



SPA & WELLNESS

ENGLISH



SEASIDE SANDY BEACH

WELCOME

Our SPA area on the 10th floor offers you wellness for your body, mind, and soul. It is the ideal place to relax and enjoy the fantastic views over the Atlantic Ocean from our terrace.

In addition to our outdoor pool with swan neck massage jets and underwater massage jets, our SPA offers two private whirlpools / hot tubs / jacuzzis (10th and 11th floor, price on request), a sauna and a steam bath which are available free of charge (10th floor).



In our fitness areas you will find state-of-the-art Technogym cardiovascular machines and weightlifting equipment which you can use free of charge (9th floor outdoor and 3rd floor indoor).

With your health, beauty, and well-being in mind, we are delighted to offer you a wide range of massages and body treatments, such as Aromatherapy, Rasul baths and Thalasso therapy, as well as rejuvenating facials, manicures, and pedicures.

We would be delighted to organise a personalised Wellness programme for you, tailor-made to your preferences and requirements. Contact us at our SPA Reception to book individual treatments, daily or weekly programmes. For further information, please ask our specialized staff.

We look forward to welcoming you!

INFORMATION, INQUIRIES, AND RESERVATIONS

Monday to Saturday | 02.30 p.m. – 6.30 p.m.

TREATMENTS (ON REQUEST)

Monday to Saturday | 10.00 a.m. – 08.00 p.m.





SAUNA AREA

FINNISH SAUNA (90° C)

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

STEAM SAUNA (approx. 45° C)

The comfortable temperature and high humidity of around 98% are pleasant and particularly beneficial.

OPEN

Daily | 03.00 p.m. – 08.00 p.m.

FITNESS CENTRE

In our fitness areas we offer modern Technogym cardiovascular machines and weightlifting equipment which you can use free of charge (9th floor outdoor and 3rd floor indoor). We also provide complimentary headphones for the use of our training equipment.

WELLNESS COMBINATIONS

READY FOR THE HOLIDAYS 50 min.

Refreshing lemon and lavender body scrub for cleansing followed by a relaxing massage with warm sesame oil and rosemary scent.

ENJOYING TOGETHER 90 min.

Honey Dreams in the Rasul followed by a relaxing volcanic stone massage.

DIAMOND ROSE TREATMENT 50 min.

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

AFTER SPORT 55 min.

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

ROYAL CITRIC EXPERIENCE 110 min.

Drench your skin with an intensely hydrating and firming C+C ritual for your face and body. Includes a mandarin exfoliation, followed by a soothing body wrap and an antioxidant facial treatment.

FOR SUN DAMAGED SKIN 50 min.

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



BEAUTY COLLECTION

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

All facial treatments for Her and for Him include an 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 50 | 80 min.

For skin care.

COCOON 55 min.

Overall anti-pollution protection.

VITAMIN C 80 min.

Facial Treatment with protection from free radicals.

CEUTICAL 80 min.

Treatment for sensitive and reactive skin.

AKNE SOLUTION 50 | 80 min.

Treatment for our younger guests.

LIFTING EFFECT

DIAMOND ENERGY EXPERIENCE 50 | 80 min.

Luxurious anti-ageing treatment.

3D COLLAGEN SHOCK 80 min.

Alternative rejuvenating treatment with Collagen Flash.

INHIBIT FACE LIFT 55 min.

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

SHORT FACIALS

AFTER SUN 45 min.

For sun damaged skins.

VITAL EYES 25 | 3 x 25 min.

Special treatment for eyes contour.

INHIBIT VITAL NECK 25 | 3 x 25 min.

Special neck and cleavage treatment.

FACIAL LYMPHATIC DRAINAGE 25 min.

Improves congestion around the eyes.



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 15 min.

NAIL POLISH WITH GEL COATING 25 min.



SCRUBS

REFRESHING SCRUB 25 min.

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

WELL LIVING SCRUB 25 min.

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

SEA SALT AND OIL SCRUB 25 min.

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

DETOX SCRUB WITH ALUM STONE 25 min.

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

ORIENTAL RASUL 25 min.

Intensive exfoliation for the entire body in the Rasul steam bath with natural eucalyptus, medicinal soil, and sea salt, to activate the metabolism.

WRAPS

PURE EVENING PRIMROSE OIL 25 min.

Recommended for psoriasis, neurodermatitis and sensitive skins.

CLEOPATRA CREAM 25 min.

Wrap to nourish and moisturise the skin with precious oils, honey and royal jelly.

NATURAL MUD 25 min.

Localised wrap (according to medical history), especially recommended for arthritis.

RED HEALING CLAY 25 min.

Localised wrap (according to medical history) with an anti-inflammatory effect.

SEAWEED 25 min.

Wrap with a purifying and detox effect while firming tissues.

ALOE VERA 25 min.

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

MASSAGES

BACK 25 min.

Classic back muscle massage (face down).

FACE, HEAD, NECK 25 min.

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

SPORTS 50 min.

Classic deep tissue full body massage.

THERAPEUTIC 50 min.

Personalised massage according to medical history and pain syndrome.

NECK, SHOULDER, BACK 50 min.

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

LUMBAR TREATMENT 50 min.

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

LYMPHATIC DRAINAGE 50 min.

Unblocks the lymphatic system and activates flow.



SPECIFIC MASSAGES

SHIATSU 50 min.

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

HINDU HEAD MASSAGE 25 min.

Deep Ayurvedic head massage in an ergonomic chair.

FOOT REFLEXOLOGY 25 min.

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

FOOT RITUAL 50 min.

Foot scrub, intensive massage of the feet and legs, reflexology, and application of a refreshing cream.

LIGHT LEGS 50 min.

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

ANTI-CELLULITE MASSAGE 50 min.

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

ANTI-STRESS MASSAGES

NEPALESE MASSAGE WITH SINGING BOWLS 50 min.

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

RELAXING MASSAGE 50 min.

Muscle massage with warm sesame oil to nourish the skin, helps recovery and relieves stress.

VOLCANIC STONE MASSAGE 50 min.

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



PHYSIOTHERAPY

OSTEOPATHY 25 | 50 min.

Depending on medical history.

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Depending on medical history.



MASSAGES WITH HERBAL STAMPS

PANTAI LUAR 55 min.

A traditional body treatment from the Far East. Carefully prepared medicinal 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 relieves contractions.

PANTAI HERBAL ENERGY 70 min.

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

PANTAI CONTOUR 50 min.

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.

PANTAI HERBAL BELLE VISAGE 50 min.

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





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 wearing 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, this is of course 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.

SEASIDE COLLECTION

09 | 2023