

50 min | 85 €

### HINDU HEAD MASSAGE

Deep head massage in an ergonomic chair.

25 min | 49 €

### FOOT REFLEXOLOGY

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

25 min | 49 €

### FOOT RITUAL

Scrub, intensive massage of feet and legs, reflexology and application of a refreshing cream.

50 min | 79 €

### 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 | 79 €

### ANTI-CELLULITE MASSAGE

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

50 min | 79 €

### NEPALESE MASSAGE WITH SINGING BOWLS

Especially recommended to relieve stress. Focusing on the sound and vibration of the bowls makes the mind relax.

50 min | 75 €

## ANTI-STRESS MASSAGES

### RELAXING MASSAGE

Muscle massage with warm sesame oil for skin care, recovery and to relieve stress.

50 min | 85 €

### VOLCANIC STONE MASSAGE

This treatment provides a very special wellbeing experience. Body massage with mandarin oil and warm volcanic stones passed along the meridians.

50 min | 85 €

### ★ NATURA BISSÉ LUXURY OILS

Make your massage even more personal and choose from different fragrances and characteristics: Energizing, Fitness, Detox or De-Stress.

+ 6 € supplement to your massage

### ★ MINDFUL TOUCH

A unique experience for body and mind through virtual reality.

+ 15 € supplement to your massage



## 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 deep tissue massage in very fast movements. Offers deep relaxation and alleviates contractions.

55 min | 119 €

### PANTAI HERBAL ENERGY

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

70 min | 125 €

### PANTAI CONTOUR

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

50 min | 85 €

### PANTAI HERBAL BELLE VISAGE

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

50 min | 85 €

### PANTAI RELAX

Relaxing treatment especially for the back and legs. With steam and selected herbs and oils.

45 min | 79 €



## PHYSIOTHERAPY

### OSTEOPATHY

Depending on medical history.

25 min | 49 € – 50 min. | 95 €

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Depending on medical history.

25 min | 49 € – 50 min. | 95 €

## PERSONAL TRAINING

### INDIVIDUAL TRAINING

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

25 min | 45 € – 50 min | 85 €

### INDIVIDUAL YOGA FOR BEGINNERS

Gentle yoga, therapeutic yoga, Yin Yoga, Hatha Yoga.

50 min | 85 €

### ADVANCED LEVEL INDIVIDUAL YOGA

Intense yoga, Vinyasa Yoga or Ashtanga Yoga.

50 min | 85 €

## KIDS -WELLNESS (ages 4 – 12)

Children must be accompanied by an adult during the treatment.

### BEAUTY TREATMENT FOR LITTLE “PRINCESSES”

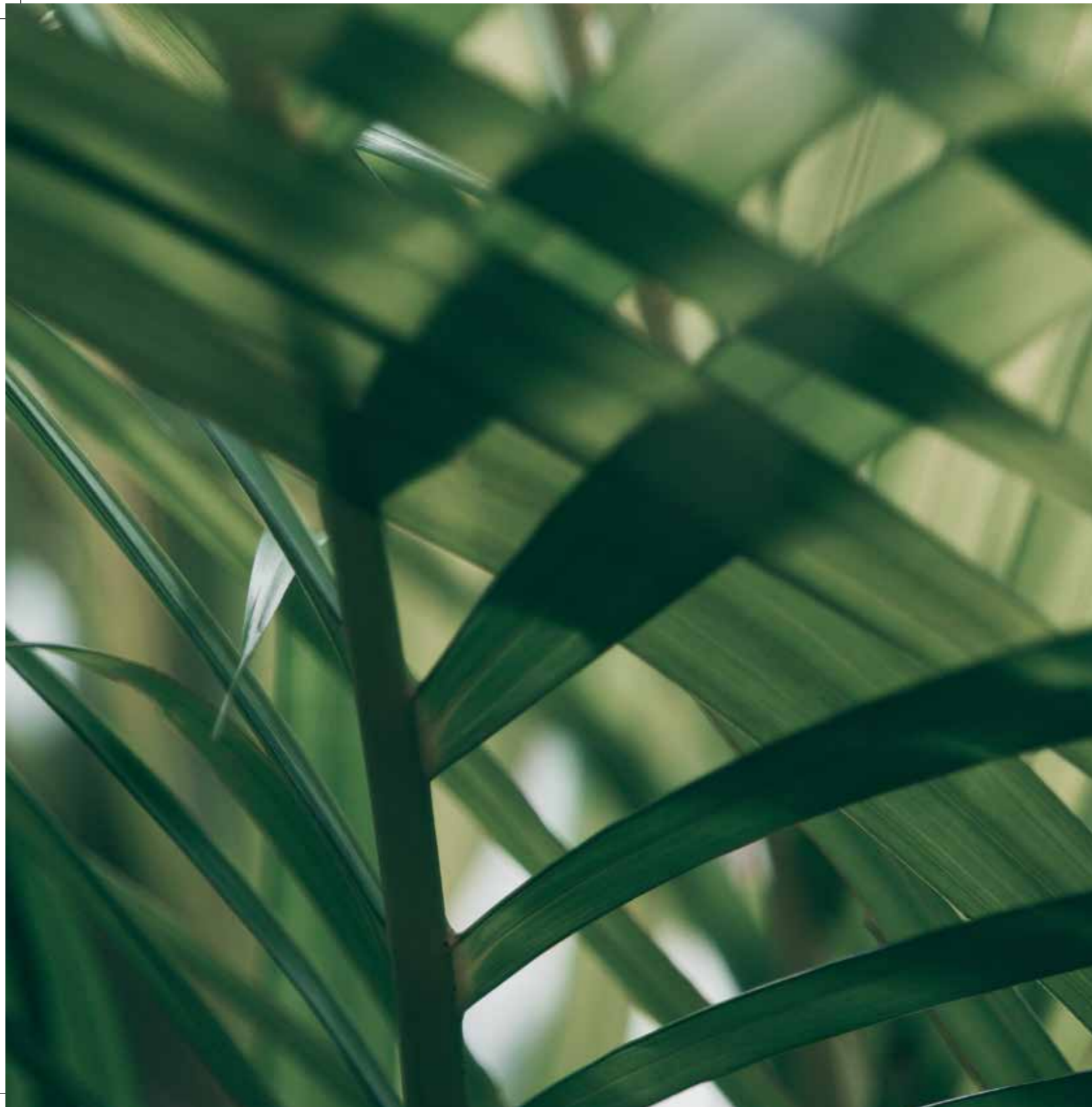
Filing of fingernails and toenails, hand and foot massage with moisturising cream, nail polish (on request) in bright colours (yellow, blue, pink, etc.).

25 min | 29 €

### MESSAGE FOR LITTLE “SUPERSTARS”

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

25 min | 39 €



## CANCELLATIONS

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

## GIFT VOUCHERS

Of course, you can also purchase all the SPA services in the form of a gift voucher. We will happily design a bespoke programme for you.



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