



# ARABELLA SPA TREATMENT MENU

## L'EXPÉRIENCE ANNE SÉMONIN

The Anne Semonin treatment collection combines an ingenious blend of aromatic essentials oils, trace elements and marine ingredients with the classic French touch and a holistic approach to treating the individual needs of your body and skin. Anne Semonin treatments are designed to be “tailor made” and are focused towards maximum comfort, absolute luxury and outstanding results.

## Mardavall Spa Experiences by Anne Semonin

The Arabella Spa Experiences have been created exclusively for the St. Regis Mardavall. Each of the below experiences will commence with a foot warming ritual combined with a pressure point foot massage to completely relax and lull you into your treatment.

Choose from one of the below...

### **Four Hand Polynesian Massage with hot stones - 90 min. € 280**

A sublime massage experience from the shores of French Polynesia to ease away stress and strains from daily life. The traditional flowing and soothing movements lull you into a deep state of peace and tranquillity with the use of hot basalt stones to completely and deeply release tension and unwind the mind and body. This unique, healing massage offers two massage therapists working with intuition and expert skill in complete synchrony to restore your energy and strengthen your health and wellness.

### **Truly Precious - Face and Body Experience - 150 min. € 240**

The ultimate face and body therapy. Commencing with a Noirmoutier Sea Salt and Oil Exfoliation to polish the body to perfection, followed by a sublime full body Phytoaromatic Massage. This Therapy concludes with the ultimate facial in anti ageing and brightening, combining our Gel Mask infused with Lavender and Cypress with our Precious Serum to truly give a glow to the skin.

### **Face and Eye Ritual with Soothing Back Therapy - 150 min. € 240**

Commencing with a back massage, lying onto warm bubbling seaweed to release tension and combat muscular pains. This therapy will also include a chosen phyto aromatic facial and eye brilliance treatment. A true Anne Semonin experience.



## ANNE SEMONIN FACIAL COLLECTION

### Anne Sémonin Signature Collection:

*The advanced corrective facial treatments!*

#### **L'Expérience Anne Semonin Facial - 90 min. € 190**

Encounter the ultimate bespoke facial incorporating a client-specific intensive eye and décolleté treatment. Aromatic intensive complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant.

#### **Anne Semonin Eternal Youth Cryotherapy Facial – 50 min. € 130**

A contouring and firming facial designed to combat the visible signs of ageing; Evening Primrose Oil and Red Micro Algae are excellent for mature, dry and dehydrated skin. Innovative Anne Semonin Neurocosmetics are combined with 100% Active Serums and advanced cryo-therapy ice cubes to regain the skins natural youthful glow. The result is instantly tightened and firmed skin, a superb brightener for special events & boosting skin vitality.

#### **Anne Semonin Deep Marine Purifying Facial – 75 min. € 150**

Ideal for combination, oily, congested, problematic skin, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with rebalancing lymphatic drainage massage. A detoxifying and anti inflammatory peel off mask and aromatic intensive complexes are used to soothe calm and rebalance the skin to encourage a visibly clear complexion.

#### **Anne Semonin Soothing Remedy Facial – 50 min. € 120**

A gentle therapy to soothe and calm oversensitive, irritated or sun damaged skins prone to redness and irritation. Saturated gauzes combined with soothing aromatic intensive complexes, repair, calm and restore skin equilibrium bringing rapid relief to skin sensitivity. The result skin is left calmed, nourished and comfortable.

#### **Anne Semonin Phyto-Aromatic Facial Collection – 50 min. € 110**

*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.*

Following an initial skin consultation your therapist will assist you in choosing the perfect facial for you.

#### **Anne Semonin Hydra Express Phyto-Aromatic Facial – 25 min. € 60**

## **Anne Semonin Facial Collection for Men**

### **Anne Semonin Man Deep Clean Detox Facial – 75 min. € 150**

Ideal for city skins or imbalanced, stressed skins suffering from breakouts or congestion. A complete deep cleansing facial is achieved through traditional steam and extraction techniques. A detoxifying and rebalancing peel off mask is then applied using intensive complexes to give that deep clean feeling.

