



# **LA RESIDENCIA**

SPA

## **SPA MENU**

## **WELCOME TO THE LEGENDARY WORLD OF BELMOND**

When you stay with Belmond, your wellness becomes our top priority. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on the beach or simply soaking up the sense of serenity in our tranquil hideaway, take the time to refresh both body and soul.

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## 01 RELAX AND REVIVE

We invite you to unwind in our mountainside spa. Soak up views embracing the picturesque village of Deià, the dramatic Tramuntana mountains and the glittering sea nearby. Enveloped by olive groves dating back hundreds of years, enjoy a wide range of treatments inspired by nature.

Our tranquil spa is designed in traditional Mallorcan style with wooden beams, stone walls and harmonious rustic colours. In six treatment rooms – three with outdoor terraces – feel truly pampered with therapies by Natura Bissé, Carol Joy London, Aromatherapy Associates and Margaret Dabbs. All rituals are suitable for both men and women unless otherwise stated.

During your stay, please enjoy complimentary use of our sauna, steam bath, indoor pool, gym, and our secluded outdoor jacuzzi overlooking the olive trees.

Opening times:

Spa: daily 10:00-19:30

Hair Spa: Tuesday-Saturday, 11:00-19:00

Access:

Find our Spa next to the entrance to the olive grove.

Reservations:

Call ext 319 or press the Spa button on your room phone.

## 02 SIGNATURE INDULGENCES

### OLIVE ACTIVATOR

50 MINUTES

Stimulate your senses with this energising treatment based on fragrant olive oil harvested from our own estate. This invigorating experience begins with body brushing to speed up your lymphatic system and eliminate toxins. Next, warm Belmond La Residencia olive oil is drizzled and smoothed over the body. Skin emerges nourished and revitalised. You finish with a tasty olive and lemon sorbet to cleanse the palate and awaken the senses.

### CITRUS SIESTA

50 MINUTES

Our unique signature treatment uses all-natural Mallorcan products that are combined to invigorate and then relax your body, mind and soul. We begin with an exfoliating olive oil scrub before blending almond, orange and lemon essential oils to give you a Zen massage. This gentle pressure acts on the euphoric system to release endorphins into your body, helping combat stress, relax joints, induce sleep and enhance wellbeing.

### ISLAND DELIGHT

50 MINUTES

Our very own signature facial will take you through a sensorial journey of delightful scents while relaxing every part of your neck, face and scalp. A warmed blend of sweet almond oil and lavender is massaged into the skin to soothe, soften and nourish. A sweet jasmine organic mask rich in vitamins provides the nutrients the skin needs. Perfectly finishing off the facial is an aloe and orange lip balm, which gives that extra little touch of protection and hydration.

## 03 MASSAGES

FULL BODY MASSAGE 80 MINUTES  
Using Aromatherapy Associates oils, this complete head to toe massage will help you to achieve total relaxation of the mind and body. Includes face and scalp massage.

BODY MASSAGE 50 MINUTES  
Relax into this special combination of Swedish and pressure point massages using select Aromatherapy Associates oils.

DE-STRESS MUSCLE RELEASE 50 MINUTES  
Let this deep and meaningful all-over-body massage relax and revive tight muscles and joints. Using a range of specialised techniques, our therapists will warm, stretch and ease your body, leaving you with a feeling of deep release.

BABYMOON MASSAGE 80 MINUTES  
Drift into this balancing and nourishing treatment, which harmonises emotions, soothes the body and nourishes skin. Relieving massage techniques cover the whole body and face to ease the changes that take place during your pregnancy.

HOT STONE BACK MASSAGE 50 MINUTES  
Warm to this unique massage that relaxes muscles, improves circulation and calms the nervous system.

BACK MASSAGE 25 MINUTES  
Unwind and indulge in this combination of Swedish and pressure point massages using select Aromatherapy Associates oils.

## 04 BODY RITUALS

### BESPOKE SKIN POLISH 25 MINUTES

Choose from a selection of products for an all-over body exfoliation and hydration to leave the skin looking radiant and feeling wonderfully smooth.

### ROSE COCOON 50 MINUTES

Treat yourself to total bliss and relaxation with this nourishing and moisturising treatment. Rich oils and creams of damask rose are smoothed over freshly-exfoliated skin, leaving it glowing, silky and revitalised. Indulge in a relaxing scalp massage while you lie in a bed of roses. A unique pampering experience.

