



BOUTIQUE SPA
SPA TREATMENTS

ORGANIC FACIAL TREATMENTS

Cleansing Rituals

Ecologic Mini Facial - 35 min. **49€**

Designed to generate maximum results in minimum time.

Ecologic Signature Facial Cleanse - 65 min. **85€**

Classic, European facial cleanse. Includes a pleasant face massage that combines traditional methods with oriental techniques, oxygenating the skin and stimulating the senses.

Pula Premium Facial Cleanse - 80 min. **99€**

Deep cleansing and anti-aging treatment that blends manual and electro-aesthetic techniques with natural creams and highly concentrated, regenerating serums.

Facial Experiences

Hot & Cold Stone Facial Cleanse - 65 min. **89€**

Incorporates hot and cold stones combining ancient techniques with western methods, to provide a healthy and radiant appearance.

Anti-Stress Facial Cleanse with Mimosa & Chamomile - 65 min. **85€**

A complete, holistic, manual facial treatment, that hydrates and relaxes the skin. It is ideal for those who wish to take care of their image with a calming and deep treatment. Helps induce a state of well-being and relaxation.

Facial Treatments

After-Sun Calming Treatment - 20 min. **39€**

Designed to soothe and rehydrate the skin after prolonged sun exposure.

Eyebright & Aloe Vera Tired Eyes Treatment - 35 min. **54€**

A treatment that combines manual methods with electrotherapy techniques to care for, soothe and pamper the eye contour area. Ideal for puffy, swollen eyes.

Tratamiento Reactivador con Plantas Marinas - 35 min. **54€**

Rejuvenating effect treatment. Suitable to help fight flaccidity and to treat dehydrated and devitalized skin types thanks to the application of electrotherapy, added to the richness of the ingredients of our Marine Plant Serum. Enriched with extra concentrated Vitamins C and E, this treatment helps activate blood flow and provide oxygen to the skin. Ideal to prepare skin for a special event.

Optional Add-On: Bio Facial Elixir with Rosehip, Chia Seed and Geranium application **5€**

Optional Add-On: Application of Marine Plant Serum with Botanical Hyaluronic Acid **6€**

NATURAL BODY TREATMENTS

Body Scrubs

Mediterranean Scrub with Citric Fruits & Olive Kernel - 35 min. 45€

A medium intensity, natural exfoliating treatment to remove dead cells from the skin leaving it soft, smooth and firm. Enjoy a renewed and refreshed feeling thanks to its added nutrient intake and all the freshness of citrus. Recommended to prepare the skin for all body treatments.

Oriental Scrub with Ayurvedic Spices & Apricot - 35 min. 49€

Aromatic and spicy, apricot kernel exfoliation. This high intensity scrub helps remove dead cells and leave the skin soft, clean and supple.

Lotus & Frangipani Balinese Lulur Scrub - 35 min. 49€

Gentle, delicate body exfoliation of exotic fragrance and subtle intensity that removes dead cells from the outermost layers of the skin. Ideal for the most delicate and sensitive skin types.

Moroccan Black Soap & Eucalyptus Exfoliating Treatment – 35 min. 49€

Authentic and ancient Moroccan Sahrawi traditional recipe, that retains the active properties of black olives, argan and eucalyptus; a perfect and unique blend. Moisturizing and emollient with antiseptic properties, to refresh, soften and deep cleanse your skin.

Body Wraps

Green Tea Detox & Repairing Body Wrap – 35 min. 49€

The penetrating effect of heat from the green tea helps to improve muscle and joint ailments. It also helps sculpt and detoxify our body. For optimum results, apply twice in one week.

Seaweed Remineralising & Slimming Body Wrap – 35 min. 49€

Remineralising and slimming body mask and wrap. Both the fucus and spirulina algae work together in perfect harmony to fight against fluid retention and cellulite, bringing the best from the sea, directly to your skin.

Rose & Geranium Rassoul Body Wrap – 35 min. 49€

An ideal to complement to our Black Soap or Oriental Scrub treatment, this Rose and Geranium wrap is delicate and moisturizing. Skin feels radiant and full of life due to its highly moisturizing properties

Traditional Massages

Head & Face Massage - 20 min. localised 35€

Relaxing facial and head massage that invites you to unwind and relax your mind while nourishing and moisturizing your skin.

Tired Legs & Foot Massage - 20 min. Localised 32€

Stimulating massage for tired legs and feet, especially suited after hours of standing or sitting. Helps activate circulation, relieving that feeling heaviness.