### **Anne Semonin Man Made To Measure Grooming Facial – 50 min. € 110**

This Phyto-Aromatic Facial is tailored to you. Following a consultation a bespoke facial is created for your skin using our Anne Semonin essential oils, trace elements, serums and botanical oils. Unique to you.

### **Cooling Ice Facial Therapy for Men– 50 min. € 130**

A contouring, tightening and firming facial achieved with our innovative Neurocosmetics Express Radiance Ice Cubes. Contour Serum tones the skin and our 100% Active Serum regains its youthful glow. This specialised cryo-therapy gives an instant tightening and lifting treatment boosting your visage. A superb brightener for special events & for boosting the vitality of your skin.

## **Anne Semonin Collection for Eyes and Décolleté**

### **Anne Semonin Eye-Lift Firming Treatment – 25 min. € 60**

A contouring and firming treatment using specific products rich in essential oils, trace elements and seaweed extracts designed to hydrate the delicate eye area. This smoothing and skin tightening treatment gives a noticeable lift to the eye area and is ideal for those concerned with fine lines and wrinkles.

### **Anne Semonin Eye Brilliance Treatment – 25 min. € 60**

A detoxifying and radiance boosting treatment for tired eyes, or simply as a regular skin brightener. This enhancing treatment reduces puffiness, minimises dark shadows and is a welcome treat for those suffering from eye strain, headaches and for contact lens wearers.

### **Anne Semonin Firming Silhouette Décolleté Treatment – 45 min. € 80**

A remodelling and firming treatment designed to care for the décolleté contours. Gentle exfoliation and the benefits of active marine ingredients Improves skin texture and the appearance of fine lines visibly lifting and firming the skin.

## **Anne Semonin Collection for Face and Back**

### **Anne Semonin Complete Harmony Treatment - 75 min. € 150**

A soothing back, neck and scalp massage begins this wonderfully relaxing therapy designed to relieve key areas of tension and muscle tightness. Combined with the tailor made Phyto-Aromatic Facial the result is rehydrated, nourished and protected skin and an overall sense of calm and harmony.

## ANNE SEMONIN BODY THERAPY COLLECTION

**Anne Semonin Made to Measure Massages Collection-50min. € 100**  
*A tailor-made full body massage combines classic Anne Semonin techniques along with a personally prescribed blend of intensive complexes and warmed botanical oil.*

After your initial consultation your therapist will assist you in choosing the ideal massage for you.

**Anne Semonin Deep Release Massage with Hot Stones – 75 min. € 140**  
Heated black basalt stones are used to massage the whole body releasing deep seated tension ideal for anyone suffering with muscular aches and pains. Working at relieving stress at the deepest level this treatment is designed to work on the body's energy channels this intensive exceptional treatment is a holistic and energising therapy for the mind body and spirit.

### Anne Semonin Wraps and Scrubs Collection:

**Anne Semonin Sea Salt and Aromatic Oil Wrap & Scrub – 60 min. € 110**  
An ultra moisturising body scrub experience incorporating a therapeutic scalp massage. Warmed aromatic oils are applied all over the body designed to deeply nourish and soften the skin followed by a revitalising exfoliation and warm body wrap. This treatment is an ideal preparation for pre-tanning and special occasion as skin is left hydrated and silky smooth.

**Anne Semonin Express Aromatic Salt Exfoliation – 25 min. € 60**  
An express aromatic oil and salt scrub the perfect skin preparation, leaving skin deeply nourished, smoothed and hydrated.



