

Spa Mediterraneo

Mallorca



WELLNESSMOMENTS

WWW.SPAMEDITERRANEO.ES

WELLNESS
JOURNAL 2024

WELLNESS TIME

Wellness is our
passion!



DEAR WELLNESS LOVERS,

Welcome to the paradise of the Mediterranean!

Browse through our extensive range of massages and beauty treatments.

Reserve an appointment for a spa treatment of your choice directly on site or online.

Treat yourself to your wellness moments!

Nature conservation, sustainability and mindfulness of our environment are very important to us.

We have put together various arrangements for your wellness stay.

For wellness lovers, sports enthusiasts or connoisseurs, there is something suitable for every taste.

Enjoy gentle, feel-good treatments with valuable, high-quality, typical Mediterranean delicacies for your skin, health and the environment.

We wish you an unforgettable holiday!

Spa notice

Feel-good appointment

Before your wellness appointment, you are welcome to appear in a bathrobe or your own clothing.

valuables

We recommend leaving jewelry and other valuables in the room.

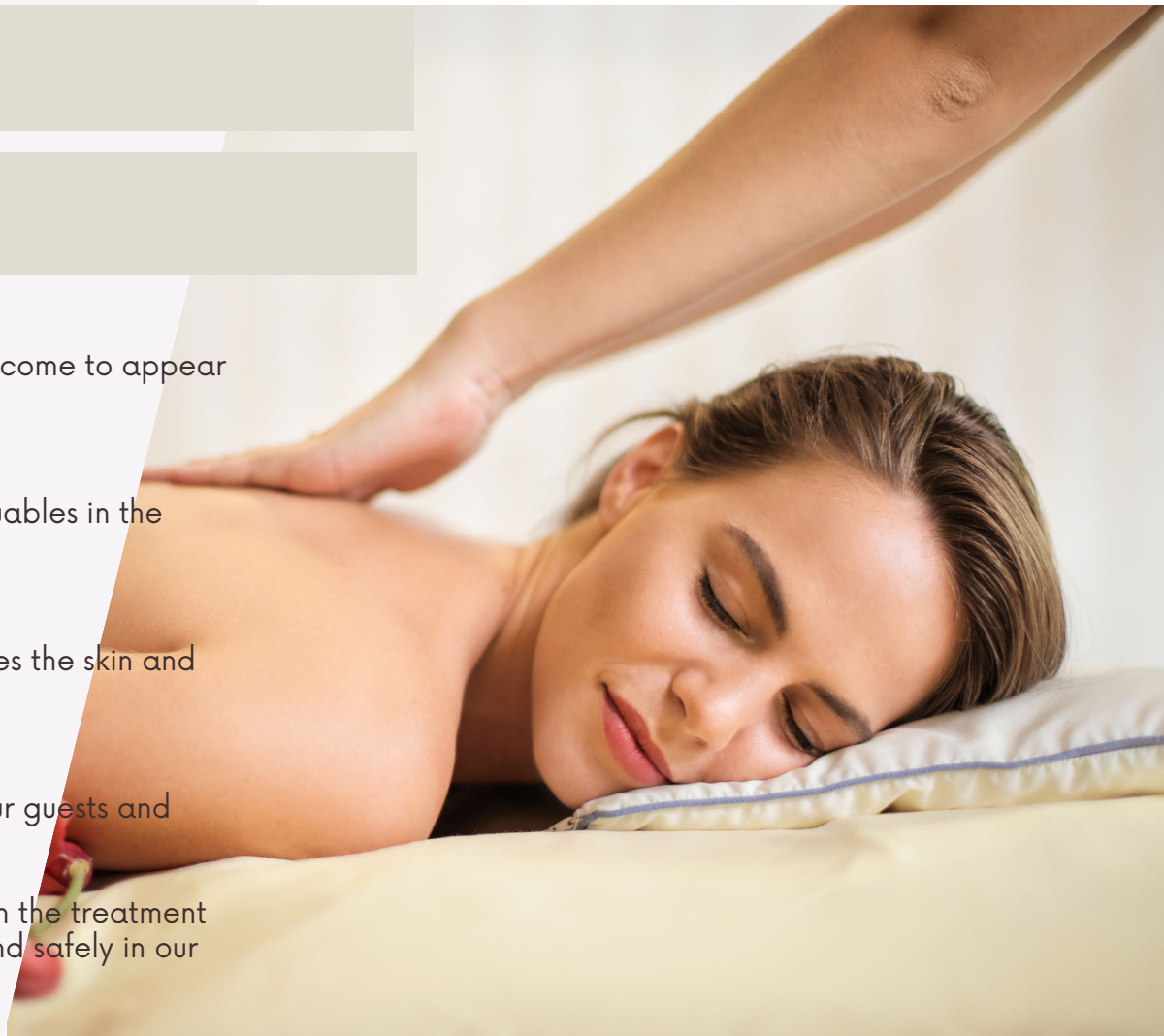
Shower

A shower before the treatment relaxes, cleanses the skin and prepares you ideally for the treatments.

Hygiene

Our primary goal is the safety and health of our guests and employees.

Our hygiene measures are regularly checked in the treatment area so that you can place yourself relaxed and safely in our hands.



4-STEP HARDNESS MASSAGE

1 Classic - Hardness level: light-medium

With this all-rounder body massage we free you from hardness and tension.

2 Wellness - Hardness level: light

Experience treatment and holistic therapy.
Feel-good massage to relax and unwind.

3 Rituals from all over the world Hardness level: light - strong

Treating the reflex points has a beneficial effect both internally and externally.

4 Sport - Hardness level: medium-strong

With strong handles, it improves freedom of movement and promotes the regeneration of damaged muscle fibers.



Back

light-
strong



Your mobility is increased and tense muscles are loosened.

