



# BODY & SOUL

MEDITERRANEAN  
SPA MALLORCA

  
SON AMOIXA  
★ ★ ★ ★

## MESSAGE MOMENTS.

# IMMERSION

# AND DIVE

Relaxation in harmony with nature. There is hardly a more beautiful place to recharge your batteries than the sea with its stunning backdrop.

We warmly welcome you to the Mediterranean paradise.

Immerse yourself in the wonderful world of relaxation.

For your wellness stay we have various arrangements for you- assembled.

Enjoy valuable, country-typical and Mediterranean, regional delicacies of high quality for your skin, environment and health.

Tibetan sounds, hot and cold stones, warming, precious herbal oils and sea salts gently guide you through our wellness treatments and back to your inner center.

We wish you an unforgettable time!  
Body & Soul Team Mallorca

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# 4 -Step



## hardness level massage

Combine your favorite massage with a “feel-good” level of firmness.

### Harmony-Wellness

Hardness: light-medium

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

### Rituals from all over the world

Hardness: light-medium

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

### Classic

Hardness: light-strong

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

### Sport

Hardness: medium-strong

With powerful grips, it improves freedom of movement and promotes the regeneration of damaged muscle fibers.



# Harmony Back

Deep and

pain-relieving



Experience deep, pain-relieving and harmonious massages with precious oils.

The **90-minute** treatment also includes a foot massage of the reflex zones of the back.

## R1 Combi Relax

**Pain-relieving, individually problem-related**

Back, neck and shoulder massage. Selected herbal oils such as ginger oil help with neck stiffness, muscle pain as well as muscle soreness & joint inflammation.

30 min 55€ | 55 min 85€ | 90 min 139€

## R2 Harmony Back

Intensive, harmonizing treatment with mandarin, clementine and vanilla oil. Balancing grips, hot stones, sea salt peeling and warming herbal compresses, invigorate, calm and refresh the mind.

55 min 85€ | 90 minutes 139€

## R3 Candle Oil Massage

Gentle, unique candle oil massage for more pampering moments. The pleasant scent of coconut oil captivates the senses. The rich active ingredients such as mango, sweet orange and berry butter has a soothing and mood-enhancing effect.

55 min 85€ | 90 min 139€

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# Spa-Classic



## Regeneration and

## Prevention



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

The formation of synovial fluid is stimulated. Has a skin-tightening and anti-inflammatory effect and helps with sore, cramped muscles.

55 min 85€ | 90 min 139€

### S1 Deep-Tissue Massage

Powerful deep tissue massage with nanomint.

### S2 Classic full body massage

With sweet almond oil, mint and lemongrass.

### S3 Wanderfit

Invigorating massage with rosemary, chestnut and herbal ingredients. Refreshing drainage, helps to revitalize tired legs and feet.

### S4 Sports Massage

Ideal before and after exercise. Deep, powerful massage with verbena, cinnamon and mint oil. Relieves pain, strengthens muscles and prevents sore muscles.

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# BODY RITUAL

## Healing Scents & Sounds

### Aromatherapy



Experience a fragrant massage with precious plant oils in various scent variations. Tibetan sounds accompany you and help you to relax.

Scents trigger “feelings of happiness” and help in coping with negative emotions such as stress, anxiety and depressive moods.

Please choose the duration and topic of your treatment and where your body needs special attention.

55 min 85€   90 min 139€   110 min 165€

#### K1 Anti-Stress Body

Aroma oil massage with fragrant warm coconut and vanilla oil. Cocoa butter has a nourishing, mood-enhancing effect and vitalizing. Tibetan sounds and hot compresses also calm the nervous system. An ideal action to release stress. Energy is recharged.

#### K2 Spirit of Mallorca

With lemon, sweet orange and Grapefruit oil. A gentle energetic head, foot and body massage with warming, precious sweet almond and apricot kernel oil. A hint of orange blossom gently guides you to your inner center.

#### K3 Tapas Body

With sweet orange, mandarin & toka oil. Mix of warm Stones and 3 harmonizing massages. A relaxing back, neck and head massage is followed by a relieving foot, leg and face massage. Fragrant oranges and precious Toka oil seduce, giving you lightness and joie de vivre.