## **Anne Semonin Made to Measure Wraps Collection:**

*Individually selected aromatic intensive complexes are blended with mineral rich body masks designed to treat all skin and body needs.*

*Following an initial consultation, your therapist will assist you in choosing from the following options:*

### **Anne Semonin Detoxifying Spirulina Wrap – 60 min. € 110**

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 remineralising benefits of the ocean. This natural seaweed re-metabolises the body to efficiently kick start and maintain the elimination of toxins and waste. An essential body treatment to support a detox or weight management programme.

### **Anne Semonin Firming Spirulina Booster Envelopment – 60min. € 110**

An anti-ageing, firming and toning body envelopment ideal for combating congestion, cellulite and maintain a healthy skin tones after weight loss. Firming aromatic complexes treat the areas of the body that need skin conditioning combined with Spirulina seaweed to rebalance and remineralise the body restoring a feeling of total well-being.

### **Anne Semonin Hydrating Pink Kaolin Clay Body Envelopment – 60 min. € 110**

An ultra moisturising and hydrating body envelopment designed to recondition dry, dehydrated or sun damaged skins. This treatment begins with a full body exfoliation and scalp massage followed by an application of Pink Kaolin clay combined with nutrient rich treatment oils. A perfect full body thirst quencher for tired sensitive skin.

## **Anne Semonin Body Specific Collection**

### **Anne Semonin Tension Release Therapy – 50 min. € 105**

A self-heating marine mineral mud treatment for the back, neck and shoulders is designed to release tension and combat tight muscles. The feet and lower legs are carefully massaged to improve circulation allowing a powerful sense of wellbeing. This energising, stimulating therapy will rebalance your energy levels and reactivate your senses.

### **Anne Semonin Anti Cellulite Therapy – 60 min. € 120**

A specialised treatment designed to stimulate the body's system and target areas of fluid retention, cellulite and uneven skin tone. Using massage and lymphatic drainage techniques the legs and feet are massaged to restore circulation and a firming and detoxifying mask is applied to relieve blockages and tone the skin. A course of treatments is recommended.

## **Anne Semonin's Parisian Bathing Ceremonies**

The unique Anne Semonin bathing ceremonies take inspiration from Thalassotherapy, a historic and traditional way of 'French Beauty' used for centuries, dating back to Antiquity in 480 B.C.

Each Ceremony is designed to purify the body and mind whilst completely indulging the senses

The Anne Semonin Bathing Ceremony's combine a superb blend of aromatic essential oils and marine ingredients, with the classic 'French touch', and a holistic approach to treating the individual needs and concerns of your body

These treatments will transport your mind and body into a world of relaxation and inner calm

### **Anne Semonin Parisian Bathing Ceremony**

2hrs 30 minutes – € 240

The ultimate treatment to help you relax and unwind....a journey from beginning to end

You will be immersed in a mineral enriched Parisian hydro bath where you will receive a scalp massage and then be left to unwind....after which an all over invigorating body exfoliation with the use of natural sea salts to completely polish your body to perfection, concluding with a choice of a full body massage and detoxifying seaweed wrap, and products made to measure, to suit your individual needs.

Choose from one of the following.....

#### **Detoxifying**

This bathing experience is excellent at relaxing heavy legs and is targeted at slimming

The products used within this treatment will be tailored to work with the body's lymphatic flow.

You will be immersed into an inviting meadow green seaweed bath filled with our 'Mountain Oil' containing essential oils of hay flowers, eucalyptus and sandalwood blended with powerful seaweeds of Laminaria Algae, Spirulina and a wonderful blend of rosemary

#### **Sculpting**

This bathing experience tailored to lift and firm loose, slack skin tissue

With the use of powerful seaweeds and essential oils, this treatment will conclude with an application of 'Toning Leg Gel' to help lift firm, and tighten and made to measure firming complexes of Ylang Ylang, Geranium and Eucalyptus

#### **Ultimate Nourishing**

This bathing experience is balancing, relaxing, stimulating and remineralising

Hydrate and moisturise your body with our phenomenal 'Ocean Oil' containing Blue Chamomile and Marine Ciste to surge the skin with moisture blended with powerful concentrated seawater to remineralise the body

## Little Miss Anne Semonin

Designed for the younger discerning “Little Miss Clients” to groom, pamper and relax.

