

ENGLISH

SPA CIRCUIT & FITNESS

Spa Circuit, 1 session: 40 € • Spa Circuit, 1 session for children under the age of 16: 26 € • Spa Circuit, 3 sessions: 78 € • Spa Circuit, 6 sessions: 110 €
Gym 1 day: 14 € • Monthly gym membership: 62 € • Monthly Spa membership: 110 € • Monthly gym & Spa membership: 141 €

SPA TREATMENT PACKAGES (Prices per person)

PRESTIGE * • 50 minutes • Spa Circuit • Relaxing full-body massage (50 minutes)	103 €	MOTHER-TO-BE I • 80 minutes • Basic pedicure • Cooling wrap for tired legs • Mother-to-be pregnancy massage (20 minutes)	116 €	MOTHER-TO-BE II • 110 minutes • Basic pedicure • Cooling wrap for tired legs • Mother-to-be pregnancy massage (40 minutes)	154 €
DETOX • 110 minutes • Spa Circuit • Remineralising & slimming seaweed bath • Green tea detox & anticellulite body wrap • Pressure therapy: Lymphatic drainage treatment • Pressure jet shower	164 €	KNOT-RELEASE • 80 minutes • Spa Circuit • Stimulating hydromassage bath with rosemary oil • Therapeutic knot release back massage (40 minutes) • Pressure jet shower	148 €	FROM HEAD TO TOE * • 170 minutes • Spa Circuit • Natural Mediterranean scrub • Express facial • Basic manicure • Basic pedicure	196 €
* EXTRAS • Hydrotherapy bath of your choice (20 minutes) 37 €					

SPA EXPERIENCES (Prices per person)

MEDITERRANEAN EXPERIENCE * 110 minutes • Spa Circuit • Natural Mediterranean scrub • Seaweed remineralising & slimming body wrap • Relaxing massage (40 minutes)	165 €	AYURVEDIC EXPERIENCE * 60 minutes • Spa Circuit • Garshan ayurvedic detox dry silk glove treatment • Abhyanga ayurvedic massage (40 minutes)	104 €	BALINESE EXPERIENCE * 95 minutes • Spa Circuit • Balinese lotus and frangipani lulur scrub with rice powder • Moisturising body wrap with lotus and frangipani oil • Balinese massage (40 minutes)	160 €
EASTERN EXPERIENCE * 75 minutes • Spa Circuit • Eastern Ayurveda scrub • Shiatsu or Indian head massage (40 minutes)	120 €	MOROCCAN VOYAGE * 120 minutes • Spa Circuit • Moroccan black soap & eucalyptus treatment with Vichy shower • Rose & geranium rasul body wrap with Vichy shower • Head & face massage • Tired legs & feet massage	206 €	* EXTRAS • Hydrotherapy bath of your choice (20 minutes) 37 €	

FACIAL THERAPIES					
CLEANSING RITUALS			EXPERIENCES		
	DURATION	PRICE		DURATION	PRICE
• Express facial *	35 min.	62 €	• Anti stress facial *	65 min.	104 €
• Essential facial *	65 min.	104 €	• Oriental hot & cold stone facial *	65 min.	116 €
• Prestige facial	80 min.	135 €			
• Vitamin extra facial	80 min.	135 €			
FACIAL TREATMENTS			* EXTRAS		
• After sun calming treatment	20 min.	56 €	• Pure rosehip oil		7 €
• Tired eyes	20 min.	52 €	• Moisturising serum with marine plant DNA		9 €
• Marine plant skin revival treatment	35 min.	69 €	• Rose radiance ayurvedic serum		10 €
• Prestige anti ageing eye treatment	35 min.	73 €	• Facial electroporation and phototherapy	every 20 min.	42 €
• Lift & firm face and neck treatment	50 min.	104 €			
• Prestige age defying treatment	80 min.	156 €	• Outdoor treatments - Request information at SPA reception		

