

Menorca, the tranquil island

Indulge yourself in the Cugó Gran spa - peace, harmony and total relaxation in beautiful surroundings.

Yes, we boast stunning views of Menorca set in exclusive gardens, but we also have lovely private areas for you to unwind in, like our Cugó Gran Spa. Enjoy wellness and health plans designed exclusively for you and your requirements, plus expert beauty and massage treatments in the spa/gym or the comfort of your bedroom.

Cugó Gran also boasts the exclusive and unique Li'tya treatments and spa rituals from Australia. Guests can indulge in the brand's Earth range, where beautiful natural oils and clay muds play a key role.

A signature element of all Li'Tya treatments is the clearing ritual which grounds, purifies and prepares the space for relaxation and healing.

ABOUT MASSAGE AND BEAUTY THERAPIST

KIM HOLLAND

Kim has run our Baganvilla Retreat Spa since settling in Menorca in 2014. She started the Cugó Gran journey with us, and we could not ask for a more professional and highly qualified massage and beauty therapist, one who is constantly striving to offer our guests exciting exclusive treatments and products so that they enjoy the most relaxing and fulfilling experiences in a magnificent setting.

She trained at the leading UK beauty school Champneys in Hertfordshire, qualifying with the prestigious CIDESCO international diploma in 2000. She then worked for two years at the "Day Spa of the Year," Nirvana in Berkshire, followed by nine years at the UK's "Most Excellent Spa" at the five-star Pennyhill Park Luxury Hotel and Spa in Surrey, treating many celebrities. Next came her own successful beauty and holistic centre, Isabela Beauty & Holistic Clinic which included a focus on stress management, palliative, and emotional support.

ABOUT LI'TYA

LI'TYA means "Of the Earth", and is a unique range of skin, hair and body products based on modern and indigenous herbalism, aromatherapy and touch therapy from the traditional Australian Aboriginals.

In 1987, while blending family and career, Gayle Heron set out to develop a truly unique range of completely natural spa-oriented skincare products, a range based on the ancient plant knowledge held by the indigenous people of Australia.

The products are formulated using sustainably wild harvested, pure Australian botanicals and organic ingredients with the guidance of the Indigenous plant knowledge & healing principles. They are proudly Australian made and owned & certified cruelty-free.

LI'TYA's unique treatments and spa rituals incorporate massage therapy, active facials and nurturing body wraps as well as scrubs and centring spa rituals, designed to profoundly connect the individual with their own innate healing abilities. Products and treatments have been developed to the highest standards so that the guest may feel the benefits long after the treatment is complete.



Spa

LI'TYA MASSAGE

MIJI KODO "little melody"	45' / 100€
KODO "melody"	60' / 120€
MARTA KODO "big melody"	90' / 150€

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques which work to balance and re-align energy flow, enhancing mind and body wellness. A combination of pressure points and spiralling movements ground and uplift, working to relieve muscular aches and pains while leaving the body renewed and refreshed. A choice of native aromatic oils is prescribed to address your individual needs, to rejuvenate, harmonise or detoxify.

PAUDI Head massage 30' / 75€

Working to awaken the energy points to de-clutter and de-stress the mind creating focus and clarity to establish a deep and profound sense of relaxation, integrating the intense hydrating benefits of the Quandong Hair mask to nourish the hair and scalp. This treatment has been designed to integrate into a treatment or to be done its own.

LI'TYA BODY TREATMENTS

You will experience a Wulima Yulo (journey of aroma) at the beginning of your Massage Therapy to allow your subconscious mind to identify what oil blend will best suit your needs. LI'TYA body oils have been designed and blended from nourishing Sweet Almond, Macadamia and Camellia nut oils rich in vitamins A & E as well as natural essential fatty acids.

The aroma selection has been expertly created to achieve true wellness.

Detox Body Oil, an invigorating, refreshing and uplifting oil to assist in the elimination of toxins.

