

Spa circuit I session 50 € • Spa circuit for children under 16, I session 32 € • Spa circuit 3 sessions 95 € • Spa circuit 6 sessions 132 €

Gym I day 18 € • Monthly gym membership 75 € • Monthly Spa membership 132 € • Monthly gym & Spa membership 170 €

	EXPERIENCES	Prices per person
PRESTIGE * 125 € 50 minutes • Spa Circuit • Relaxing full-body massage, 50 minutes	MOTHER-TO-BE I 139 € 80 minutes • Basic pedicure • Cooling wrap for tired legs • Mother-to-be pregnancy massage, 20 minutes	MOTHER-TO-BE II 184 € 110 minutes • Basic pedicure • Cooling wrap for tired legs • Mother-to-be pregnancy massage, 40 minutes
DETOX 90 minutes • Spa Circuit • Remineralising & slimming seaweed bath • Green tea detox & anticellulite body wrap • Pressure therapy: Lymphatic drainage treatment	 KNOT-RELEASE 60 minutes Spa Circuit Stimulating hydrotherapy bath with rosemary oil Therapeutic knot release back massage, 40 minutes 	FROM HEAD TO TOES * 235 € 170 minutes • Spa Circuit • Natural Mediterranean scrub • Express facial • Basic manicure • Basic pedicure
MEDITERRANEAN EXPERIENCE * 197 € 110 minutes • Spa Circuit • Natural Mediterranean scrub • Seaweed remineralising & slimming body wrap • Relaxing massage, 40 minutes	AYURVEDIC EXPERIENCE * 126 € 60 minutes • Spa Circuit • Garshan ayurvedic detox dry silk glove treatment • Abhyanga ayurvedic massage, 40 minutes	POLYNESIAN EXPERIENCE * 169 € 85 minutes • Spa Circuit • Balinese lotus and frangipani lulur scrub with rice powder • Hawaiian lomi lomi massage, 50 minutes
EASTERN EXPERIENCE * 145 € 75 minutes • Spa Circuit • Eastern Ayurveda scrub • Shiatsu or Indian head massage, 40 minutes	MOROCCAN VOYAGE * 239 € 110 minutes • Spa Circuit • Moroccan black soap & eucalyptus treatment • Rose & geranium rasul body wrap • Head & face massage • Tired legs & feet massage	* EXTRAS • Hydrotherapy bath of your choice, 46 € 20 minutes

FACIAL THERAPIES

CLEANSING RITUALS	DURATION	PRICE	EXPERIENCES	DURATION	PRICE
• Express facial*	35 min.	75 €	 Anti stress facial * 	65 min.	126 €
Essential facial *	65 min.	126 €	 Oriental hot & cold stone facial * 	65 min.	139 €
Prestige facial	80 min.	162 €			
Vitamin extra facial	80 min.	162 €			
FACIAL TREATMENTS			* EXTRAS		
After sun calming treatment	20 min.	68 €	Pure rosehip oil		10 €
• Tired eyes	20 min.	63 €	 Moisturising serum with marine plant DNA 		13 €
Marine plant skin revival treatment	35 min.	84 €	Rose radiance ayurvedic serum		I 4€
Prestige anti ageing eye treatment	35 min.	88 €	 Facial electroporation and phototherapy 	every 20 min.	52 €
 Lift & firm face and neck treatment 	50 min.	126 €			
Prestige age defying treatment	80 min.	185 €	Outdoor treatments - Request information as	SPA reception	

HYDROTHERAPY, BODY TREATMENTS & ELECTROTHERAPY

BODY TREATMENTS • Garshan ayurvedic detox dry silk glove treatment * • Natural Mediterranean scrub *	DURATION 20 min. 35 min.	PRICE 62 € 76 €	HYDROTHERAPY • After sun refreshing treatment • Stimulating hydrotherapy bath with rosemary oil • Remineralising & slimming seaweed hydrobath	35 min. 20 min. 20 min.	PRICE 82 € 68 € 68 €
• Eastern Ayurveda scrub *	35 min.	82 €	Chamomile & ylang ylang Cleopatra milk bath	20 min.	74 €
Lulur Balinese lotus & frangipani scrub with rice powder * Moroccan black soap & eucalyptus treatment *	35 min. 35 min.	88 € 88 €	ELECTROTHERAPY • Pressure therapy: Lymphatic drainage treatment *	35 min.	43 €
 Deep cleansing back treatment Green tea detox & anticellulite body wrap * Rose & geranium rasul body wrap * 	50 min. 35 min. 35 min.	107 € 88 € 88 €		ery 20 min. ery 20 min.	43 € 43 €
Seaweed remineralising & slimming body wrap *	35 min.	88 €	* EXTRAS • Anti stretch mark formula • Outdoor treatments - Request information at SPA	reception	10€