**Little Miss “Face Wash” – 25 min.** € 40  
Cleanse tone and moisturise an essential beauty treat designed to care for younger delicate skins.

**Little Miss “Petit Mani”- 25 min.** € 40  
Shape, moisturise and polish this mini manicure leaves hands and nails sparkling bright. Ideal for “Little Miss Parties” and special occasions.

**Little Miss “Petit Pedi” – 25 min.** € 40  
Feet are buffed and smoothed, nails are shaped and polished this mini pedicure promises to leave you walking on air.

## ST BARTH SPA

Our exquisite elixirs and spa treatments whisk you away to a world of Caribbean relaxation. Exotic oils and the fragrances of the Caribbean tiaré flower, fine lily or the essence of pure bourbon vanilla caress the soul and pamper the senses. Taste the fresh exotic fruit mousse before it is blended with our high-quality elixirs to create intensive, nourishing peeling creams and masks. Luxuriate in the fragrances, essences and tropical freshness of a colorful selection of Caribbean fruits with extracts of pineapple, papaya, melon, passion fruit or mango during a relaxing facial treatment.



## Body Treatments

### **ST BARTH SOFTNESS – 30 min.**

**€ 60**

- Body peeling massage with coconut oil & papaya -

Relaxing peeling massage for velvety soft and smooth skin. The fruit enzymes in fresh papaya, natural yoghurt and a special sea-sand polish complex enriched with minerals remove dead skin cells. Pure coconut oil provides lasting care for the skin while pampering it with valuable nutrients. The ideal base for an especially long-lasting and even tan.

### **ST BARTH ELASTICITY – 30 min.**

**€ 60**

- Body mask with clay & pineapple or cucumber mousse -

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. Ivy, menthol and camphor activate and strengthen body tissue while cold-pressed avocado oil supplies important nutrients. The result is visibly smoother and tighter skin.

### **ST BARTH DREAM – 20 min.**

**€ 40**

- Exotic beauty baths -

Relaxing and intensively nourishing beauty baths based on our extra mild shower & bath gel in combination with coconut-vanilla, avocado-tiaré, coconut-lily or your own favourite mixture of exotic oils and lotions. Enjoy a Caribbean fragrance delight which supplies the skin with an enduring source of valuable minerals and vitamins. This luxurious beauty bath will give your skin a long-lasting, velvety shimmer.

### **ST BARTH SLIMNESS – 30 min.**

**€ 60**

- Soothing and relaxing leg massage -

For rapid relief and relaxation of heavy legs, for instance after extended periods of sitting, standing or after long flights, or simply for beautiful, slim legs. Our ivy gel releases blockages and drains excess water while strengthening the veins and stimulating the lymphatic system. Menthol and camphor promote micro-circulation, refresh and revitalise. As finish, let your legs be pampered with a touch of the Caribbean. Select your favourite body lotion with cold-pressed avocado oil and the fragrance of pure bourbon vanilla, the Caribbean tiaré flower or the especially feminine scent of the lily.

### **ST BARTH SENSATION – 55 min.**

**€ 120**

- Luxurious body mask with pampering relaxation massage -

The pampering body mask provides the skin with an intensive moisture boost and is a pleasure for all the senses. Select your favourite scent : bourbon vanilla, delicate tiaré flowers or exotic lily. A creamy, silky mask is gently applied to your entire body to supply your skin with intensive nutrients and lipids from high-quality plant oils. The absorption of the mask is intensified by a wonderfully fragrant massage as a finish (ca. 25 minutes). Your entire skin takes on a visibly improved appearance and velvety smooth texture.