Re-harmonise Body Oil, a nurturing and soothing oil that invigorates and balances.

Rejuvenating Body Oil, a balancing and calming oil that relaxes and refreshes the mind while rejuvenating and nourishing the skin.

MALA MAYI "clan food" 90' / 170€

Unwind, invigorate and celebrate with this complete body rejuvenation experience. After a restorative exfoliation with your choice of Australian Desert Salt and Aromatic Oils, your body will be cocooned in a warm layer of your chosen mineral-rich body mud. An Aboriginal inspired LI'TYA PAUDI scalp treatment massage allows you to drift away to another realm. Your treatment is completed with an uplifting rhythmic LI'TYA KODO full body massage to release any remaining tension and leave your skin deeply nourished and renewed from head to toe.

THE DREAMING "the unseen vibration of creation" 180' / 320€

In the beginning was the Dreaming, the unseen vibration of creation - the sacred source from where all things are. Relax, revitalise and rejoice with our signature treatment to reconnect body, mind and soul, from head to toe and from outside in.

The ritual includes-

LI'TYA MIJI JINA foot massage.

LI'TYA MALA MAYI body wrap.

LI'TYA KODO body massage.

LI'TYA PAUDI head massage.

LI'TYA MIRRI facial.

LI'TYA MIJI PALOMA hand treatment.

Surrender yourself to the ultimate renewal of this experience through the power of nourishing Australian native plant essentials oils and extracts, cleansing earth ochre's and purifying desert salts, which allow you to celebrate your Dreaming, your utmost potential. Embracing traditional Aboriginal healing techniques, these deeply therapeutic treatments work to nurture and heal. The skin of the face and body is cleansed, invigorated, restored and nourished, tired muscles are eased and energised, and all the body systems are rebalanced and rejuvenated. Renewing your energy and emotions, the soul is left refreshed and smiling with delight.



Spa

LI'TYA HAND & FEET TREATMENTS

PALOMA hand treatment 45' / 90€

Hand soak, exfoliation, mask and massage.

Rescue tired, rough and parched hands with this intensive soothing, and replenishing treatment for hands, nails and lower arms. It begins with skin softening hand soak using a gorgeous array of Australian dried native flowers and fruits which rehydrate in water. You are then treated to a skin smoothing Wattleseed exfoliation and cuticle work before the application of a deep nourishing mask using Tasmanian Kelp to leave skin soft and hydrated. To complete, a nurturing massage for lower arms and hands removes every ounce of stress.

JINA foot treatment / pedicure 45' / 90€

Food soak, exfoliation, nail and cuticle work, mask and massage.

Soak away tension and treat your feet to this wonderfully relaxing and grounding treatment. Begin with a skin softening Australian native flower foot bath soak followed by an invigorating Desert Salt exfoliation to remove rough skin. Our warming Pepperberry foot mask is then applied to hydrate and soften the skin. Including a decadent foot massage, this treatment will rejuvenate the entire body and melt away tension stored in your legs and feet. Is completed with detailed nail and cuticle work.

LI'TYA FACIAL TREATMENTS

MIKIRI "deep" 60' / 130€

Cleanse, exfoliation, purifying mask, pressure point facial massage, neck and scalp massage, hand or foot massage, hydrating mask and hydration.

This is tailor-made facial treatment is prescribed as an intensive boost for all skin types and will be customized to target specific skin conditions such as dehydration, congestion dryness and sensitives. Skin is cleaned and exfoliated using a combination of Australian native ingredients such as Lillypilly and Wild Rosella to revitalize it. Two specialised masks are applied during the treatment to focus on intense purifying with Australian Clays plus a skin-drenching hydration mask to smooth and nourish.

An Aboriginal inspired pressure point facial massage helps to relieve stress and tension whilst stimulating the circulation, whilst the LI'TYA PAUDI scalp and shoulder massage clears the mind. This indulgent treatment is further enhanced with your choice of hand or foot massage. Your skin will emerge from LI'TYA MIKIRI feeling purified, balanced and beaming with clarity.