Please choose the duration and topic of your treatment and where your body needs special attention. The **80-minute** treatment also includes a foot massage of the reflex zones on the back.

30 min €55 | 40 min €68 | 50 min 85€ | 80 min €125

R1 Kombi Relax

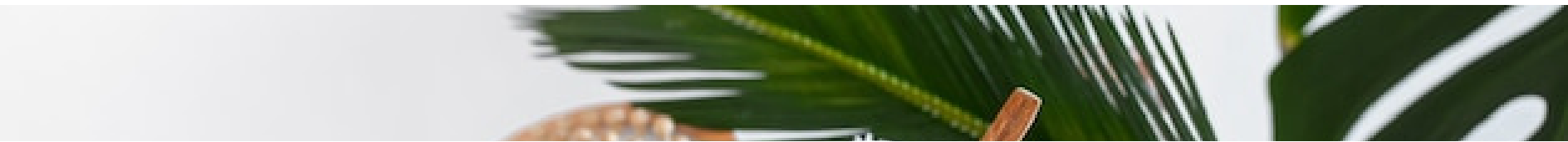
A pain-relieving, individually problem-specific back/neck/shoulder massage. Selected vegetable oils such as arnica help with rheumatism, sore muscles and joint inflammation.

R2 Harmony back

Intensive, harmonizing application with warming aroma compresses. Balancing and calming
Handles with anti-inflammatory St. John's wort balm.

R3 Love your Back

Gentle Rosa Mosqueta candle oil massage. The pleasant scent and the rich active ingredients such as mango and berry butter have a soothing and mood-enhancing effect.





Experience gentle, pain-relieving, fragrant massages with delicious aromas and herbs.



S1 Sports massage

Pressure and pulling stimuli on the muscles stimulate your cell metabolism and blood circulation in the surrounding tissue.

An individual, intensive body and sports massage with verbena.

Rosemary invigorates, relaxes and supplies your muscles with blood.
Lavender relaxes, calms and strengthens

The invigorating sports massage is extremely effective in treating muscle and overuse damage as well as muscle tension. In addition, it helps reduce the risk of injuries.

The fresh, spicy scent of verbena improves mental and physical well-being and strengthens your muscles before or after exercise.

Wellness for the back

*light-
medium*

Gentle feel-good massages. Helps with lack of energy, stress and is effective for back pain. The **80-minute** treatment also includes an Indian foot and head massage and a cleansing, scented almond milk foot bath.

50 min 85€ | 80 min €125

RW1 Hot Chocolate

Discover a sensual, delicate seduction with cocoa, almond oil & shea nut butter & orange oil. The chocolate mix is massaged into the skin slowly and fluidly, gently or with firm strokes

RW2 La Stone Therapy

A combination of massage and warming stones. The gentle pressure calms the autonomic nervous system. Precious, sweet almond oil combined with exotic, strong-sweet essential oils.