### **ST BARTH HARMONY – 55 min.**

**€ 100**

- Pampering body massage -

Enjoy a relaxing, gentle body massage with intensive care products specially tailored to your needs. Choose pure, slightly warmed coconut oil to support the functioning of particularly delicate skin or ivy gel and menthol oil for strengthening tissue and skin layers. To round off the experience, let yourself be pampered with a touch of the Caribbean. Select your favourite body lotion with cold-pressed avocado oil and the fragrance of pure bourbon vanilla, the Caribbean tiaré flower or the especially feminine scent of the lily.

## Facial Treatments

### **ST BARTH PURENESS – 90 min.**

**€ 180**

- Facial and Décolleté treatment with hand massage -

Luxuriate in an exceptionally gentle treatment of face, neck, décolleté and hands. Enjoy the fresh fragrances of natural elixirs reminiscent of a colorful Caribbean fruit basket. This especially tranquil, pampering treatment will assist you in reaching a state of deep relaxation. The high-quality, botanical-based care products with natural vitamins and minerals have an intensive cleansing effect and stimulate the skin's natural functioning. Your skin takes on a clear, smooth and fresh appearance. The gentle treatment is rounded off with a nourishing hand massage.

### **ST BARTH FRESHNESS – 90 min.**

**€ 180**

- Facial and décolleté treatment with hand massage & fresh papaya mousse as well as pineapple or cucumber mousse -

Luxuriate in an intensively relaxing and refreshing treatment of face, neck, décolleté and hands. The impact of the high-quality skin care products with natural vitamins and minerals is enhanced by freshly prepared fruits. The natural freshness on the skin, harmonised with wonderfully delicate Caribbean fragrances, will sweep you away to an exotic world. Your skin takes on a visibly clear, smooth and fresh appearance. A nourishing hand massage with the scent of bourbon vanilla, delicate lily or Caribbean tiaré flower adds the crowning touch to the well-being experience.

### **ST BARTH BEAUTÉ DES MAINS – 50 min.**

**€ 100**

#### **Pampering Hand Beauty**

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.

### **ST BARTH BEAUTÉ DES PIEDS – 50 min.**

**€ 100**

#### **Pampering Feet Beauty**

This feet beauty will leave soft and glowing feet thanks to the natural oils and lotions. Includes peeling, bath and massage.

## Packages

### **Lorient – 150 min. – 270 €**

ST BARTH HARMONY  
Pampering body massage

ST BARTH FRESHNESS  
Facial and décolleté treatment with fresh exotic ingredients and a nourishing hand massage

### **Flamands – 210 min. – 378 €**

ST BARTH SOFTNESS  
Nourishing body peeling massage with coconut oil, fresh papaya and extra-fine sea sand polish complex

ST BARTH ELASTICITY  
Body mask with clay and fresh ingredients such as pineapple or cucumber

ST BARTH HARMONY  
Pampering body massage  
ST BARTH FRESHNESS  
Facial and décolleté treatment with fresh exotic ingredients and a hand massage

### **Gouverneur – 240 min. – 415 €**

1st day - 120 min.

ST BARTH DREAM  
Personalized exotic beauty bath

ST BARTH PURENESS  
Facial and décolleté treatment with nourishing hand massage

2<sup>nd</sup> day – 120 min.

ST BARTH SOFTNESS  
Nourishing body peeling massage with coconut oil, fresh papaya and extra-fine sea sand polish complex

ST BARTH ELASTICITY  
Body mask with clay and fresh ingredients such as pineapple or cucumber

ST BARTH HARMONY  
Pampering body massage

**Saline – 390 min. - 685 €**

1<sup>st</sup> day – 120 min.

**ST BARTH SOFTNESS**

Nourishing body peeling massage with coconut oil, fresh papaya and extra-fine sea sand polish complex

**ST BARTH FRESHNESS**

Facial and décolleté treatment with fresh exotic ingredients and a hand massage

2<sup>nd</sup> day – 180 min.

