

# 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 heaven 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 is also an ample offer 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, state-of-the-art Technogym cardiovascular machines and weight lifting equipment are available.

At our SPA we have created a selection of unique treatments that can be adapted to all individual requirements and needs; our professional therapists will be delighted to design bespoke programmes of either one day or one week, to provide you with the results you would like to achieve.

Information, consultation, booking: daily from 10.00 am to 06.00 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: 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. 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 Rose: A luxurious peeling scrub with diamond dust and a delicate massage with Damascus Rose Oil that leave your skin more luminous and soft as ever. **128.-** (80 min.)

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

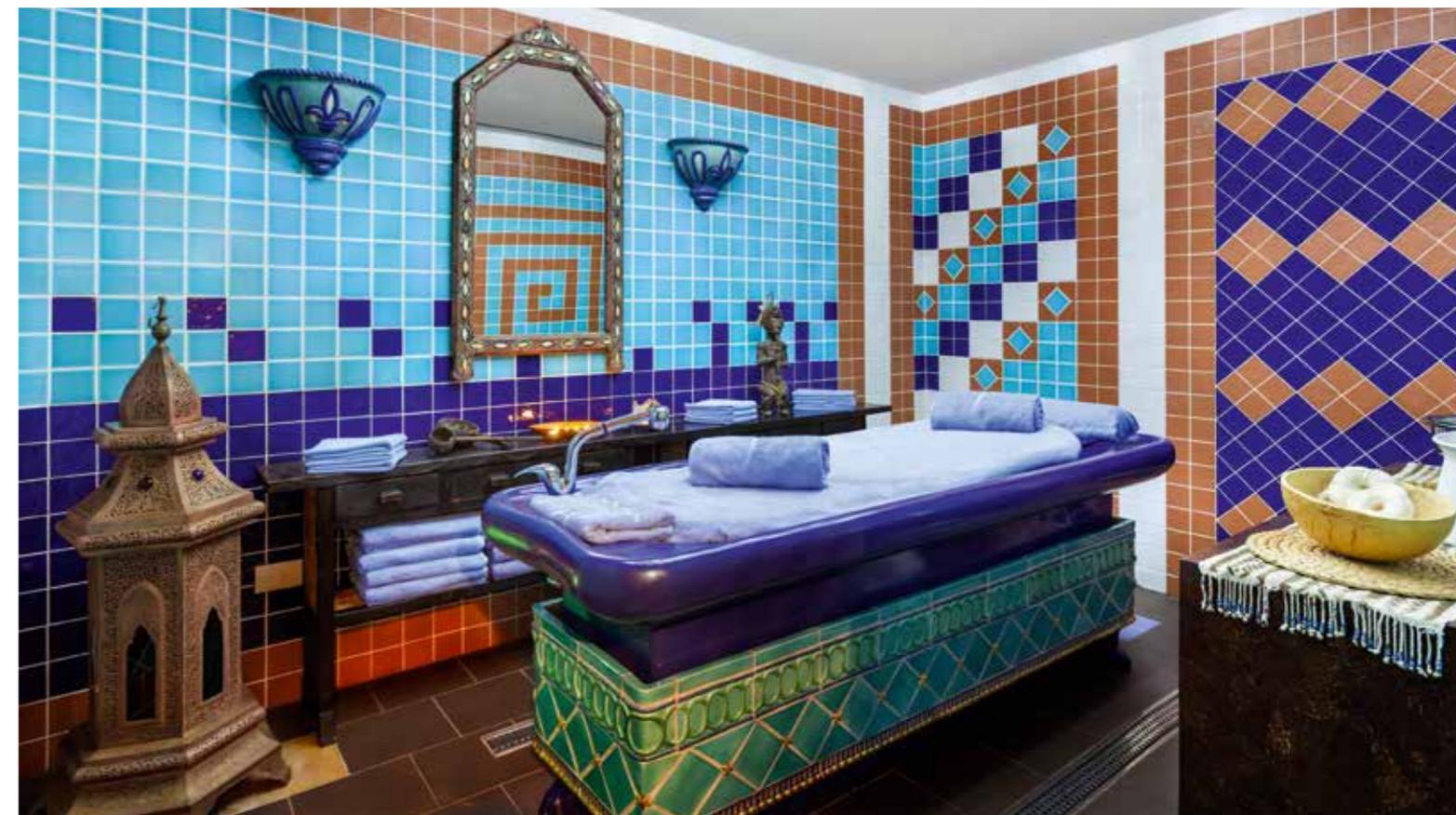
... **O2 Face and Body Perfection – for men** ... Let your skin breath pure oxygen for deep moisturizing, to give back a radiant and healthy appearance for face and body. **179.-** (55 min.)

... **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: Lemon/Lavender/Salt-Peeling, lymphatic drainage, seaweed 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, 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.)
- Nepalese Singing Bowls **76.-** (45 min.)

## Beauty

### Beauty Collection for Her and for Him

Exfoliation scrub, cleansing, eyebrow shaping, serum, massage, mask, and moisturizing with sun protection.

**Moisturizing treatment** Tailored to your skin type. **119.-** (80 min.)

**Oxygen breathing treatment** **119.-** (80 min.)

**Vitamin C Facial treatment** With radical protection. **129.-** (80 min.)

**Ceutical facial treatment** For sensitive and allergic skin. **129.-** (80 min.)

**Cure Luxury Anti-ageing facial treatment.** **149.-** (80 min.)

**Diamond Experience** Luxury anti-ageing treatment. **198.-** (80 min.)

**Acne-Solution** (For our younger guests.) **98.-** (60 min.)

## Lifting-Facial-Treatments

**Lifting-Express** Intense facial peeling scrub and cooling anti-aging-seaweed-mask. 68.- (45 min.)

**3D Collagen Shock** Look younger by alternative treatments with collagen flash. 159.- (80 min.)

**Micro-Lift** Intensive firming and filling up of wrinkles by manual lifting technology. 179.- (80 min.)

**Flash Gold** Treatment with pure gold, that will give to your skin immediately a firming effect, promotes luminosity and stimulates nutrition. 198.- (80 min.)

**Hialurox** (at Hotel Palm Beach) The latest in anti-aging technology to refill and diminish the look of wrinkles with cold laser. 198.- (1 x 80 min.), 534.- (3 x 80 min.)

**Guinot** (at Grand Hotel Residencia) Intense treatment lifting effect instant and long lasting, through electro-stimulation of the facial musculature. 198.- (80 min.), 534.- (3 x 80 min.)

**Life Infusion** An innovating facial treatment that gives life to your skin to preserve its beauty and youth. 219.- (120 min.)





### Short Facial Treatments

**Diamond Lighting System** Facial treatment for old age spots. 79.- (50 min.)

**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.)

### Beauty

**Eyelash Dyeing** 14.-

**Eyebrow Dyeing** 11.-

**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** 12.- (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)

DHA Bronzer: 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 Collections

### 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.)

**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.)

**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.), 79.- (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 almond 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. 79.- (50 min.)

**Anti-Cellulite-Massage** Localised massage to activate problem zones with specific anti-cellulite products. 75.- (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.



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