# BODY RITUAL

Delicious

Inspiration

Fragrant wellness experience!

Please choose the duration and topic of your treatment and where your body needs special attention.

The **90-minute massage** includes foot compresses, a shoulder, neck, arm and head massage. **110 minutes** with foot massage.

55 min 85€   90 min 139€   110 min 165€

## K4 Mallorca on the skin

A refreshing cocktail for the skin, after a Mallorcan sea sand body scrub with crystal salt, pepper, honey and orange oil, experience a deep massage with precious avocado oil.

## K5 Hot Chocolate

Enveloped in fragrant chocolate and warm cocoa butter, a unique aroma and a soft skin feeling: a beguiling scent is always noticeable during the body massage.

## K6 Stampmassage Mallorca

Pampering mix of specially selected Herbal mixtures and a soothing massage with sweet almond oil. Very good for stress, tension, nervousness and sleep disorders.

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# RITUALS AROUND THE WORLD

## Enjoy exotic massages

Holistic physical and mental relaxation. Indian and Native massage rituals bring body and soul back into harmony.

90 min 149€ 110 min 169€

### RW1 **NEU: Tadu mai Lava Man**

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

### RW2 **NEW: Lomi Lomi Nui**

**Hawaiian temple massage with warm oil:** Feel Deep relaxation through long, powerful, wave-like strokes.

### RW3 **NEW: Ayurveda-Relax**

Combination of three exotic massages. An Ayurvedic back, foot and face massage.

### RW4 **Foot Reflexology Massage**

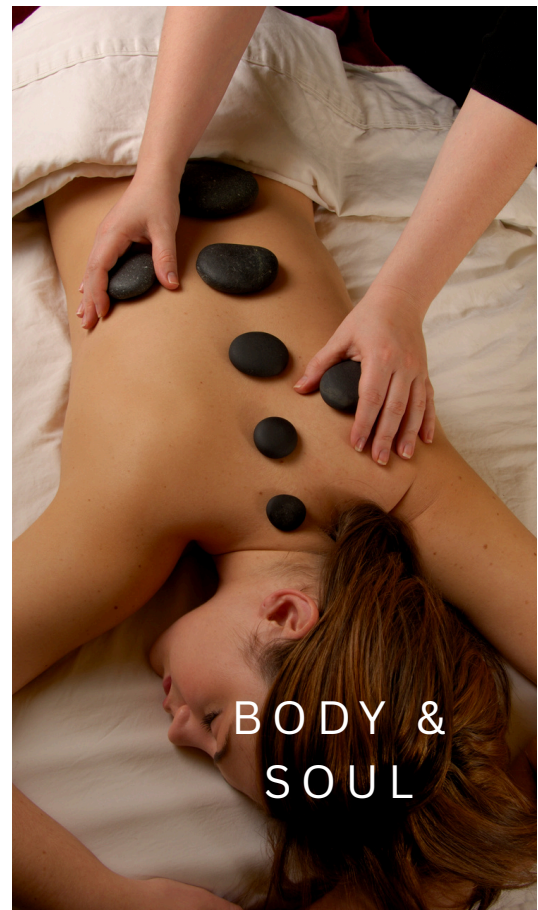
Proven to increase well-being and relieve pain and stress. Enjoy a soothing pressure point massage.

30 min 55€

### RW5 **Indian Foot Massage**

**An Ayurvedic foot and calf massage with warmed Oil:** It helps with nervousness, sleep disorders and headaches. The whole organism is beneficially strengthened with flowing massage strokes over the reflex points.

50 min 85€





# GREEN LUXURY

With fresh Aloe Vera

## Plant



The highlight of all treatments are freshly cut aloe vera plant leaves. Enjoy precious aloe vera, freshly prepared for you, for your entire body.

The precious active ingredients nourish the cells, repair them and regenerate them.

The **90-minutes** massage includes foot compresses, a shoulder, neck, arm and head massage. **110 minutes** with foot massage.

