



# ST REGIS

MARDAVALL • MALLORCA



## SPA À LA CARTE PACKAGE: TREATMENTS LIST FOR JUNIOR SUITES

- **Relaxing/ Aromatherapy Massage - 50min:** This massage concentrates on soothing away tiredness, stress, alleviating tension, inducing relaxation to the body and mind. Whatever your personal needs are, with over 45 different natural essential oils to choose from. All 100% pure oils.
- **Phyto-Aromatic Facial - 50min:** These skin enhancing “made to measure facials” ensure effective, visible results. This collection has been designed to be tailor made for your individual skin needs through individually blended plant active serums, masks and aromatic intensive complexes.
- **Thalasso Therapy Bath - 30min:** Thalasso therapy is based on the effects of sea water on the pores of the skin. The pores are opened, easing the circulation, restoring balance to the flow of blood through the body and correcting any flaws or imperfections. Seaweed, with its healing antibiotics and antiviral properties, rounds off the process.
- **Traditional Chinese Medicine Tuina Massage - 50min:** Therapeutic massage based on examination, articulation and manipulation of muscles fibers and prevention of incorrect posture, bad habits and illness.
- **Anne Semonin Sea Salt and aromatic oil body exfoliation - 25min:** An express aromatic oil and salt scrub the perfect skin preparation, leaving skin deeply nourished, smoothed and hydrated.
- **Ligne St Barth Elasticity Body mask - 30min:** Intensive body care to improve the appearance of the skin with valuable minerals and vitamins as natural components of clay and fresh pineapple or cucumber mousse.
- **Ligne St Barth Harmony Body Massage- 55min:** Enjoy a relaxing, gentle body massage with intensive care products specially tailored to your needs
- **Thalasso Face Hydrating Treatment - 50min:** Thalasso therapy basic cleansing and hydrating face treatment
- **Anti-aging Biolifting (Traditional Chinese Medicine) - 50min:** Facial acupuncture works like a very special form of bio-lifting. Stimulates points of the face and cleavage area energizes all facial muscles
- **Water balancing therapy (in sea water pool) - 45min:** Relaxing aquatic therapy with a therapist where the movements are combined with smooth stretching, while being floated in 36 degrees temp.



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- **L'Experience Anne Semonin Facial - 90min:** Encounter the ultimate bespoke facial incorporating a client-specific intensive eye and décolleté treatment. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant.
- **Complete Harmony Treatment ( includes massage+facial) - 75min:** A soothing back, neck and scalp massage. Combined with the tailor made Phyto-Aromatic Facial.
- **Anne Semonin Sea Salt and aromatic oil body wrap & scrub - 60min:** This treatment is an ideal preparation for pre-tanning and special occasion as skin is left hydrated and silky smooth.
- **Deep Release Massage with Hot Stones - 75min:** Heated black basalt stones are used to massage the whole body releasing deep tension ideal for anyone suffering with muscular aches and pains.
- **Anne Semonin Detoxifying Spirulina Wrap - 60min:** A detoxifying, slimming and energy boosting treatment, this envelopment begins with gentle exfoliation to boost circulation combined with seaweed extracts to harness the powerful cleansing and re-mineralising benefits of the ocean.
- **Tension Release Therapy - 50min:** A self-heating marine mineral mud treatment for the back, neck and shoulders is designed to release tension and combat tight muscles
- **Anti cellulite Therapy - 60min:** A specialised treatment designed to stimulate the body's system and target areas of fluid retention, cellulite and uneven skin tone.
- **Ligne St Barth Pampering Hand Beauty - 50min:** This hand beauty will leave soft and glowing hands thanks to the natural oils and lotions. Includes peeling, bath and massage of cuticles and hands.
- **Ligne St Barth Pampering Feet Beauty - 50min:** This feet beauty will leave soft and glowing feet thanks to the natural oils and lotions. Includes peeling, bath and massage.
- **Traditional Chinese Medicine Tuina and acupuncture - 50min:** A good combination to treat most illness and highly recommended for prevention of stress and body tension. + acupuncture.
- **Tai Chi class - 60min:** Ancient chinese discipline that combines mental and breathing exercises with movements to promote calmness and restore a natural balance of energy.
- **Shiatsu massage - 50min:** Japanese finger pressure massage for relaxation, revitalization and improved mobility.
- **Foot reflexology - 50min:** Ancient therapy used to reactivate all body functions through pressure on the reflex points located on the soles of the feet.
- **Manicure - 60min.**
- **Pedicure - 60min.**