RW3 Sweet honey

A sugary-sweet application with organic blossom honey and fennel oil. Strengthens the immune system and has an antibacterial effect. The delicate, earthy fennel scent has a stimulating effect. The liquid gold is rich in nutrients, healing and detoxifying.



Classic massage

Strengthens the immune system, relaxes the muscles, promotes blood circulation and stimulates metabolism, reduces swelling. The 80/110-minute treatment also includes a head and neck massage.

30 min 55€ | 40 min €68 | 50 min 85€ | 80 min 125€ | 110 minutes €165

light-
medium

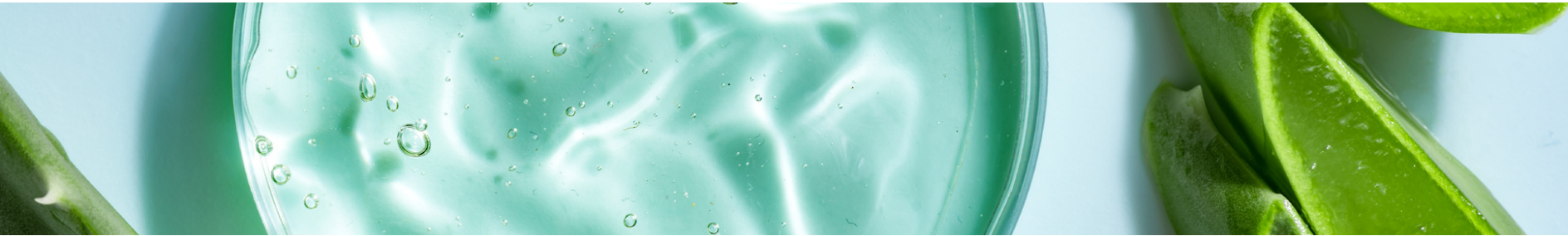


WA1 Wanderfit (partial body) with horse chestnut

Invigorating massage with horse chestnut and herbal ingredients. Refreshing drainage, helps tired legs and feet to revive. Promotes blood circulation, tightens the skin and is anti-inflammatory. Helps with sore, cramped muscles.

KL3 Classic full body massage with peppermint oil

Stretching and relaxing the muscles relieves pain in the affected area. The formation of Joint fluid is stimulated. Peppermint oil can regulate temperature and promote blood circulation, thereby positively influencing the regeneration process and tension.



Body rituals

light-
medium

Experience a fragrant massage in different scent variations. Tibetan sounds take you to other worlds. The 80/110 treatment also includes a foot massage of the reflex zones.

50 min 85€ | 80 min 125€ | 110 minutes €165



K1 Anti-Stress Body

Aroma body massage with hot stones and Tibetan singing bowls. Physical and emotional tensions are released. Strengthened nervous and immune systems. New energy can flow.

K2 Men's time

A combination of energetic head, face and powerful massage around the back, shoulders and neck: the sweet, earthy scent of sandalwood and coconut vanilla ensure deep relaxation, loosening and releasing deep-seated tensions.

K3 Spirit of Mallorca

Gentle, deeply relaxing, energetic head and body massage with warming almond and apricot kernel oil. A touch of lemon and orange blossom combined with valuable vegetable oils gently guide you to your inner center.



Tapas Body Aromatherapy

Mix of warm stones and
three harmonizing massages.

A neck/back and head
massage is followed by a
relieving foot, leg and face
massage.

Fragrant oranges and
precious lime oil seduce, give
lightness and joy of life.

80 min 125€ | 110 minutes
€165



THERAPY

Aloe Vera



Experience a fragrant application in different scent variations. Aloe Vera provides your skin with nourishing, cooling moisture, soothes and tones sun-tanned skin optimally.

A1 Sunbather **Body**

For optimal preparation for sunburn. A Mediterranean body peeling with fresh papaya, Mallorcan Sea sand and coconut oil loosen dry skin cells. The subsequent wellness massage with wild rose oil promotes a suntan.

90 min €165 | 120 min €195

A2 Aloe Vera - freshness kick **Beauty**

Summer, sun, after sun. A nourishing and cooling, regenerating treatment with fresh aloe vera and vitamin A/E. A mineral-rich beauty pack with algae and healing clay help the skin to normalize. Activates the self-healing process of sun-damaged skin. The moisture deposits are replenished.