Back, Neck & Shoulder Massage - 20 min. localised 35€

Classical relaxing massage designed to relieve the discomfort of back, neck and shoulder tension.

Mint Infused Relaxing Massage - 50 min. full body 65€

Classical and subtle massage, performed using a natural, evening primrose oil with a touch of mint, from. Enables you to enjoy a deep state of relaxation and well-being.

Swedish massage with Almond Oil - 50 min. full body **65€**
Traditional European massage that cares for your skin, blood flow and tone. Helps firm and moisturise, creating an overall sense of wellbeing.

Specialised Massages

Detox Massage with Grapeseed, Lemon, Ivy & Marjoram - 20 min. / 40 min. **39/55€**
An organic oil is combined with anti-cellulite massage techniques, applied to the most needed areas of your body, to tone and firm. It also helps reduce the orange peel effect.

Knot-Release Massage with Rosemary Oil - 20 min. localised / 40 min. **43/65€**
Deep massage tailored to your specific needs, ideal for decongesting fatigued muscles. Relieves pain and relaxes the muscular system.

Personalised Sports Massage - 20 min. localised / 40 min. **43/65€**
Manual, penetrating massage, applying physiotherapy stretches and manipulations. Designed to help alleviate discomfort and pain at deep muscle tissue level, both to prepare muscles for a session of intense sport or to help eliminate post-sport chronic muscle stress. Perfect for cyclists, golfers, hikers, etc.

Mother-to-be Massage with Almond Oil - 20 min. localised / 50 min. full body **39/69€**
Relieve fatigued muscles and give your baby a treat with this special and exclusive treatment for future mothers. Safe, pre-birth massage techniques are applied to activate circulation, calming swollen legs and ankles. The treatment can be adapted to any stage of this singular, nine-month journey.

Children's Massage - 20 min. **39€**
Today, are the youngest family members are the stars. Gentle, relaxing massage for children to enjoy their own Spa experience.

Oriental Massages

Firming Bamboo Massage - 20 min. localised / 50 min. full body **39/69€**
A manual massage technique combined with the use of natural bamboo canes. Ecologic's aromatic Grapeseed, Lemon and Ivy oil is applied in conjunction with the bamboos helps drain, tone, firm and sculpt the body while relaxing the mind and soul.

Signature Hot Stone Massage - 20 min. localised / 80 min. full body **45/99€**
Warm, volcanic stones glide down your energy channels and precious chakra stones placed on key energy points, performing a traditional and holistic massage with an Ecologic Cosmetics' oil of choice, helping relieve stress and calm aching muscles.

Indian Head Massage – 40 min. **59€**
Neck, face, head and back massage, following the traditional Ayurvedic protocol of activating our "Marma" points whilst performing specific manipulations. Relax with a warm blend of Ayurvedic oil.

Massage Ayurvedic Abhayanga 80 min. **99€**
A massage designed to active the energy meridians and detoxify the body. Performed as per the traditional Indian medicine modality of Ayurveda, with a warm, tri-dosha oil made up of ayurvedic spices and apt for all constitutions. A soothing balm for the mind, body and spirit.

Hawaiian Lomi Lomi Massage - 80 min. **99€**
Traditional Hawaiian massage, where rhythmic, ocean-like movements of waves and subtle sways are accompanied with Tiare flower oil to complete an unforgettable tropical experience.

Optional Add-On: Tired Legs Refreshing Wrap. **12€**

Optional Add-On: Add 20 minutes to any Massage. **20€**

Hands & Feet

Pula Manicure - 45 min.	46€
Nurture and pamper your hands. Includes nail filing, polishing and cuticle care with the option of colour application.	
Gentleman's Manicure - 35 min.	36€
Nurture and pamper your hands. Includes nail filing, polishing and cuticle care.	
Pula Premium Manicure - 60 min.	60€
Includes a scrub, mask, wrap and relaxing foot massage with anti-bacterial Ecologic Cosmetics' Tea Tree moisturizer. Pamper your feet with nail cutting, filing, polishing and cuticle care with the option of colour application.	
Pula Pedicure - 55 min.	56€
Nurture and pamper your feet. Includes nail filing, polishing and cuticle care with the option of colour application.	
Gentleman's Pedicure - 45 min.	46€
Nurture and pamper your hands. Includes nail filing, polishing and cuticle care.	
Pula Premium Pedicure - 75 min.	75€
A warm foot bath is followed by a scrub, mask, wrap and relaxing foot massage with anti-bacterial Ecologic Cosmetics' Tea Tree moisturizer, combined with pampering for your feet. Includes nail cutting, filing, polishing and cuticle care with the option of colour application.	
Nail Polish Removal or Application without Manicure - 10 min.	10€
Optional Add-On: French Manicure or Pedicure - 20 min.	15€