**ST BARTH DREAM**

Personalized exotic beauty bath

**ST BARTH SENSATION**

Luxurious body mask with pampering relaxation massage

**ST BARTH PURENESS**

Facial and décolleté treatment with nourishing hand massage

3<sup>rd</sup> day – 90 min.

**ST BARTH ELASTICITY**

Body mask with clay and fresh ingredients such as pineapple or cucumber

**ST BARTH HARMONY**

Pampering body massage

**Colombier - 540 min. - 955 €**

1<sup>st</sup> day – 120 min.

**ST BARTH SOFTNESS**

Nourishing body peeling massage with coconut oil, fresh papaya and extra-fine sea sand polish complex

**ST BARTH ELASTICITY**

Body mask with clay and fresh ingredients such as pineapple or cucumber

**ST BARTH HARMONY**

Pampering body massage

2<sup>nd</sup> day – 150 min.

**ST BARTH SENSATION**

Luxurious body mask with pampering relaxation massage

**ST BARTH PURENESS**

Facial and décolleté treatment with nourishing hand massage

3<sup>rd</sup> day – 120 min.

ST BARTH DREAM

Personalized exotic beauty bath

ST BARTH ELASTICITY

Body mask with clay and fresh ingredients such as pineapple or cucumber

ST BARTH HARMONY

Pampering body massage

4<sup>th</sup> day – 150 min.

ST BARTH HARMONY

Pampering body massage

ST BARTH FRESHNESS

Facial and décolleté treatment with fresh exotic ingredients and a hand massage

# ARABELLA SPA LIST OF SERVICES

## Thalasso Treatments

*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.*

### Facial

**Thalasso Visage Basic Hydrating Treatment – 50 min. € 90**

Basic cleansing and hydrating treatment as an initial step in a deeper more intensive care programme.

**Thalasso Visage Basic Detox Balancing Treatment – 50 min. € 90**

Specially developed to restore the original balance of the skin, removing impurities with a deep down detox process.

**Thalasso Visage Firming Spirulina Treatment – 90 min. € 150**

The treatment owes its intensive action to the purity of the spirulina seaweed extract used. And the result, perfectly balanced, firming skin.

### Body

**Thalasso Phytoplus Re-mineralising – 105 min. € 150**

Includes an exfoliation, a bath and a wrap for re-mineralising the organism

**Thalasso Algogel Minceur with Bath and peeling – 120 min. € 190**

Anti-cellulite treatment to reduce hydric retentions. Slimming properties due the laminaria seaweed, caffeine and the Ivy.

**Thalasso de-toxifying + essential calming bath and lymphatic drainage – 120 min. € 190**

A highly effective way to combat water retention, a feeling of heaviness in the legs and cellulite. Eliminates the body of impurities and toxins.

**Thalasso Mont Saint Michel mud with bath and peeling – 150 min. € 270**

Indicated to soften the muscular and articular problems, to treat arthritis, rheumatism, psoriasis and back pains.

### Baths

**Non-Foaming Algominceur Bath – 25 min. € 50**

A classic thalasso bath with laminaria seaweed and sea salts. Slimming effects.

**Seaweed Thalasso Bath – 25 min. € 50**

A classic thalasso bath with laminaria seaweed and sea salts. Re-mineralising effects.

**Essential Calming Bath – 25 min. € 50**

A classic thalasso bath with laminaria seaweed and sea salts. Relaxing effects.

**Essential Toning Bath – 25 min. € 50**

A classic thalasso bath with laminaria seaweed and sea salts. Tonifying effects.

## Body beauty & wellness

### Manicures & Pedicures

*Acrylic and Gel Nails maintenance available, please contact spa reception for further information.*

**Manicure/ Pedicure – 60 min. € 90**  
Full treatment including massage, and free varnish of choice.

**French Manicure/ French Pedicure – 60 min. € 105**  
French Nail polish is applied, includes massage and free varnish of choice.

