

WELLBEING



FINCA SERENA
MALLORCA

★★★★★

CONTENTS

INTRODUCTION

Page 3

THERMAL & AROMATHERAPY

Page 4

BODY MASSAGES

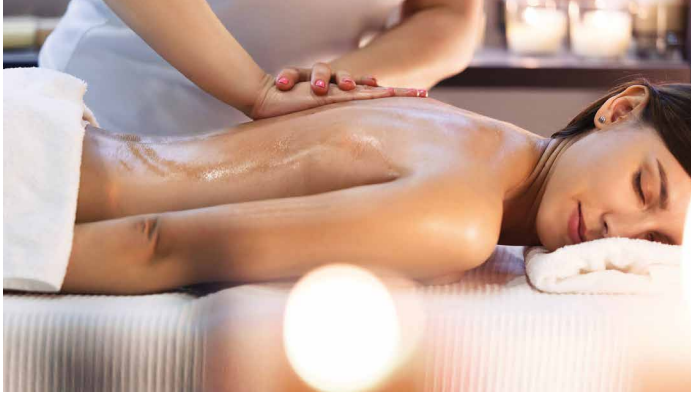
Pages 5

FACIAL MASSAGES

Pages 6

BEAUTY

Page 7



INTRODUCTION

We invite you to explore an oasis of relaxation and wellbeing within a setting of 250 sq.m. The space includes a luxurious heated pool and a fireplace as well a must-see veranda with hammocks. A unique opportunity to find time for peace and quiet, getting back in touch with nature through all the senses in a deep and profound manner.

We have an extensive menu of massages and treatments carried out by professionals specialising in natural therapies, dietetics and wellness. All treatments are offered with the exclusive and award-winning brand of Natura Bissé products, providing total care and respect for the most delicate of skin types.

Ask at reception about our Yoga, meditation and running sessions through the estate.

THERMAL & AROMATHERAPY

Since the time of ancient Rome civilisations have understood the recuperative powers of the Spa and thermal baths culture, combined with the natural aromas of vegetables in order to optimise the sense of rest and relaxation.

In our Spa you will find a free sauna & hamman cabin at your disposal:

DRY SAUNA: Minimum humidity and the maximum temperatures (that the body can withstand comfortably) where the aroma of pines will help open the skin pores to eliminate toxins and flush out other unwanted substances as well activa-

ting the body's circulation. We recommend sessions of maximum 15 minutes.

HAMMAM: An environment of high temperatures and 95% humidity where you will inhale the exhilarating sensation of eucalyptus, a refreshing aroma to clear the respiratory system and become renewed. We recommend sessions of maximum 15 minutes.

In order to take full advantage of the wellness suite experience we recommend a cold shower after each of the sessions and a leisurely rest afterwards. Approximate overall duration: 45'



BODY MESSAGES

BY NATURA BISSÉ BARCELONA & ECOLOGIC COSMETICS MALLORCA

> **D-STRESS**

60 MIN - 135 € – 90 MIN - 170 €

Relaxes · Calma · Balances

A personalized relaxing massage that providing a wonderful sense of calm and wellbeing.

> **QUIROSPORT**

60 MIN 135 € – 90 MIN - 170 €

Relieves · Oxygenate · Relaxe

A massage targeted at the sports enthusiast, ideal for total body recovery, soothing away muscle pain and discomfort.

> **DIAMOND & ROSE RITUAL**

90 MIN - 170 €

"An elixir for the soul"

Luxurious and innovative body exfoliation using diamond dust and aromatherapy massage with Damask Rose oil. Immerse yourself and your skin into pure energy to preserve youth and beauty.

> **MEDITERRANEAN RITUAL**

90 MIN - 170 €

A dose of energy and luminosity

Enrich your day with a fresh and invigorating dose of vitamin C, one of the most effective antioxidants. Full body scrub followed by a personalised massage using citrus aromatherapy creates an unforgettable experience for body and soul. Ideal for before and after sun bathing. Suitable for both men and women.

> **REFLEXOLOGY**

45 MIN - 95 €

Relaxes · Stimulates · Restores

Ancient foot massage that stimulates specific energy points, opens blocked energy pathways and helps to restore the body's natural balance.

FACIAL MESSAGES

BY NATURA BISSÉ BARCELONA

> **DIAMOND EXPERIENCE FACIAL RITUAL**

60 MIN - 125 €

“Elixir of youth”

A very luxurious anti-aging treatment with intensive lifting and firming effects based on the Natura Bissé Diamond line. Exceptional rejuvenation, for radiant and revitalized skin.

> **THE CURE THERAPY**

60 MIN 121 €

Integral Detoxification Cure for your skin

Powerful healing ritual with triple exfoliation and deep detox, purifies and cleanses. Enjoy your skin refreshed, oxygenated, and visibly more radiant.

> **CITRUS VITA-ESSENCE**

60 MIN - 121 €

An antioxidant and vitamin cocktail for your skin

Citrus aroma ritual rich in vitamin C that restores the skin's firmness, elasticity, as well as delivering powerful hydration and luminosity. Say goodbye to signs of fatigue and dull tone. Ideal for all skin types.

> **S.O.S FACIAL**

45 MIN - 95 €

Recovery · Rescue · Comfort

Gentle hypoallergenic treatment for sensitive and irritated skin. A great option to relieve sunburn and reduce micro-inflammation.

*Ask our therapists about the most suitable
Natura Bissé beauty product for your skin type.*



B E A U T Y

BY NATURA BISSÉ BARCELONA

> CITRUS MANICURE | PEDICURE

60 MIN - 75 € | 95 €

Complete hand or foot care treatment that includes antioxidant scrub using vitamin C, followed by moisturising massage and finished with application of the nail polish of your choice.

Find your best version