MASSAGES

					THE THE PERSON NAMED IN
CLASSICAL MASSAGES	DURATION	PRICE	ORIENTAL MASSAGES	DURATION	PRICE
Back, neck & shoulder massage	20 min.	63 €	Bamboo firming massage	20/50 min.	74/116€
Head & face massage	20 min.	63 €	Prestige signature hot stone massage	20/50/80 min.	74/116/170€
Full body relaxing massage	50 min.	113€	• Thai massage	80 min.	162€
Swedish massage	20/50 min.	63/113 €	Indian head massage	40 min.	96 €
• Tired legs & foot massage	20 min.	57€	Abhyanga ayurvedic massage	80 min.	170€
Anticellulite massage	20/50 min.	69/116€	Shiatsu massage	80 min.	170€
			Balinese massage	50 min.	116€
			Hawaiian Iomi Iomi massage	80 min.	170€
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SPECIALISED MASSAGES			EXTRAS		
Therapeutic knot release back massage	20/40 min.	68/88 €	Add 20 minutes to any massage		53 €
Localised sports massage	20/40 min.	69/93 €	Refreshing wrap for fatigued legs		20 €
Deep tissue massage	20/50 min.	69/116 €	Anti-stretch mark formula	DOMESTIC STREET	11€
Mother-to-be massage	20/50 min.	69/116 €	• In-room massage		52 €
Children's massage	20 min.	63 €			
• Lymphatic drainage	20/50 min.	62/113 €	Outdoor massage - Request information	at SPA reception	n
Foot reflexology	40 min.	88 €			100
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Add a Spa Circuit to your treatment for only 31 €

90 min. 196 €

Entrance to our SPA CIRCUIT FREE OF CHARGE when receiving treatments the same day and/or purchasing products to the minumun value of 145 € per person. Excludes experiences, discounts and other promotions.

HANDS & FEET

	DURATION	PRICE		DURATION	PRICE
Basic manicure	45 min.	65 €	Nail polish removal or application extra	10 min.	17€
Manicure for men	35 min.	53 €	French Manicure / pedicure extra	20 min.	21€
Prestige manicure with Mediterranean scrub	60 min.	96€	• Semi-permanent polish removal extra	every 20 min.	21€
Basic pedicure	55 min.	84 €	Nail shaping	al delication of	13€
Pedicure for men	45 min.	70 €			
Prestige pedicure with Mediterranean scrub	75 min.	113€		非国际	

HAIR REMOVAL

HAIR SALON SERVICES

	ASSESSMENT OF THE PARTY OF THE				HEAT THE STANK		
• Eyebrow corrections 2	.0 €	Bikini	31 €	• Wash and style - short	57€	Children's haircut	28 €
	7€ •	Brazilian bikini		• Wash and style - medium	61€	Deep conditioning	22 €
• Upper lip	7€ •	Full bikini	43 €	• Wash and style - long	68 €	Bridal styling (with trial)	178 €
• Chin	7€ •	Back	63 €	• Cut and style - short	73 €	Bridal makeup	
Half legs	7€ •	Chest	59€	Cut and style - medium	87 €	(with trial)	164€
• Full legs 5	1€ •	Abdomen	43 €	Cut and style - long	101€	Day makeup	60 €
• Underarm 3	I € •	Forearms	37 €	Cut for men	43 €	Night makeup	77 €

ASK ABOUT OUR OFFERS AND GIFT CARDS Tel. + 34 97 I 806 206 - spatb@insotel.com

To contact the Spa from your room, please dial 3603#

SPA POLICY

Personalized massage

Appointments: We recommend you book your treatment at least one day in advance by phoning 971 806 206. We request you arrive 10 minutes prior to your appointment time. If you arrive later than your scheduled appointment time the duration of your treatment may be reduced, maintaining full service price. Individual bookings must be cancelled no later than 2 hours in advance and groups of 3 or more people must be cancelled 24 hours in advance. Cancellations outside of said parameters will be penalized with a 30% rate charge or with loss of deposit. No shows will be charged 100% of the service booked. Upon Spa check-in, you will be requested to complete a questionnaire concerning your health habits, allergies,

etc. **Hydro Therapy Circuit:** Prestige Spa will provide you with a towel and slippers for the Spa Circuit. The use of swimwear and cap is mandatory at all times. We request you respect

the indicated circuit rules in the Spa area.

Other Spa Policies: Prestige Spa will not be responsible for the loss of valuables, mobile telephones, cameras, pushchairs and contents, etc., within the Spa area. We request you maintain a moderate tone of voice throughout the Spa. Eating and drinking is not permitted in the Spa area. A mineral water fountain is at your disposal. Children under the age of 16 will only be allowed to use the Spa facilities accompanied by an adult during designated hours within the established timetables.

Prestige Spa Tarida Beach reserves the right to refuse admission.