

## **TREATMENT MENU**

## OUR BEST-SELLERS

### Ultimate Relaxation Experience

A tailor-made relaxing massage unique to Abadía Retuerta. An extension of the Spa Sommelier concept, this powerful massage combines classic Swedish massage techniques with age-old principles of Traditional Chinese Medicine's acupressure. A holistic and complete treatment that works on key energy meridian points to release blocked up energy and relieve muscular tension, thereby inducing a state of deep relaxation.

60, 90 minutes

### Advanced Age-Defying Facial

The ultimate youth elixir! Delivering right to the heart of the cell the highest concentration of anti-ageing active ingredients, such as Triple Collagen, Coenzyme Q10 and amino acids, while lifting, brightening and returning your skin's natural radiance and elasticity.

60, 90 minutes

## MASSAGE THERAPIES

Massage therapy has been used through the ages to improve general health and is an important part of your spa experience. Some of the many benefits of massage include stress reduction, increased circulation and body functioning, increased elasticity and softer skin, shortened recovery time from sporting activities, and a general sense of well-being.

### La Sélection du Sommelier

At El Santuario we draw our inspiration from around the world to offer you a blissful, effective and premium massage experience. Allow our Spa Sommelier to design your massage experience or choose from our three unique experiences: Selección Especial, Valdebellón and LeDomaine White, each brilliantly combining an innovative fusion of massage techniques from across the world and exclusive oil blends to craft a massage that works specifically for you.

60, 90 minutes

### Anti-Fatigue Back Remedy

Tension releasing and restoring back therapy. An exceptional solution designed to alleviate tension stored in the back, neck and shoulders and reduce fatigue. The exquisite combination of heat, minerals and oils begins with a generous application of a self-heating mineral mud mask to release stiffness, strain and stress in the muscles. This is followed by a bespoke massage with blended oils just right for your needs. Both energizing and relaxing, this treatment leaves the whole body with a complete sense of well-being.

60, 90 minutes

### Cryo Jetlag Reviver

"Adios" to jetlag. Inspired by cryotherapy techniques, an ultra-cold treatment designed to shock the body into action by stimulating blood circulation and boosting the immune system. This treatment improves energy flow and lymphatic and blood circulation, restoring your body's natural rhythm.

60 minutes

**Diamond Rose Massage**

Enjoy a nourishing and regenerating massage with the exquisite absolute Damask rose oil and diamond dust that will transport you to a complete state of relaxation and well-being.

60 minutes

**Deep Tissue Massage**

For specific areas requiring therapeutic results. Highly recommended on a regular basis for those sports and gym enthusiasts before and after sporting activities. Or for those who like a firm and strong massage.

60 minutes

**Volcanic Thermal Stones**

Relaxing, warming, powerful. Muscles give in to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energies are skillfully combined with the perfect blend of essential oils designed to stimulate the senses and unwind both body and mind.

75 minutes

**Relaxing Head & Scalp Massage**

Indulge in a state of deep relaxation. This treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow and nourish the scalp.

60 minutes

## **FACIAL JOURNEYS**

We believe in using pure, effective products and have chosen Natura Bissé and Anne Semonin skin care products to reflect that philosophy. All of our facials include a complete skin analysis, cleansing, extractions when needed, exfoliation, masque, massage and moisturizer.

### **Life Infusion Ritual**

The Art of Youth. Unprecedented “Youth Elixir” that provides unparalleled skin rejuvenating effects focused on the science of Skin Age Biomarkers and specific massage techniques. This intensive treatment ensures brighter, firmer, noticeably younger-looking skin. A global skin rejuvenation that restores the youthful definition of the facial contours, improves skin texture and diminishes fine lines and wrinkles in just one session.

90 minutes

### **Cryo Time Freeze**

Immediate radiance, toning, brightness. A flawless skin brightening experience, this facial uses the age-defying effects of cryotherapy with 100% Active Serum to reinforce the skin's firmness at a cellular level. Complemented by a neurocosmetic containing Wild Indigo this elegant touch stimulates the release of B-endorphins, filling the body with a total sense of well-being.

60 minutes

### **Skin Comfort**

A unique solution for extreme sensitivity. This powerful repairing treatment visibly improves skin congestion, dilated capillaries and redness thanks to its highly effective herbal extracts that soften and soothe the face, reinforcing the skin to combat hypersensitivity and inflammation. It prevents the degradation of skin structure, restores the levels of young collagen and protects the skin from external aggressions. The soothing effects of cryotherapy strengthen the skin, helping to recapture its optimal state of comfort. A luxury treatment designed to preserve the beauty and health of the skin.