HYDROTHERAPY, BODY TREATMENTS & ELECTROTHERAPY					
BODY TREATMENTS					
	DURATION	PRICE		DURATION	PRICE
• Garshan ayurvedic detox dry silk glove treatment *	20 min.	51 €	• Stimulating hydromassage bath with rosemary oil	20 min.	56 €
• Natural Mediterranean scrub *	35 min.	63 €	• Remineralising & slimming seaweed hydrobath	20 min.	56 €
• Eastern Ayurveda scrub *	35 min.	67 €	• Chamomile & ylang ylang Cleopatra milk bath	20 min.	61 €
• Lulur Balinese lotus & frangipani scrub with rice powder *	35 min.	73 €	ELECTROTHERAPY		
• Moroccan black soap & eucalyptus treatment *	35 min.	73 €	• Pressure therapy: Lymphatic drainage treatment *	35 min.	35 €
• Deep cleansing back treatment	50 min.	89 €	• Anticellulite electroporation and phototherapy	every 20 min.	35 €
• Green tea detox & anticellulite body wrap *	35 min.	73 €	• Firming electroporation and phototherapy	every 20 min.	35 €
• Rose & geranium rasul body wrap *	35 min.	73 €			
• Seaweed remineralising & slimming body wrap *	35 min.	73 €	* EXTRAS		
HYDROTHERAPY			• Anti stretch mark formula		7 €
• Pressure jet shower	20 min.	50 €	• Vichy shower (adds 15 min. extra to scrubs and wraps)	15 min.	31 €
• After sun refreshing treatment with Vichy shower	50 min.	103 €	• Outdoor treatments - Request information at SPA reception		

CLASSICAL MASSAGES		DURATION	PRICE	ORIENTAL MASSAGES		DURATION	PRICE
• Back, neck & shoulder massage		20 min.	52 €	• Bamboo firming massage		20/50 min.	61/98 €
• Head & face massage		20 min.	52 €	• Prestige signature hot stone massage		20/50/80 min.	61/98/141 €
• Full body relaxing massage		50 min.	94 €	• Thai massage		80 min.	135 €
• Swedish massage		20/50 min.	52/94 €	• Indian head massage		40 min.	79 €
• Tired legs & foot massage		20 min.	46 €	• Abhyanga ayurvedic massage		80 min.	141 €
• Anticellulite massage		20/50 min.	57/98 €	• Shiatsu massage		80 min.	141 €
				• Four hand Balinese massage		50 min.	141 €
SPECIALISED MASSAGES				EXTRAS			
• Therapeutic knot release back massage		20/40 min.	56/73 €	• Add 20 minutes to any massage			43 €
• Localised sports massage		20/40 min.	57/77 €	• Refreshing wrap for fatigued legs			16 €
• Deep tissue massage		20/50 min.	57/98 €	• Anti stretch mark formula			8 €
• Mother-to-be massage		20/50 min.	57/98 €	• In-room massage			42 €
• Children's massage		20 min.	52 €				
• Lymphatic drainage		20/50 min.	51/94 €	• Outdoor massage - Request information at SPA reception			
• Foot reflexology		40 min.	73 €				
• Vichy shower water massage		20/40 min.	61/79 €				
• Personalized massage		90 min.	164 €				

	DURATION	PRICE		DURATION	PRICE
• Basic manicure	45 min.	54 €	• Nail polish removal or application extra	10 min.	13 €
• Manicure for men	35 min.	43 €	• French manicure / pedicure extra	20 min.	17 €
• Prestige manicure with Mediterranean scrub	60 min.	79 €	• Semi-permanent polish removal extra	every 20 min.	17 €
• Basic pedicure	55 min.	69 €	• Nail Shaping		9 €
• Pedicure for men	45 min.	58 €			
• Prestige pedicure with Mediterranean scrub	75 min.	94 €			

• Eyebrow correction: 16 € • Chin: 13 € • Underarm: 25 € • Full bikini: 35 € • Abdomen: 35 €
• Eyebrow design: 30 € • Half legs: 30 € • Bikini: 25 € • Back: 52 € • Forearms: 30 €
• Upper lip: 13 € • Full legs: 41 € • Brazilian bikini: 30 € • Chest: 48 €

Ask about our 5 + 1 TREATMENT SESSIONS and our GIFT CARDS
Tel. + 34 971 807 171 - Extension 600 - spafe@insotel.com

SPA POLICY

Appointments: We recommend you book your treatment at least one day in advance by phoning **971 807 171 - Extension 600**. 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 parametres 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.

Insotel reserves the right to refuse admission.