**Deluxe Manicure/ Deluxe Pedicure – 90 min. € 130**  
Treatment plus an exfoliation and mask with Anne Semonin products.

**Re-varnish – 30 min. € 40**

### Waxing

*Cold or warm wax according to your needs and wishes*

Full Leg	– 25 min. – 40 €
Half Leg	– 25 min. – 35 €
Underarm	– 25 min. – 35 €
Bikini Line	– 25 min. – 40 €
Brazilian	– 25 min. – 40 €
Back	– 25 min. – 40 €
Eyebrow	– 25 min. – 35 €
Arms	– 25 min. – 40 €
Lip	– 25 min. – 35 €

### Sunbed Rooms

*Our sunbed rooms allow you to develop that healthy, outdoor glow safely and at your own pace, whatever the climate and time of year.*

**6 min. – 10 €**  
**12 min. – 19 €**  
**18 min. – 25 €**

### Tint

Eyebrow Tint	– 15 min. – 35 €
Eyelash Tint	– 15 min. – 35 €

### Make Up

Day Make-up	– 45 min. – 80 €
Evening Make-up	– 60 min. – 95 €
Bridal Make-up	– 90 min. – 150 €

## BODY MASSAGE COLLECTION

**Swedish Massage – 50 min.** € 90  
Classic Full Body Massage.

**Relaxing Massage – 50 min.** € 90  
This massage concentrates on soothing away tiredness, stress, alleviating tension, inducing relaxation to the body and mind.

**Aromatherapy Massage – 50 min.** € 90  
Whatever your personal needs, with over 45 different natural essential oils to choose from. All 100% pure.

**Deep tissue/ Sportsmassage – 50 min.** € 105  
A good, firm massage that really gets to work deep into the muscle fibres, perfect way to release stress and tension throughout the body.

**Waterbalancing – 45 min.** € 95  
Relaxing aquatic therapy with a therapist where the movements are combined with smooth stretchings, while being floated in 36 degrees temp. Sea water.

**Lymphatic drainage – 50 min.** € 100  
Improves circulation, eliminating body toxins and blockages at key lymphatic points. An ideal anti-cellulite therapy.

**Asian Massage – 50 min.** € 95  
Asian Type massage with reflexology and shiatsu techniques.

**Shiatsu Massage – 50 min.** € 105  
Japanese finger pressure massage for relaxation, revitalisation and improved mobility.

**Foot Reflexology – 50 min.** € 95  
Ancient therapy used to reactivate all body functions through pressure on the reflex points located on the soles of the feet.

**Stress recovery Massage – 25 min.** € 80  
**Stress recovery Massage – 50 min.** € 105  
Concentrating on the back, neck and shoulders, it will help to relieve stress and tension from your muscles.

**Pregnancy Massage – 25 min.** € 70  
Special massage indicated for pregnant women.

**Face Head and Sculp Massage – 25 min.** € 70  
Deep relaxation concentrating on pressure points on the face and head.

**COUPLE MASSAGE SPECIAL– 180 min.** € 520  
After receiving a romantic 1 hour massage side by side, enjoy another 2 hours the facilities of our Spa Suite, with its very own private sauna, steam room and jacuzzi for two.

## TRADITIONAL CHINESE MEDICINE

*With our very own doctors in Tradicional Chinese Medicine, unique in Mallorca,  
Dr. Lu & Dr. Tang*

### **Phytotherapy tea – 50 €**

Plant teas well known for their therapeutic properties.

### **Anti-aging Bio-lifting – 50 min.**

**€ 120**

Facial accupunture works like a very special form of biolifting.  
Stimulates points of the face and cleavage area energises all facial muscles.

### **Auriculotherapy – 25 min.**

**€ 70**

Stimulation of certain points of the ears with special chinese needles is an effective treatment for a variety of low back and abdomen conditions.

### **Accupressure with consultation – 50 min.**

**€ 105**

Massage based on finger pressure at the meridian points of the body to stimulate energy and restore balance.

