**SPA CIRCUIT & FITNESS**

<table>
<thead>
<tr>
<th>Spa Circuit</th>
<th>Prices</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>20 €</td>
<td></td>
</tr>
<tr>
<td>3 sessions</td>
<td>40 €</td>
<td></td>
</tr>
<tr>
<td>6 sessions</td>
<td>70 €</td>
<td></td>
</tr>
<tr>
<td>Monthly Spa membership</td>
<td>89 €</td>
<td></td>
</tr>
</tbody>
</table>

**SPA TREATMENT PACKAGES (Prices per person)**

<table>
<thead>
<tr>
<th>Package Name</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRESTIGE *</td>
<td>74 €</td>
<td>50 minutes</td>
</tr>
<tr>
<td>DETOX *</td>
<td>105 €</td>
<td>75 minutes</td>
</tr>
<tr>
<td>KNOT-RELEASE</td>
<td>85 €</td>
<td>60 minutes</td>
</tr>
<tr>
<td>* EXTRAS</td>
<td>30 €</td>
<td>Hydrotherapy bath of your choice (20 min.)</td>
</tr>
<tr>
<td>MOTHER-TO-BE I</td>
<td>96 €</td>
<td>80 minutes</td>
</tr>
<tr>
<td>MOTHER-TO-BE II</td>
<td>115 €</td>
<td>110 minutes</td>
</tr>
<tr>
<td>FROM HEAD TO TOES</td>
<td>168 €</td>
<td>170 minutes</td>
</tr>
</tbody>
</table>

**SPA EXPERIENCES (Prices per person)**

<table>
<thead>
<tr>
<th>Experience Name</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEDITERRANEAN EXPERIENCE *</td>
<td>136 €</td>
<td>110 minutes</td>
</tr>
<tr>
<td>EASTERN EXPERIENCE *</td>
<td>98 €</td>
<td>75 minutes</td>
</tr>
<tr>
<td>* EXTRAS</td>
<td>30 €</td>
<td>Hydrotherapy bath of your choice (20 min.)</td>
</tr>
<tr>
<td>POLYNESIAN EXPERIENCE *</td>
<td>115 €</td>
<td>85 minutes</td>
</tr>
<tr>
<td>MOROCCAN JOURNEY</td>
<td>148 €</td>
<td>110 minutes</td>
</tr>
</tbody>
</table>

Ask about our 5 + 1 TREATMENT SESSIONS and our GIFT CARDS
Tel. + 34 971 558 255 - Extension 534 - spacm@insotel.com
CLEANSING RITUALS
- Express facial * 35 min. 49 €
- Essential facial * 65 min. 89 €
- Prestige facial 80 min. 105 €
- Vitamin extra facial 80 min. 105 €

EXPERIENCES
- Anti stress facial * 65 min. 89 €
- Oriental hot & cold stone facial * 65 min. 94 €
- Eastern facial massage 20 min. 38 €

* EXTRAS
- Pure roshop oil 5 €
- Moisturising serum with marine plant DNA 6 €
- Outdoor treatments - Request information at SPA reception

FACIAL TREATMENTS
- After sun calming treatment 20 min. 42 €
- Tired eyes 20 min. 38 €
- Marine plant skin revival treatment 35 min. 54 €
- Prestige anti ageing eye treatment 35 min. 64 €
- Lift & firm face and neck treatment 50 min. 84 €

BODY TREATMENTS
- Garshn ayuradic detox dry silk glove treatments * 20 min. 38 €
- Natural Mediterranean scrub * 35 min. 50 €
- Eastern Ayurveda scrub * 35 min. 50 €
- Lukh Balness lotus & fragantoni scrub with rice powder * 35 min. 54 €
- Moroccan black soap & kuskusus treatment * 35 min. 54 €
- Deep cleansing back treatment 50 min. 76 €
- Green tea detox & anti cellulite body wrap * 35 min. 54 €
- Rose & geranium rasal body wrap * 35 min. 54 €
- Seaweed remineralising & slimming body wrap * 35 min. 54 €

HYDROTHERAPY & BODY TREATMENTS
- After sun refreshing treatment 35 min. 58 €
- Stimulating hydrotherapy massage 20/30 min. 48/78 €
- Remineralising & slimming seaweed hydrobath 20 min. 42 €
- Chamomile & ylang ylang Cleopatra milk bath 20 min. 48 €

* EXTRAS
- Anti stretch mark formula 5 €
- Outdoor treatments - Request information at SPA reception

CLASSICAL MASSAGES
- Back, neck & shoulder massage 20 min. 38 €
- Head & face massage 20 min. 38 €
- Full body relaxing massage 50 min. 68 €
- Swedish massage 20/50 min. 38/68 €
- Indian head massage 40 min. 64 €
- Ayurvedic massage 80 min. 119 €

SPECIALISED MASSAGES
- Therapeutic knot release back massage 20/40 min. 42/58 €
- Locustised sports massage 20/40 min. 48/64 €
- Mother-to-be massage 20/50 min. 48/78 €
- Chiorean massage 20 min. 38 €
- Lymphatic drainage 20/50 min. 38/68 €
- Foot reflexology 40 min. 58 €

ORIENTAL MASSAGES
- Bamboo firming massage 20/50 min. 48/78 €
- Prestige signature fruit stone massage 20/50/60 min. 48/88/119 €
- Hawaiian lomi lomi massage 80 min. 119 €

EXTRAS
- A60 20 minutes to any massage 30 €
- Refreshing wrap for fatigued legs 12 €
- Anti-stretch mark formula 6 €

HANDS & FEET
- Basic manicure 45 min. 46 €
- Manicure for men 35 min. 36 €
- Prestige manicure with Mediterranean scrub 60 min. 66 €
- Basic pedicure 55 min. 58 €
- Manicure for women 45 min. 46 €
- Prestige pedicure with Mediterranean scrub 75 min. 80 €
- Nail polish removal or application extra 10 min. 10 €
- French manicure / pedicure extra 20 min. 15 €
- Semi-permanent polish removal extra every 20 min. 15 €
- Nail Snipping 8 €

HAIR REMOVAL
- Eyebrow correction 14 €
- Chin 11 €
- Eyebrow design 26 €
- Half legs 26 €
- Full legs 36 €
- Underarms 20 €
- Bikini 20 €
- Brazilian bikini 26 €
- Full bikini 37 €
- bikini 48 €
- Chest 42 €
- Abdomen 32 €
- Forearms 26 €

Ask about our: 5 + 1 TREATMENT SESSIONS and our GIFT CARDS Tel. +34 971 558 255 - Extension 534 - spasc@insotel.com

SPA POLICY
We recommend you book your treatments at least one day in advance by phoning 971 558 255 - Extension 534. We request you arrive 10 minutes prior to your appointment time. If you arrive 10 minutes late, your scheduled appointment time may be reduced, retaining full service price. Breakfast 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. Cancellation outside of said parameters will be penalised with a 33% 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 history, allergies, etc.

Hydra Therapy Circuits Pregate 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: Pregate Spa will not be responsible for the loss of valuables, mobile telephones, cameras, pocketbooks and contents etc. within the Spa area. We request you maintain a moderate tone of voice throughout the Spa, enjoying and drinking in noise permitted in the Spa area. A minimum wear format 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 only. The unauthorised travel into internal reserves the right to refuse admission.