60 minutes

## **BODY JOURNEYS**

### **Le Vintage**

Revitalizing and anti-oxidant body exfoliation. Choose between an energizing grape seed, a stimulating sea salt or a nourishing rose body polish. This ritual will leave your skin delightfully soft, smooth and nourished to perfection, and your body relaxed and tension-free.

60 minutes

### **La Fusion du Sommelier**

Anti-Aging Body Cocooning. This pampering rejuvenation will regenerate the skin to its best. An invigorating body scrub is followed by a nourishing and anti-aging body mask while you drift away with a wonderfully soothing scalp massage... The naturally anti-oxidant benefits of this treatment will enhance body drainage, maximize hydration, plump and smooth skin to perfection, while nurturing your body in a cloud of well-being.

60 minutes

### **Pure Detox Wrap Experience**

Detoxifying, purifying, uplifting. Wrap your body in a cocoon of Spirulina micro-algae to encourage the release of toxins and purify the skin. A pre-wrap scrub of sea salt, combined with uplifting lemongrass and other citric essential oils, prepares the skin for the green algae and laminaria body mask, rich in iodine and powerful marine elements. Together these dynamic ingredients purify and energize your body.

60 minutes

## TAILORED TREATMENTS FOR MEN

### **Gentleman's First Choice**

Detoxifying, purifying, radiance. A treatment created for men's skin, since stress, the lack of time and daily shaving detract vitality. The combination of natural sea minerals and essential oils with the detoxifying properties of the peel off mask, provide the skin with a clean, hydrated and fresh appearance.

75 minutes

### **Back, Face and Scalp Revitalizer**

De-stressing, balancing and recharging. Customized massage techniques are performed on the back, face and scalp, releasing blocked up energy and restoring the balance between mind and body. The ideal treatment for physical and mental stress release. Recommended for those men who suffer from headaches and built-up stress in the cervical area.

60 minutes

### **Anti-Fatigue Back Remedy**

Tension releasing and restoring back therapy. An exceptional solution designed to alleviate tension stored in the back, neck and shoulders and reduce fatigue. The exquisite combination of heat, minerals and oils begins with a generous application of a self-heating mineral mud mask to release stiffness, strain and stress in the muscles. This is followed by a bespoke massage with blended oils just right for your needs. Both energizing and relaxing, this treatment leaves the whole body with a complete sense of well-being.

60 minutes

### **Gentleman's Spa Manicure**

60 minutes

### **Gentleman's Spa Pedicure**

60 minutes

## THE SPA SOMMELIER'S SPECIALS

### **Top-to-toe Citrus Experience**

An exquisite top-to-toe ritual that includes a facial as well as a body treatment in just 90 minutes! The sophistication and global care of this treatment infuses the skin with all the necessary benefits. It includes a delicate make-up removal, an exfoliation with citrus spheres, a facial contouring massage, a bitter orange soufflé as a treatment mask and a body massage with a warm balm. The result is nourished and luminous skin for face and body.

90 minutes

### **The Diamond Rose Ritual**

Enjoy a smoothing and nourishing exfoliation followed by a regenerating massage with the exquisite absolute Damask rose oil and diamond dust that will transport you to a complete state of relaxation and well-being while revealing wonderfully satin skin.

90 minutes

### **Le Grand Cru**

The Ultimate Oenotherapy Experience. This journey starts with the Abadia Retuerta foot ritual and essential oils, followed by a deep revitalizing body exfoliation and nurturing anti-aging body wrap, concluding with the Abadia Retuerta Signature Spa Journey.

120 minutes

## HANDS AND FEET

Spa Manicure

60 minutes

Spa Pedicure

60 minutes

## MOTHER-TO-BE TREATMENTS

We are proud to offer the pioneering Mama Mio Pregnancy Spa treatments, an award-winning safe pregnancy skincare and spa offering, created just for the pregnant guest in their second and third trimester at this special time.

### **Mama Mio Pregnancy Massage**

A completely relaxing full body massage using safe but effective pre-natal techniques and the award-winning Omega rich oils to relax those specific lower back muscles that are carrying that beautiful bump. Includes a wonderful neck and head massage and the unique Yummy Tummy elasticizing mask.

60 minutes

### **Gorgeous Glow Pregnancy Facial**

Especially designed to help with hormonal breakouts to give you that gorgeous pregnancy glow. Deep cleansing and exfoliation is followed by mind melting facial massage and a brightening serum, while the Oxygenating Moisture Mask sets about clarifying and evening-out your skin tone, helping with excess pigmentation.

