



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 breathe 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 €

MASSAGE 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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