### CAVIAR AND COLLAGEN COCOON 80 MINUTES

This relaxing and luxurious body wrap will aid in restoring minerals to the body and promote collagen synthesis in the skin. A must for anybody living a hectic lifestyle in a polluted environment. Body exfoliation using a combination of Pink Himalayan Salts and oil restores balance to the body and skin before the body is cocooned with the finest grade Caviar Algae. Meanwhile your face is boosted with a medical grade Pure Collagen mask and scalp massaged with Rejuvenating Hair Oil. The ultimate in luxurious treatments, this top to toe cocoon leaves skin smooth, supple and glowing, and the soul soothed and refreshed.

### INNER STRENGTH 80 MINUTES

A truly nurturing treatment for anyone going through difficult times, suffering a loss or needing a little tender loving care. A combination of massage techniques and warm wax to body, face and scalp with Inner Strength massage oil fortifies and strengthens the mind and body. This comforting treatment will help deliver a deep sense of peace when it's needed most.

### CITRUS DRENCH 50 MINUTES

Drench your skin with energising nutrients. This firming body wrap restores elasticity to the skin and provides an intense, deep hydration. Natural ingredients such as crystallised honey, shea butter, ascorbic acid and orange juice protect the skin from dryness and premature ageing, providing rejuvenating, antioxidant and firming results from the very first session. An ideal body treatment for skin that has been affected by the sun or by free radicals in our environment.

### THE COCKTAIL HOUR 50 MINUTES

Enjoy a little Spa soirée on our terrace with a friend or partner while sipping your favourite cocktail and admiring the breathtaking mountain views. Treatment includes a soothing leg and foot massage and stress-relieving scalp massage. Also your choice of cocktail: Mojito, Strawberry Daiquiri or Gin and Tonic



## 05 FACIAL THERAPIES

### CAVIAR AND ALGAE

50 MINUTES

Benefit from the detoxifying powers of caviar from the Caspian Sea and the intensely hydrating properties of algae with this purifying facial. As steam allows the ingredients to penetrate deeper into the skin, your complexion feels instantly refreshed and smoothed. Skin texture is refined and moisture levels restored, while a pressure point massage boosts vital energy.

### VITAMIN C AND COLLAGEN

50 MINUTES

Give your skin a radiant glow with this facial bursting with antioxidants that target signs of photoageing. The treatment features a powerhouse mask of Vitamin C, a potent antioxidant to combat the effects of environmental damage and collagen to promote skin cell renewal. Pigmentation is reduced and skin hydration levels greatly boosted.

### PURE COLLAGEN AND OXYGEN WITH MICRODERMABRASION

80 MINUTES

Give your skin the ultimate rejuvenating boost with this exceptional facial. We use Diamond Touch micro-dermabrasion to reduce pigmentation and refine skin texture, followed by a cellular vacuum massage to plump the skin and drain toxins. Pure hyperbaric oxygen increases cell renewal and repairs environmental damage. Organic golden millet oil enhances the regenerating effects further. Using the Carol Joy signature Myo-Col lift technique, which combines the pure collagen mask and the myofascial lifting massage, we sculpt your face, neck and shoulder contours to provide an instant lift. To relax at the end of your treatment, choose either a soothing acupressure scalp massage, foot massage or hand and arm massage.

### DIAMOND LIFE INFUSION

80 MINUTES

Let our Natura Bissé facial revitalise your complexion. This amazing treatment features diamond dust to enhance the penetration of active ingredients into the skin, as well as natural pearl and gold particles that create a pearlescent mask to provide maximum luminosity and astonishing firming and contouring results. A magnetic massage helps penetrate and accelerate the absorption of Natura Bissé's impressive Youth Elixir Biomarker Nectar, which provides a unique rejuvenating effect.

### CARBOXY-EXPRESS

25 MINUTES

Discover an exciting new concept in anti-ageing skin treatments – carboxitherapy – which uses CO<sub>2</sub> to restore a youthful freshness to your skin. This latest development in aesthetic medicine uses a burst of oxygen, resulting in visible revitalisation of the skin. It's combined with technologically advanced anti-ageing and lifting ingredients. The end result? Outstanding rejuvenation.

### FACE AND SCALP MASSAGE

25 MINUTES

Using Aromatherapy Associates oils, we work on pressure points to relieve sinuses and clarify the mind. Feeling stressed or tired? This is the perfect treatment for you.

