



English



SPA

GRAND RESIDENCES

Seek sanctuary at the **Grand Residences Spa**, a haven of tranquility where you can pamper the body, mind and soul and restore balance. Indulge with the finest Spa treatments and enjoy massages given by our expert staff. Discover the varied services we offer and find your own path to complete relaxation.





FACIALS

Hydracure 60 min Intensive Moisturizing

A refreshing and relaxing deep treatment full of the extraordinary properties of hyaluronic acid, an agent that restores the skin's water retaining capacity, helping to repair and protect it. It provides relief for dry skin and alleviates the signs of aging, leaving your face looking fresh and soft.

For Men 60 min

Comfort and Personality

The perfect remedy for tired masculine skin, this treatment restores energy and vitality while eradicating toxins and boosting your defenses against pollution, stress and bad health habits. With a light texture, it is full of natural ingredients rich in vitamin C, oils, olive and active carbon that act together for immediate effect. The results are amazing.

Timexpert Rides 60 min

Beauty and Youth

An exclusive treatment inspired by the latest advances in cosmetic surgery and the body's own mechanisms for skin regeneration. It prevents the formation of expression lines and helps to restore skin that is showing signs of aging. Watch as wrinkles diminish and disappear after the first application. Enjoy this relaxing facial that will leave you looking radiant.

Timexpert Lift 60 min

Pure Perfection

A groundbreaking facial that restores firmness to the skin, prevents wrinkles and has a progressive tightening effect. Inspired by the latest advances in cosmetic surgery, this treatment will make your face look younger after only one session.





BODY WRAPS

Vitamin C 60 min

Luminous and Antioxidant

Indulge with an essence that will revitalize and relax your body, rolling back the signs of aging. This anti-aging body wrap restores luminosity to the skin, moisturizes it and acts as a powerful skin regeneration agent.

After sun 60 min

Refreshing and Moisturizing

A refreshing body wrap full of natural ingredients designed to repair, nourish and moisturize the skin. Recommended for sensitive skin and after sunbathing. Enjoy a relaxing and fragrant experience that will provide instant soothing and relief.



LUXURY SPA BATHS IN YOUR SUITE

Milk Bath 60 min

Ancient Recipe for Beauty

Indulge with this timeless beauty therapy. It will nourish your skin with lactic proteins and marine collagens, moisturizing and repairing it and leaving it radiant and silky to the touch. Fragrant and luxurious, it is an ideal treatment for the skin before sunbathing.

Vanilla Bath 60 min

Exotic and Relaxing

This Oriental bath is designed to give you a sensation of wellbeing. The exotic fragrance of vanilla is seductive and you'll soon be completely relaxed. A blend of soothing and moisturizing ingredients will leave your skin beautiful and silky soft to the touch. This is recommended for people with very dry skin.

Sea Crystal Bath 60 min

Immerse yourself in a salt bath rich in marine minerals, oils, amino acids and vitamins that will nourish your skin, purify your body and eliminate toxins, leaving you refreshed and relaxed. This is recommended as a remedy for stress or after a long walk or a tiring trip.





MASSAGES

Hot Stone Massage 90 min

Discover how pampering your body can help restore emotional balance. Harnessing the powerful energy of chakra points, the heat emanating from the stones boosts circulation, calms, decongests and cleanses the body, giving you a profound feeling of wellbeing.

Thai Massage 90 min

Experience one of the greatest healing traditions of Southeast Asia. Performed without oil and while the patient is clothed, this relaxing and therapeutic massage is based on acupressure, passive stretching and movements of the whole body. It improves flexibility, reduces tension and alleviates muscle fatigue.

Reflexology 60 min

Applying pressure to specific points on the feet benefits the whole body. Enjoy the pleasures of this relaxing massage from the tip of your toes to the top of your head. Your body's natural energy balance and harmony will be restored.

Swedish Massage 30, 60 and 90 min

Enjoy this classic relaxing therapy and help your body find its natural balance with the world's most famous massage technique. Pressure ranges from soft to firm but without being deep. In addition to alleviating tension, this therapy boosts blood circulation, stimulates the lymphatic system and improves the quality of sleep.

Aromatherapy Massage 60 and 90 min

This gentle massage uses soft pressure and slow movements to take you to a state of total relaxation. The fragrant essences are absorbed through the capillary vessels to complete this experience.

Lymphatic Drainage 60 and 90 min

Repeated slow movements accompany the normal passage of lymph through the body boosting circulation and eradicating toxins. This treatment is beneficial to the immunological system and helps the body liberate liquids, strengthening the vein network and circulation in your legs and arms.

Prenatal Massage 60 min

This massage offers the same benefits as classic massages: relaxing tense muscles, alleviating pain and boosting the circulation. The only difference is that it is specifically designed to meet the needs of pregnant women. Recommended from week 14 of pregnancy onwards.





Sports Massage 60 and 90 min

An excellent way to improve your sporting performance and give your body the care it needs. The therapist applies firm pressure, stretching movements and rhythmic taps. Keep your muscles in optimum condition and protect against injury while you enjoy some well-earned relaxation.

Deep Tissue Massage

60 and 90 min

This technique focuses on the internal layers of muscle tissue. Using slow movements and strong, sustained pressure, it releases built up tension in your body. It is particularly beneficial for customers with chronic stress and muscle pain caused by poor posture.

Lomi-Lomi Massage 60 and 90 min

An exotic and relaxing massage, Lomi-Lomi has its origins in ancient Hawaiian healing, a philosophy of treatment for the body and the mind. This traditional massage creates waves through the body that are both relaxing and invigorating. One of the most profound forms of massage, the aim of Lomi-Lomi practitioners is to achieve total harmony and bestow positive energy by working on all the muscles of the body.

Tense Feet Relief 30 min

A foot massage can really transform your day. Ideal for tired or swollen legs as a result of water retention, it will help to decongest and refresh your feet. Discover the true meaning of pampering.

Shiatsu Massage 90 min

Enjoy this Japanese massage technique based on finger pressure, stretching and manipulation. Pressure is applied to energy points on the body. In order to be completely comfortable, you'll wear special pajamas during treatment.

Shiatsu Massage 30 min

This 30-minute treatment is recommended for those in need of a back, neck and shoulders massage. It is performed when the customer is sitting in a special chair and is fully clothed.

BEAUTY SALON

Be sure to visit the beauty salon in the Spa. The following services are available:

- Spa Manicure
- Spa Pedicure
- Hair Cuts
- Shellac
- Hair Styling



SPA TIPS

Any cancellation with less than two hours notice given will be subject to a charge for 25% of the service that was reserved. All no shows will be charged 50% of the service price.

We recommend that you store your personal belongings and valuables in the safe in your room. The Spa cannot be held responsible for items left in the lockers.

For safety reasons, the Spa and Gym are for the exclusive use of guests over the age of 16. Sports apparel and training shoes must be worn. Trained staff are on hand at all times to help you with gym equipment.

We suggest that you arrive 15 minutes prior to your reservation; this will give you ample time to register, change and begin your Spa experience. We also recommend that you shower beforehand.

Please notify staff if you are suffering from an illness or injury, taking medication or if you are undergoing medical treatment so that they can decide whether the services you have chosen are appropriate.

In the interests of safety, the Spa reserves the right to refuse access or services to customers who are clearly under the effects of alcohol.