LI'TYA LOWANNA 60' / 145€

Name origin Northern Territory - means 'beautiful'.

This exceptional treatment combines three of the most popular LI'TYA treatments in wonderful unison to create a deluxe pampering experience. Included is the LI'TYA MIJI JINA foot treatment, LI'TYA MIJI POLAMA hand treatment and the LI'TYA MIRRI facial. This is a perfect combination for those in need of some serious pampering. Caring for all the zone therapy areas - hands, feet and head, it will recharge the body and enhances overall radiance.



Spa

CUGÓ GRAN MESSAGES

BUGANVILLA De-stress

30' / 70€

Upper Body De-stress.

This massage is designed as a targeted massage to ease tension and aid alignment in the back and spine. Incorporating the whole upper body, this massage produces the ultimate in muscular relief.

REIKI

60' / 90€

In this form of natural healing, practitioners act as a channel through which "Reiki energy" is drawn to areas of need or imbalance. Reiki dissolves energy blockages that can lead to pathology in the body.

BUGANVILLA Wellness Therapy

60' / 100€

This Swedish massage is a plain base oil massage. It is the best-known type of bodywork performed today. One of the primary goals of the Swedish massage technique is to relax the entire body, but this therapy goes beyond relaxation. It is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, and improving circulation and flexibility while easing tension.



Spa

JESSICA NAILS MANICURES & PEDICURES

When it comes to natural nails, Jessica Cosmetics is considered a world leading brand, Jessica nails products are used to achieve and maintain naturally beautiful nails. Jessica Nails was started in the 1970s by Jessica Vartoughian, who, after opening nail salons in America which attracted both celebrities and referrals, developed her range of Jessica nail products, which has now grown to be a worldwide nail-care brand.

ZenSpa pedicure is a pure, peaceful, serene indulgence and harnesses the power of Asian aquatic plant extracts to replenish feet and keep you feeling and looking your absolute best.

THE JESSICA MANICURE 30' / 45€
Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish.

JESSICA PRESCRIPTIVE MANICURE with Thermal Heated Mittens 60' / 60€
This Manicure has the luxurious added benefits of Thermal Heated Mittens for deeper penetration of oils and cream. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints.

ZENSPA PEDICURE DELUXE 60' / 80€
Jessica's ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

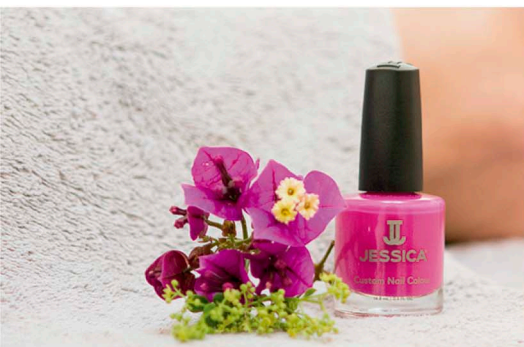
ROSALENA FACIAL MASSAGE

Rosalena Face Oils are a range of beautiful and natural oils made with bio-actives and 100% pure plant ingredients for glowing, healthy and radiant skin. Clean Beauty that delivers maximum results every time. Rosalena oils have developed three exclusive treatments for our Cugó Gran guests.

PAUSE 10-15' / 25€
On arrival, a refreshing start to your experience at Cugó Gran. Instantly soak away the stress of travelling, and drift into tranquillity, signifying the beginning of your journey with us...

BREATHE 30' / 70€
Perfectly developed facial, scalp and shoulder massage using pressure points, aromas and earth stone placement.

BE 30' / 70€
The ultimate targeted treatment for the eye area. Put the twinkle back in tired eyes by invigorating, hydrating and toning the eye contour area.



Spa