## 05 **FACIAL THERAPIES**

### 02 MEN'S FACIAL

50 MINUTES

Give your skin a rejuvenating boost with this treatment designed specifically for masculine complexions. We use an exclusive combination of products adapted to the needs of your skin type to reduce under-eye circles and give skin renewed vitality. The facial was inspired by the techniques of traditional barbers, who soothe skin with steaming towels during the shaving process. Following a comforting massage of the scalp, neck and shoulders, you'll be given a stimulating facial massage that leaves your complexion super clean, youthful and revitalised.

## 06 SPECIALIST TREATMENTS

### CRANIOSACRAL THERAPY 50 MINUTES

Clear your mind and enjoy renewed wellbeing with this exceptionally gentle but effective treatment. Focusing on the cranial and sacral regions, your therapist uses light pressure to help release tension and stress. The totally non-invasive therapy works perfectly alongside traditional massage techniques or can be enjoyed on its own by anyone wishing to relax, de-stress, alleviate headaches or ease minor ailments.

### THERMAL HYDRO COLOUR EXPERIENCE 25 MINUTES

Drift into a deeper state of calm on our warm flotation couch. The feeling of floating, combined with gentle heat and the use of colour – proven to induce relaxation – helps to lull you into an almost womb-like state of tranquillity. Combined with de-stressing foot and scalp massages, this is the ultimate way to unwind.

### REFLEXOLOGY 50 MINUTES

This therapy works by stimulating the feet, energy lines and systems throughout the body to aid relaxation and soothe minor ailments.

### SENSATIONAL SHAVE FOR MEN 50 MINUTES

Treat yourself to the pleasures of a traditional shave, which includes a cleanse, hot and cooling towels and a massage.

### ACUPUNCTURE 50 MINUTES

Very thin needles are placed in the skin at strategic points of the body to help balance your flow of energy, or chi. The technique can be used to rebalance body and mind and enhance overall wellbeing, or to address specific health concerns.

## 07 SPA DAY RITUALS

RAINY DAYS 90 MINUTES  
Find an excuse to stay inside for some grooming, polishing and pampering. Includes:  
- Bespoke skin polish - File and polish - Face and scalp massage

PURE INDULGENCE 270 MINUTES  
Prepare for four and a half hours of absolute indulgence! Let us soothe your mind, massage away your stress and totally spoil you. Includes:  
- Bespoke skin polish - Full body massage - Margaret Dabbs Supreme Manicure  
- Diamond Life Infusion facial

BODY BLISS 240 MINUTES  
A full day of relaxation, ideal for making the most of your holiday. Includes:  
- Body massage - Margaret Dabbs Supreme Manicure - Vitamin C and Collagen facial  
- Margaret Dabbs Supreme Pedicure

BABYMOON 210 MINUTES  
Let us pamper you from head to toe; ideal for all stages of pregnancy.  
Also perfect for new mothers in need of a treat. Includes:  
- Island Delight facial - Margaret Dabbs Supreme Pedicure - Babymoon massage

SPA EXPRESS 90 MINUTES  
An indulgent concoction of little treats. Includes:  
- Carboxi-Express - Back massage - File and polish

YOGA ESCAPE 150 MINUTES  
Start your day in a healthy state of mind with a relaxed body and calm soul. Includes:  
- One private yoga lesson - Citrus Siesta - Face and scalp massage

CHAMPAGNE AND SPA-RTY! 240 MINUTES  
*(Minimum of 5 people, maximum of 10, booking required in advance May-September)*  
There is no better way to spend a morning or afternoon than gathering a few friends together to enjoy the luxury of our Spa. Perfect for a birthday treat, hen or office party or simply a chance for catching up together. Choice of hours: 10:00-14:00 or 14:00-18:00. Includes:  
- 2 treatments per person: Manicure or Pedicure and Back or Face and scalp Massage  
- Champagne (half-bottle per person) or non-alcoholic cocktails - 4 canapés per person  
- 15% off spa products on the day - Gift bag on departure

## 08 FITNESS AND WELLNESS

### IMMUNE SYSTEM BOOSTER 90 MINUTES

One of the best things we can do to maintain optimum health and prevent disease is boost our immune system. In this class, you'll learn simple, practical and natural techniques for taking your health into your own hands. Master ways to ensure your body is strong and resilient to disease, bacteria, toxins and viruses. Discover mindfulness, stress management, tapping and nutritious foods and recipes. Gain insight into specific immune-system-boosting breathing practices, including yoga, mudras and meditation.