### **Accupunture + Tuina – 50 min.**

**€ 100**

A good combination to treat most illness and highly recommended for prevention of stress and body tensions + accupunture.

### **Tuina – 25 min.**

**€ 60**

### **Tuina – 50 min.**

**€ 100**

Therapeutic massage based on examination, articulation and manipulation of muscles fibres and prevention of incorrect posture, bad habits and illness.

### **Tai Qi & Qi Gong– 60 min.**

**€ 90**

Ancient chinese discipline that combines mental and breathing exercises with movements to promote calmness and restore a natural balance of energy.

### **Chinese Herbal Bath – 25 min.**

**€ 50**

Chinese herbal bath combines sea water with herbal formulas and hydromassage.

## AYURVERDA TREATMENTS

*Based on the spiritual knowledge of the ancient seers of India and cosmic consciousness in which they lived.*

**Abhyanga 2 hands – 90 min. – € 125**

**Abhyanga 4 hands – 60 min. – € 175**

A whole body oil massage, gently applied with the hands using medicinal oils. The relaxing caress of the warm oil will reactivate your body while the preventive cleansing effect ensures absolute well being.

**Garshan – 50 min. € 90**

Massage that stimulates both the lymph nodes and the metabolism. The whole body is massaged with raw silk gloves.

**Shirodara – 90 min. € 135**

A pleasant tickle of warm oil is poured in a continuous flow over the forehead, gently enveloping the head. Its stimulating yet calming effect on the whole nervous system sends you into deep relaxation.

**Udvardana – 50 min. € 90**

Gentle yet revitalising whole-body exfoliation that cleanses and reactivates the metabolism, promoting weight loss.

**Thalodal – 30 min. € 75**

Deep massage at specific marma points, targeting chronic exhaustion and triggering regeneration.

**Jambira Pinda Sveda – 50 min. € 110**

A stimulating, refreshing technique with which the whole body is vigorously massaged with a coconut lemon and rice sachet, reducing fatty tissue, cellulite and rejuvenating the skin.

## FITNESS AND NUTRITION

*An excellence and professional range of activities are on offer in our indoor fitness studio, with its top-of-the-range equipment from Technogym, as well as in our pools and outdoors. Our nutritionist will work out an individual lifestyle-concept to improve constantly your diet.*

**Nutrition Consultancy – 60 min. – 65 €**

**Personal Training – 60 min. – 70 €**

Walking, Jogging, Yoga, Pilates, Swimming lessons ( 30min.)

### *Arabella Spa Policies*

**Assistance** - any of our receptionists can help you plan the perfect ArabellaSPA experience. Individual treatment combinations are designed to ensure that you get the ultimate benefit from the experience.

**Cancellation Policy** - Please notify us at least four hours in advance if you need to cancel or re-schedule your appointment, otherwise we must charge the full price of the service. If you wish to cancel a ArabellaSPA package, 24 hours notice is required. Arriving late will reduce your treatment time and you will be charged for the full price of your treatment.

**Payment options** - We accept all major creditcards. Hotel guests may also be charged for the ArabellaSPA services to their room.

**Lockers** - we offer our clients lockers for our changing rooms in the ArabellaSPA. Please note that we recommend to leave valuable items such as jewellery and others in your room safe because the ArabellaSPA cannot take responsibility for any lost or stolen items.

**Health Conditions** - If you suffer from high blood pressure, a difficult heart condition or allergies, have recently been operated on, or if you are pregnant, please notify our ArabellaSPA personnel when booking your treatments. Please also advise us of any medication you are taking. It is always advisable to check with your doctor prior to your arrival.

**Arrival time** - We recommend arriving 30 minutes before treatment giving you time to enjoy the sauna area.

#### **Opening Times :**

Spa : 08 :00-21 :00

Gym : 08 :00-21 :00

Sauna : 10 :00-21 :00

**St. Regis Mardavall Resort, Mallorca**

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