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 €

DETOX • 110 minutes
- Spa Circuit
- Remineralising & slimming seaweed bath
- Green tea detox & anticellulite body wrap
- Pressure therapy: Lymphatic drainage treatment
- Pressure jet shower
- 164 €

*EXTRAS
- Hydrotherapy bath of your choice (20 minutes) 37 €

MOTHER-TO-BE I • 80 minutes
- Basic pedicure
- Cooling wrap for tired legs
- Mother-to-be pregnancy massage (20 minutes)
- 116 €

KNOT-RELEASE • 80 minutes
- Spa Circuit
- Stimulating hydromassage bath with rosemary oil
- Therapeutic knot release back massage (40 minutes)
- Pressure jet shower
- 148 €

MOTHER-TO-BE II • 110 minutes
- Basic pedicure
- Cooling wrap for tired legs
- Mother-to-be pregnancy massage (40 minutes)
- 154 €

FROM HEAD TO TOE * • 170 minutes
- Spa Circuit
- Natural Mediterranean scrub
- Express facial
- Basic manicure
- Basic pedicure
- 196 €

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
- Garshn ayurvedic detox dry silk glove treatment
- Abhyanga ayurvedic massage (40 minutes)
- 104 €

BALINESE EXPERIENCE * • 95 minutes
- Spa Circuit
- Balinese lotus and frangipani lullur 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 €

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

<table>
<thead>
<tr>
<th>CLEANSING RITUALS</th>
<th>DURATION</th>
<th>PRICE</th>
<th>EXPERIENCES</th>
<th>DURATION</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Express facial</td>
<td>35 min.</td>
<td>62 €</td>
<td>Anti stress facial</td>
<td>65 min.</td>
<td>104 €</td>
</tr>
<tr>
<td>Essential facial</td>
<td>65 min.</td>
<td>104 €</td>
<td>Oriental hot &amp; cold stone facial</td>
<td>65 min.</td>
<td>116 €</td>
</tr>
<tr>
<td>Prestige facial</td>
<td>80 min.</td>
<td>135 €</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin extra facial</td>
<td>80 min.</td>
<td>135 €</td>
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<td></td>
</tr>
</tbody>
</table>

## FACIAL TREATMENTS

| After sun calming treatment             | 20 min.  | 56 €   |
| Tired eyes                              | 20 min.  | 52 €   |
| Marine plant skin revial treatment      | 35 min.  | 69 €   |
| Prestige anti ageing eye treatment      | 35 min.  | 73 €   |
| Lift & firm face and neck treatment     | 50 min.  | 104 €  |
| Prestige age defy lifting treatment     | 80 min.  | 156 €  |

- **EXTRAS**
  - Pure rossel oil                    7 €
  - Moisturising serum with marine plant DNA  9 €
  - Rose radiance ayurvedic serum        10 €
  - Facial electroconnection and phototherapy every 20 min. 42 €
  - Outdoor treatments - Request information at SPA reception

## HYDROTHERAPY, BODY TREATMENTS & ELECTROTHERAPY

<table>
<thead>
<tr>
<th>BODY TREATMENTS</th>
<th>DURATION</th>
<th>PRICE</th>
<th>ELECTROTHERAPY</th>
<th>DURATION</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garshin ayurvedic detox dry silk glove treatment *</td>
<td>20 min.</td>
<td>51 €</td>
<td>Stimulating hydromassage bath with rosemary oil</td>
<td>20 min.</td>
<td>56 €</td>
</tr>
<tr>
<td>Natural Mediterranean scrub *</td>
<td>35 min.</td>
<td>63 €</td>
<td>Reinvigorating &amp; stimulating seaweed bath</td>
<td>20 min.</td>
<td>56 €</td>
</tr>
<tr>
<td>Eastern Ayurveda scrub *</td>
<td>35 min.</td>
<td>67 €</td>
<td>Chamomile &amp; ylang ylang Cleopatra milk bath</td>
<td>20 min.</td>
<td>61 €</td>
</tr>
</tbody>
</table>

- **LUKUN BALinese lotus & frangipani scrub** with rice powder. 35 min. 73 €
- **Ayurvedic heel & scalp treatment** 35 min. 89 €
- **Deep-cleansing body treatment** 35 min. 73 €
- **Green tea detox & arachilullity body wrap** 35 min. 73 €
- **Rose & geranium rasal body wrap** 35 min. 73 €
- **Sea fresh reinvigorating & stimulating body wrap** 35 min. 73 €

## HYDROTHERAPY

| Pressure jet shower                     | 20 min.  | 30 €   |
| After sun refreshing treatment with Vichy shower | 50 min.  | 103 €  |