### PRIVATE YOGA LESSONS 60/90 MINUTES

Complimentary yoga lessons are available once a week. Private yoga lessons can be arranged on request for a fee.

### PRIVATE TAI CHI LESSONS 60 MINUTES

Complimentary tai chi lessons are available once a week. Private tai chi lessons can be arranged on request for a fee.

### MINDFUL MEDITATION 60 MINUTES

Open to everybody - no experience necessary!

Discover the benefits of mindful meditation. Classes may include a short stroll focusing on breathing and meditation on our picturesque Poets' Walk (weather permitting).

Other mindfulness techniques may include learning conscious breathing to de-stress and find inner peace, and simple meditation practices to elicit the relaxation response.

### PERSONAL TRAINER 60 MINUTES

Available on request.

### SPA PASSES FOR NON-RESIDENT GUESTS

Non-resident guests are welcome to use our spa facilities. Simply purchase a day, week or month pass and enjoy use of the indoor pool, outdoor jacuzzi, sauna, steam room and gym.

## 09 FINISHING TOUCHES

**MARGARET DABBS SUPREME MANICURE** 50 MINUTES  
Achieve exceptional results with the full range of Margaret Dabbs Fabulous Hands products. Enjoy a creamy scrub, anti-ageing hand serum and a hand and lower arm massage. Simply the best manicure around.

**MARGARET DABBS SUPREME PEDICURE** 50 MINUTES  
Enjoy effective and long-lasting results with the full range of Margaret Dabbs Fabulous Feet products. Your feet will feel truly transformed after an exfoliation, footbath and revitalising foot massage.

**FILE AND POLISH** 25 MINUTES  
Whether you need a quick top-up or a whole new look, this treatment will have your nails looking tidy and polished in no time. Available for hands and feet.

**SHELLAC REMOVAL** 25 MINUTES  
Have your Shellac polish professionally soaked and removed.

**PARAFFIN WAX**  
Add this hydrating, softening wax to your manicure or pedicure for a real treat for your hands or feet.

**WAXING**  
Choose from either a half leg, full leg, bikini, underarm, back or facial.

**THREADING**  
Choose from eyebrow, facial or upper lip.

**EYELASHES AND EYEBROWS** 25 MINUTES  
Add extra sparkle to your eyes. Our expert eyelash and brow tinting will bring definition and reduce the need for make-up, naturally flattering your face.

**MAKE-UP** 50 MINUTES  
For a special occasion, or just as a treat, let our expert therapists do your make-up. Includes cleansing and moisturising prior to application.

**HAIR SPA**  
Our team of hair stylists are available for all hair treatments using Carol Joy products.

## 10 SPA STYLE

### RESERVATIONS

We recommend booking in advance to avoid disappointment. Bookings can be made directly to the Spa or through reception.

### ARRIVAL TIME

Please arrive 15 minutes prior to your appointment so you have time to change and relax. You will be provided with a locker, robe and slippers if needed. Should you arrive late, we regret that as a courtesy to other guests we must reduce your treatment time accordingly.

### MEDICAL CONDITIONS

Please advise your therapist prior to your therapy if you suffer from any medical condition that may affect your treatment.

### SPA DAY RITUALS

Spa Day Rituals cannot be changed or shared between more than one person and are to be taken over the course of the single day booked.

### BEAUTY AND SUN CARE PRODUCTS

We have a selection available to purchase at the Spa. Please ask the therapist for advice on which products best suit your skin type.

### CANCELLATION POLICY

You are respectfully advised that full treatment costs will be incurred if less than 12 hours' notice is given for an appointment cancellation. Credit card details are required at the time of booking to guarantee your appointment (this applies only to non-resident clients).

*The Spa reserves the right to decline a treatment to a guest should the therapist consider it inappropriate.*

## 11 PRICE LIST

All prices are quoted in Euros. 10% VAT included in all listed prices.