40 mins 68€ | 60 min 98€ - Facial massage included



Thalasso & Detox

precious treasures from the sea

T3 Thalasso facial treatment

Beauty

Intense moisture, intensive anti-aging

Precious treasures such as algae and a freshly prepared peeling made from grape seed oil, coconut blossom sugar and red vine leaf extracts make your skin shine. A beauty pack has a detoxifying and firming effect.

60 mins 115€ | 120 mins | 195€ - Incl. back and neck massage

D1 Mallorca on the skin

Body

Detoxifying & purifying

A refreshing cocktail for the skin. After a Mallorcan sea sand body peeling with crystal salts, fresh figs, honey and orange oil, you will then enjoy a deep full-body massage with precious avocado and grape seed oil.

90 min €165 | 120 min €195

T2 Thalasso from **Body** head to toe

Regenerating & stimulating

A sea salt peeling with rosemary is followed by a detoxifying, regenerating algae pack that stimulates the metabolism and remineralizes the skin.

A body massage with papaya coconut balls and a beauty pack with rose round off your pampering program.

90 min €165 | 120 min €195



Rituals from all over the world

light-
medium



Please select the duration and topic of your treatment and where your body needs special attention. Tibetan singing bowls take you into other worlds.

M1 Tadu mai Lava Man

Powerful massage, unique combination of exotic essential West Indian sandalwood oil and pure coconut oil, the deep warmth of the lava stones and cowrie shell leads to pleasant relaxation. The massage with the aromatic wood is the crowning conclusion of this revitalizing treatment.

80 min 125€ | 110 minutes €165

M2 Pashima Abhyanga

Ayurvedic gentle, harmonious back massage with warmed sesame and coconut oil. Opens the body's detoxification channels.

30 min €55 | 40 min €68 | 50 minutes €85

M3 Foot reflexology

Ayurvedic foot massage with warmed oil: It helps with nervousness, sleep disorders and headaches. The entire organism is pleasantly strengthened with flowing massage strokes over the reflex points.

30 min €55 | 40 min €68 | 50 minutes €85





4-ELEMENTS

Holistic therapy

WATER

Stands for connective tissue. As if carried on waves, in rhythmic flowing movements your connective tissue is strengthened with special handles.

FIRE

Stands for will, autonomy and vitality. With warming aromatic oils, herbal tea, compresses and warm basal stones, we support the blood circulation in low-energy areas of the body. With dynamic massage movements, energies held in tense muscles can flow freely again.

EARTH

Stands for bones. Calm, firm and deep grips release deep-seated tension right down to the bones. A feeling of inner peace grounds you.

AIR

Represents stretching and breathing. Gentle movements, stretches and light strokes. Breathing deepens. A feeling of lightness surrounds you.



PRICES AT A GLANCE

2024|2025

MASSAGE & WELLNESS

| | |
|---------|------|
| 30 min | 55€ |
| 40 min | 68€ |
| 50 min | 85€ |
| 80 min | 125€ |
| 110 min | 165€ |

RITAUUL OVER THE WORLD

| | |
|---------|------|
| 30 min | 55€ |
| 40 min | 68€ |
| 50 min | 85€ |
| 80 min | 125€ |
| 110 min | 165€ |

THALASSO & DETOX

| | |
|---------|------|
| 60 min | 115€ |
| 90 min | 165€ |
| 120 min | 195€ |

WELLNESS & BEAUTY

| | |
|---------|------|
| 40 min | 75€ |
| 60 min | 115€ |
| 90 min | 165€ |
| 120 min | 195€ |

TOPPING partial body

| | |
|----------------------------|----|
| Hot stones | 8€ |
| Herbal/aroma compresses | 8€ |
| Infrared | 8€ |
| Peeling | 9€ |
| Aloe Vera | 8€ |

Optimize your application with a topping

PRICE LIST

BEAUTIFUL HANDS & FEET

| | |
|-----------------------|------------------|
| MANICURE | € 58,00 40 MIN |
| MANICURE WITH POLISH | € 68.00 60 MIN |
| MANICURE WITH SHELLAC | € 78.00 60 MIN |
| PEDICURE | € 58.00 40 MIN |
| PEDICURE WITH POLISH | € 68.00 60 MIN |
| PEDICURE WITH SHELLAC | € 78.00 60 MIN |