55 min 89€ 90 min 144€ 110 min 169€

### A1 Moisture

Pure moisture for the whole body with active ingredients from fresh aloe vera, vitamin A/E. The connective tissue is naturally strengthened with aloe vera and the moisture reserves are replenished.

### A2 Love your Age Body

With pure plant power. Nourishing and rejuvenating. A Combination of lipids, vitamins and antioxidants efficiently tightens the skin and reactivates skin renewal. With precious honey oil.

### A3 Relax & Move

A warming, draining massage relieves tension, invigorates Muscles and joints, promotes blood circulation with sandalwood.

### A4 Back massage with fresh aloe vera

Relaxing massage with high-quality oils and the Moisture boost from freshly cut aloe vera leaves.

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# THALASSO & DETOX

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## Treasures from the

## Sea

Detoxifying  
Purifying  
Draining

Immerse yourself and recharge your batteries: discover the power of the sea with thalasso treatments and the highly effective NATURNUA PRODUCTS.

A detox treatment boosts the metabolism, helps you lose weight, helps clear the skin, strengthens the immune system and releases new energy.

The **90-minute** massage includes foot compresses, a shoulder, neck, arm and head massage. **110 minutes** includes a loosening cupping massage.

90 min 144€ 110 min 169€



### T1 Thalasso from head to toe

The sea peeling is followed by a detoxifying, regenerating Algae pack that stimulates your metabolism and remineralises the skin. A back massage and facial mask round off the pampering programme.

### T2 Thalasso oil-salt massage

The full body peeling with sea salt and algae-based oil vitalizes, drains and stimulates the metabolism. The closing massage promotes blood circulation. Your skin becomes silky and soft.

### T3 Thalasso Anti-Cellulite

Intensive treatment for a naturally toned figure. An active oxygen pack and highly effective Vit concentrates. A/C tighten and together with the Perfect Sculpt Massage and valuable grapefruit oil for lasting results - firming or detoxifying as needed.



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# BEAUTY RITUALS

## Facials

Intensive moisture, anti-aging or pure moisture for your skin. The precious active ingredients nourish the cells, repair and regenerate.

In addition to the facial treatment, the **90-minute** treatment also includes foot compresses, a shoulder, neck and back massage. The **110-minute** treatment includes a full body massage.

### G1 Facial massage with ylang-ylang

**With flowing strokes and gentle pressure, the lymph flow is stimulated.** Tired and swollen eyes are relieved. The skin is supplied with blood and metabolic processes are stimulated.

25 min 39€

### G2 Intensive Moisture

**A moisturising facial treatment with fresh** peeled aloe vera fresh plant gel.

55 min 89€ 90 min 144€ 110 min 169€

### G3 Detox Face

**A detoxifying treatment. The result is a clear,** strengthened skin with firmer contours and reduced veins. Ideal for couperose, blemished skin and bags under the eyes.

55 min 89€ 90 min 144€ 110 min 169€

### G4 Love Your Age Face

Enjoy a beauty pack with collagen suppliers such as hazelnut, vitamin C and E plump up and smooth the skin.

55 min 89€ 90 min 144€ 110 min 169€

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# Nail Spa

## Perfectly groomed hands and feet

A manicure or pedicure with peeling, mask and massage pampers not only your hands and feet, but also your senses.

### N1 Women:

#### **Wellness manicure or pedicure**

Pampering program for stressed women's hands or feet with peeling, mask and massage, with varnish.

50 min 68€

### N2 Short manicure or pedicure with varnish

25 min 39€

### N3 Herren:

Wellness manicure or pedicure pampering program for stressed men's hands or -feet with peeling and mask and massage.

50 min 65€

### N4 Short manicure or pedicure

25 min 35€

### N5 Teens Manicure

Nourishing Short Manicure

25 min 28€





# Spa Note

## Beauty & Wellness

### Dear guests,

You are welcome to arrive for your wellness appointment in a bathrobe or your own clothes.

We recommend that you leave jewelry and other valuables in your room.

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

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

That is why our hygiene measures in the treatment area are regularly checked so that you can relax and place yourself safely in our hands.

Your SPA team Mediterráneo Mallorca  
Tanya Schneider

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