### SIGNATURE INDULGENCES

OLIVE ACTIVATOR	(50 MIN)	130.00
CITRUS SIESTA	(50 MIN)	130.00
ISLAND DELIGHT	(50 MIN)	130.00

### MASSAGES

FULL BODY MASSAGE	(80 MIN)	195.00
BODY MASSAGE	(50 MIN)	150.00
DE-STRESS MUSCLE RELEASE	(50 MIN)	155.00
BABYMOON MASSAGE	(80 MIN)	195.00
HOT STONE BACK MASSAGE	(50 MIN)	155.00
BACK MASSAGE	(25 MIN)	85.00

### BODY RITUALS

BESPOKE SKIN POLISH	(25 MIN)	80.00
ROSE COCOON	(50 MIN)	135.00
CAVIAR AND COLLAGEN COCOON	(80 MIN)	195.00
INNER STRENGTH	(80 MIN)	165.00
CITRUS DRENCH	(50 MIN)	135.00
THE COCKTAIL HOUR	(50 MIN)	135.00

### FACIAL THERAPIES

CAVIAR AND ALGAE	(50 MIN)	140.00
VITAMIN C AND COLLAGEN	(50 MIN)	145.00
PURE COLLAGEN AND OXYGEN WITH MICRODERMABRASION	(80 MIN)	235.00
DIAMOND LIFE INFUSION	(80 MIN)	205.00
CARBOXY-EXPRESS	(25 MIN)	80.00
FACE AND SCALP MASSAGE	(25 MIN)	85.00
O2 MEN'S FACIAL	(50 MIN)	140.00



## 11 PRICE LIST

### SPECIALIST TREATMENTS

CRANIOSACRAL THERAPY	(50 MIN)	150.00
THERMAL HYDRO COLOUR EXPERIENCE	(25 MIN)	80.00
REFLEXOLOGY	(50 MIN)	150.00
SENSATIONAL SHAVE FOR MEN	(50 MIN)	110.00
ACUPUNCTURE	(50 MIN)	145.00

### SPA DAY RITUALS

RAINY DAYS	(90 MIN)	175.00
PURE INDULGENCE	(270 MIN)	460.00
BODY BLISS	(240 MIN)	360.00
BABYMOON	(210 MIN)	330.00
SPA EXPRESS	(90 MIN)	175.00
YOGA ESCAPE	(150 MIN)	280.00
CHAMPAGNE AND SPA-PARTY	(240 MIN)	180.00

### FITNESS AND WELLNESS

IMMUNE SYSTEM BOOSTER	(1 PERSON 90 MIN)	145.00
	(2 PEOPLE 90 MIN)	175.00
	(4 PEOPLE 90 MIN)	200.00
PRIVATE YOGA LESSONS	(1 PERSON 60 MIN)	135.00
	(2 PEOPLE 60 MIN)	165.00
	(4 PEOPLE 60 MIN)	195.00
	(1 PERSON 90 MIN)	165.00
	(2 PEOPLE 90 MIN)	195.00
(4 PEOPLE 90 MIN)	220.00	
PRIVATE TAI CHI LESSONS	(60 MIN)	110.00
MINDFUL MEDITATION	(1 PERSON 60 MIN)	135.00
	(2 PEOPLE 60 MIN)	165.00
	(4 PEOPLE 60 MIN)	195.00
PERSONAL TRAINER	(1 PERSON 60 MIN)	100.00
	(2 PEOPLE 60 MIN)	150.00
SPA PASSES	(DAY)	50.00
	(WEEK)	250.00
	(MONTH)	500.00

## 11 PRICE LIST

### FINISHING TOUCHES

#### BEAUTY TREATMENTS

Margaret Dabbs Supreme Manicure	70.00
Margaret Dabbs Supreme Pedicure	90.00
File and polish	55.00
Shellac removal	35.00
Paraffin wax	5.00
Full leg wax	65.00
Half leg wax	55.00
Underarm wax	25.00
Bikini wax	35.00
Facial waxing	25.00
Back waxing	65.00
Eyelash tint	35.00
Eyebrow tint	25.00
Eyebrow shape	25.00
Eyebrow threading	35.00
Full facial threading	55.00
Lip threading	35.00
Make-up application	110.00

#### HAIR SPA

Shampoo and style short hair	55.00
Shampoo and style medium hair	65.00
Shampoo and style long hair	75.00
Wedding hair/hair up	from 85.00
In-room styling	100.00
Women's precision cutting wet or dry	60.00
Total re-style	70.00
Men's precision cutting wet or dry	45.00
Children's and men's cut with clippers	35.00
Roots and refresh colour application	75.00
Total colour change	price on request
Highlights with cap	85.00
Highlights with foils	95.00
Semi permanent, vegetable and low oxidant colour	55.00
Acid or alkaline perms	90.00
Carol Joy intensive hair and scalp treatment	20.00

Reservations: Call ext 319 or press the Spa button on your room phone.

INCOMPARABLE GENUINE TRAVEL

[BELMOND.COM](http://BELMOND.COM)