Waxing

Hair removal for specific body areas, using warm and hot olive oil wax:

Eyebrow Shaping	14€
Eyebrow Design	26€
Upper Lip	11€
Chin	11€
Half Legs	26€
Full Legs	36€
Underarm	20€
Bikini	26€
Brazilian Bikini	32€
Back	48€
Chest	42€
Abdomen	32€
Forearms	26€

SPA PACKAGES

Welcome Ritual (55 min)	69€
<ul style="list-style-type: none">- Ecologic Mini Facial- Back, Neck & Shoulder Massage (20 minutes)	
Detox Treatment (55 min)	75€
<ul style="list-style-type: none">- Green Tea Detox & Repairing Body Wrap- Localised Firming Bamboo Massage (20 minutes)	
Mediterranean Experience (70 min)	79€
<ul style="list-style-type: none">- Mediterranean Scrub with Citric Fruits & Olive Kernel- Seaweed Remineralising & Slimming Body Wrap	
Moroccan Voyage (70 min)	84€
<ul style="list-style-type: none">- Moroccan Black Soap & Eucalyptus Exfoliating Treatment- Rose & Geranium Rassoul Body Wrap	
Mother-to-be Pampering (80 o 110 min)	79/105€
<ul style="list-style-type: none">- Pula Pedicure- Mother-to-be Massage (20 o 40 minutes)	
Polinesia Journey (115 min)	125€
<ul style="list-style-type: none">- Lotus & Frangipani Balinese Lulur Scrub- Hawaiian Lomi Lomi Massage (80 minutes)	
Pula Spa Experience (115 min)	125€
<ul style="list-style-type: none">- Ecologic Signature Facial Cleanse- Swedish or Relaxing Mint Infused Massage (50 minutes)	
From Head to Toe (170 min)	165€
<ul style="list-style-type: none">- Ecologic Mini Facial- Mediterranean Scrub with Citric Fruits & Olive Kernel- Pula Manicure- Pula Pedicure	
Namasté (195 min)	189€
<ul style="list-style-type: none">- Oriental Scrub with Ayurvedic Spices & Apricot- Abhyanga Ayurvedic Massage (80 min.)- Private Yoga Lesson (80 min.)	

Yoga

Private yoga sessions and in small groups to relax the mind and work the body. It helps to improve posture, flexibility and breathing. We offer yoga modalities Vinyasa, Hatha, Ashtanga, Pranayama (conscious breathing sessions) and Yoga Dance. Perfect to complement also the psychophysical work of any sport dynamic. Consult class schedules at the Spa or Hotel Reception.

Private class (up to 2 people) - 80 min. 89€

Group classes (maximum 8 people) - 80 min. Per person 19€

Promotion prices of 20% discount within the first 48 hours, except in programs and special promotions.

Outdoor Treatments

We offer a selection of treatments that can be enjoyed outdoors, in our beautiful gardens or terraces. Take advantage of the Mallorca climate and relax outside in the hands of our professional therapists. For more information, please check with the Spa or Hotel Reception.

Reservations and Treatments

Please, book your treatment at least one day in advance by calling 971 567 307.

We recommend arriving at the Spa 10 minutes before the scheduled time. If you wish to make use of our Hydrotherapy Circuit, we suggest you allocate at least 60 minutes to your enjoyment.

If you arrive later than the scheduled time, your therapy time may be reduced, maintaining the full price of the service.

Cancellations of individual bookings must be made at least 12 hours in advance. Cancellations of groups of 3 or more people 24 hours in advance.

Cancellations that do not take place within the indicated deadlines will be penalized with 30% of the rate or with the loss of the deposit. Non-cancelled appointments will be charged in full.

To ensure that we offer you the best products and services, upon your arrival at the Spa you will need to complete a questionnaire regarding your health habits, therapies, etc.

Other Standards

Pula Suites Boutique Resort is not responsible for the loss of valuables, mobile phones, cameras, baby carriages and their contents, etc., in its facilities.

Please maintain a moderate tone of voice within the facility.

It is not allowed to consume drinks and food inside the Spa facilities. We provide you with a mineral water source.

Children under the age of 16 will only be allowed to enter the facilities accompanied by an adult and during the established timetables.

Pula Suites Boutique Resort reserves the right of admission



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