## MASSAGES

<table>
<thead>
<tr>
<th>CLASICAL MASSES</th>
<th>DURATION</th>
<th>PRICE</th>
<th>ORIENTAL MASSES</th>
<th>DURATION</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back, neck &amp; shoulder massage</td>
<td>20 min.</td>
<td>52 €</td>
<td>Prestige signature foot stone massage</td>
<td>20/50 min. 61/98 €</td>
<td></td>
</tr>
<tr>
<td>Head &amp; face massage</td>
<td>20 min.</td>
<td>52 €</td>
<td>Thai massage</td>
<td>80 min.  135 €</td>
<td></td>
</tr>
<tr>
<td>Deep tissue massage</td>
<td>20 min.</td>
<td>52 €</td>
<td>Abhyanga ayurvedic massage</td>
<td>80 min.  141 €</td>
<td></td>
</tr>
<tr>
<td>Full body rebathing massage</td>
<td>20 min.</td>
<td>52 €</td>
<td>Shirot massage</td>
<td>80 min.  141 €</td>
<td></td>
</tr>
<tr>
<td>Reflexology massage</td>
<td>20 min.</td>
<td>52 €</td>
<td>Four hand Balinese massage</td>
<td>30 min.  141 €</td>
<td></td>
</tr>
<tr>
<td>Three legs &amp; foot massage</td>
<td>20 min.</td>
<td>46 €</td>
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<tr>
<td>Arachilullity massage</td>
<td>20/50 min. 57/98 €</td>
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</tr>
</tbody>
</table>

## SPECIALIZED MASSES

| THERAPEUTIC breast release back massage | 20/40 min. 56/73 € | |
| LOCALIZED sports massage               | 20/40 min. 57/77 € | |
| Deep tissue massage                    | 20/50 min. 57/98 € | |
| Mermerlo-bone massage                  | 20/50 min. 57/98 € | |
| Children’s massage                     | 20 min.  52 €   | |
| Lympatic drainage                      | 20/50 min. 57/98 € | |
| Four rehomassage                       | 20 min.  52 €   | |
| Vichy shower water massage             | 20/50 min. 61/79 € | |
| Personalized massage                   | 90 min.  164 €  | |

## ELECTROTHERAPY

- **Face firming massage** 35 min. 35 €
- **Anti-stress electroconnection and phototherapy** every 20 min. 35 €
- **Firming electroconnection and phototherapy** every 20 min. 35 €

**EXTRAS**
- Aromatherapy mark formula            7 €
- Vichy shower (adds 15 min. extra to scrubs and wraps) 15 min. 31 €
- Outdoor treatments - Request information at SPA reception

## HANDS & FEET

| BASIC manicure                        | 45 min.  | 54 €   | Nail polish removal or application extra every 20 min. 17 € |
| Prestige manicure with Mediterranean scrub | 55 min.  | 59 €   | Semi-permanent polish removal extra every 20 min. 17 € |
| Prestige pedicure                      | 60 min.  | 79 €   | Nails Shaping                        | 9 €        |
| Prestige manicure with Mediterranean scrub | 75 min.  | 94 €   |                                   |          |        |

## HAIR REMOVAL

- **Eyebrow correction** 16 €
- **Eyebrow design** 20 €
- **Upper lip** 13 €
- **Chin** 13 €
- **Half legs** 30 €
- **Full legs** 41 €
- **Underarm** 25 €
- **Bikini** 25 €
- **Brazilian bikini** 30 €
- **Full bikini** 35 €
- **Basic** 52 €
- **Classic** 49 €
- **Abdomen** 35 €
- **Forearm** 20 €

## SPA POLICY

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

**Arrival Time:** 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 3 hours in advance and groups of 3 or more people must be cancelled 24 hours in advance. Cancellations outside of said parameters will be charged a 30% re-schedule charge or with best of request. 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 history, skin condition.

**Hydro Therapy Circuit:** Prestige Spa will provide you with a towel and slippers for the Spa Circuit. The use of towels and cap is mandatory at all times. We request you respect the严格遵守SPA restricted area.

**Other Spa Procedures:** Prestige Spa will not be responsible for the loss of valuables, mobile telephones, cameras, pocketbooks or contents, etc., within the Spa area. We request you remove any personal items of value throughout the Spa facility and dress changing / swimming area. Chauffeur under the age of 16 will only be allowed to use the Spa facility accompanied by an adult. During massage hours wear the supplied swimming cap.

Reservations are subject to change. Please contact the Spa for current information. Other Spa Policies: No smoking permitted in the Spa area.

**Spa Hours:** Open 11am - 10pm (off peak times).

**SPA SERVICES:** All prices are subject to change. Please call for current information. 対象

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