60 minutes

### **Good-bye Stretch Marks**

The ultimate facial for your tummy! Because it's your tummy that needs the attention to maximise strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure a complete stress relieving treat!

60 minutes

### **Lucky Legs**

A mineral-rich exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. To finish, enjoy a delicious and relaxing head, scalp and shoulder massage that will leave you relaxed and rejuvenated.

60 minutes

## GENERAL INFORMATION

### PRICES

#### ALL OUR JOURNEYS

60 minutes - 150 €  
75 minutes - 190 €  
90 minutes - 225 €  
2 hours - 300 €

#### HANDS

60 minutes - 110 €

#### FEET

60 minutes - 130 €

#### REMOVAL OF PERMANENT NAIL POLISH IN HANDS OR FEET

30 minutes - 30 €

#### SPA SUITE RENTAL

Enjoy the privacy and complete facilities of our Spa Suite Selección Especial. Equipped with a private changing area, sauna, steam room, whirlpool, and outstanding views to a private patio, our Spa Suite is the ideal haven for celebrating special occasions or a moment of tranquility.

Minimum period: 2.5 hours – 300 €\*

\* The following terms and conditions apply:

- A la carte healthy refreshments
- Double occupancy
- Supplement fee - 50€ per additional person
- Maximum capacity of the Spa Suite: 4 persons
- All treatments performed in the Spa Suite will be charged separately and in addition to the rental price.

#### Spa Time

Create your own treatment. Choose how long you would like your spa experience to be and reserve your "Spa Time". Once in el Santuario Spa, our Spa Sommeliers will help you design your treatment according to your wellness needs and desires on that day.

#### **OPENING HOURS FOR USE OF SPA FACILITIES, INDOOR POOL AND TREATMENTS**

The Santuario Spa is open daily from 7:30h to 21:00h.

#### **SPA FACILITIES AND INDOOR POOL ACCESS POLICY FOR CHILDREN**

Children under 16 years of age are not permitted in the spa and indoor pool for safety reasons.

#### **OPENING HOURS FOR OUTDOOR POOL**

The outdoor pool is open during summer from 10:00h to 21:00h.

#### **OUTDOOR POOL ACCESS POLICY FOR CHILDREN**

Access to children is permitted in the outdoor pool. For safety reasons, we kindly request that minors under 18 years of age be accompanied by an adult.

#### **RESERVATIONS**

Advance reservations are recommended in order to ensure availability. For treatment bookings, please contact our team at the Santuario Spa or your Butler.

#### **CANCELLATION POLICY**

As a courtesy to other guests and our therapists, we kindly request a 24 hour notice should you wish to cancel or change your booking. Without this notification you will be charged in full the treatment/s booked.

For treatments booked within 24 hours of commencement of the treatment time, we kindly request a 2 hour notice should you wish to cancel or change your booking. Without this notification you will be charged in full the treatment/s booked.

#### **CONDITIONS OF USE OF SPA FACILITIES AND TREATMENTS DURING PREGNANCY**

All our therapists have been trained in the Mama Mio Pregnancy Spa Treatments, the gold standard in pregnancy spa. We are proud to offer a selection of treatments specifically designed for the pregnant guest at this special time in their second and third trimesters.

We recommend our pregnant guests to refrain from using the hydrothermal area for health reasons.

#### **CHECK-IN**

Your Butler will escort you to the El Santuario Spa well in advance so that you can enjoy the spa facilities before your treatment commences. Clients are requested to arrive at least 15 minutes prior to the commencement of their treatment time to allow enough time to change and relax before the treatment starts.

## **SPA INFORMATION FOR YOUR CONVENIENCE**

If you suffer from any medical condition that could affect your ability to enjoy the spa facilities, please consult our team at the Santuario who will be delighted to assist you.

If you wish to use the spa facilities such as the steam room, sauna and hydrotherapy pool or just relax in our tranquil surroundings before your treatment, we advise you to arrive 60 minutes prior to your booking.

We recommend that you leave all jewelry and contact lenses in your room before coming to the spa.

We provide slippers, spa robes and disposable underwear for body treatments and massages for guest comfort during your visit.

Your privacy is considered at all times. Throughout each treatment your body will be draped with towels leaving only the part that is being treated uncovered.

We advise that if you are running late for your appointment to call and inform the spa. Every effort will be made to provide you with your full time. However, if another booking follows immediately after, your treatment time may need to be shortened and full payment will be required.

For male guests, please shave prior to all facial treatments to ensure optimum results.

Smoking and use of mobile phones are not permitted in the spa.

Gift certificates for spa treatments or products are available and are valid for 6 months from the date of purchase.

Treatments charged to your room will appear on your account at the time of check-out.