



SPA

AT HOTEL MAMÁ



Sauna entry:

Use of the sauna by children under 14 is not advised for health reasons.

What to wear:

We provide you with lockers containing a robe, slippers and a towel.

Mobiles:

The spa is a place for relaxation and we want you to enjoy our facilities and a warm, welcoming service. That's why we recommend you leave your mobile in your room or hand it over to us so we can look after your belongings while you enjoy our services.

The world does not come at us, it comes from us...



Your personal SPA guide

at Hotel Mamá

Any wise person will tell you that our soul, if it exists, should definitely reside in our heart. And at the heart of HOTEL MAMÁ lies our alluring spa. Converted from an original cistern into a stunning massage room, the spa fuses the city's history with modern state-of-the-art facilities and equipment affording quality, beauty and a touch of unique magic.

Let yourself be taken back in time with our rituals based on age-old beauty and wellness traditions. Our products regenerate your mind and body to recreate a state of perfect balance deep within you:
Happy Skin.



Your Spa at Hotel Mamá *experience*

We recommend you book your treatments in advance so you can visit the spa when it's most convenient for you. Please arrive a few minutes before your appointment so you can relax before it starts and let us know what you're expecting from the ritual or treatment you've booked.

Before your Treatment or Ritual

Health questionnaire

When you arrive, we'll give you a questionnaire about your current state of health. Please inform us about any health issues your therapist should know about.

Comfort

We want your experience to be unique and exclusive.

If you want to enjoy your treatment to the full, please let your therapist know whether the cabin temperature is suitable for you and whether you feel comfortable in the cabin environment.

After your Experience at Spa Hotel Mamá

Water

We recommend you drink water before and after your treatments as it can help you remove toxins.

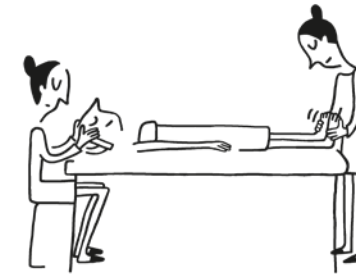
Face and body care

Our professionals can advise you on how to continue your face and body care at home. Our small boutique can sell you all you need.

Comments and suggestions

We'd be happy to receive your comments and recommendations to improve the quality of our treatments and services. Our customers are our priority.

FIVE CONTINENT RITUALS



Hotel Mamá Happiness Ritual

Designed to share an unforgettable moment of well-being and relaxation, this ritual is a unique and original experience that will fill your mind and body with harmony and energy.

Body scrub with Dead Sea salt treatment (30 minutes) giving the body essential trace elements for skin vitality. It is followed by a deep relaxation massage (50 minutes). Your experience ends with a flash youth-revealing facial.

Duration: **90'** / Price per person: **€150**

Celestial Journey

Travel on a celestial journey from North Africa to China through India and Japan to regain your balance, energy and an enhanced skin. The physical, spiritual and aesthetic benefits are multiple. Your body will find balance and energy and your skin will glow.

Welcome ceremony with a superb foot massage combined with a fatigue-reducing massage and followed by an oriental massage. Once you feel deeply relaxed, the therapist will give you the Taoist Youth & Radiance facial treatment (40 minutes). This complete facial treatment is inspired by a Chinese ritual that works on acupressure points and encourages your facial features to relax.

It ends with foot reflexology (30 minutes): Foot reflexology restores your body's balance by massaging the acupressure points on the soles of your feet.

Spa manager's suggestion: You can enjoy this treatment as part of a two-day programme and round off the experience with a sea-crystal body scrub or a yoga class.

Duration: **2 hours and 30'** / Price: **€200**



Lumière

Overall Anti-Ageing Imperial Ritual

This Lumière Overall Anti-Ageing Imperial Youth Ritual® is a complete anti-ageing treatment based on an ancient beauty method. It is one of the most effective to prolong or regain a youthful face, neck and chest.

The ritual begins with a relaxing deep back massage followed by the overall anti-ageing facial treatment.

Duration: **80'** / Price: **€145**

MASSAGES

Aromatherapy Relaxing Massage

Massage inspired by oriental tradition with warm, delicately perfumed oil applied to your body by our therapists to work on tense areas to remove toxins and muscle pain and to promote a state of pure well-being.

Duration and prices:

30' €55 / 60' €95 / 80' €120

Energising Indian Ayurvedic Massage

Inspired by ancient Indian tradition, this invigorating massage uses warm oil with fast and slow movements to help rid your muscles of stress and tension. Enjoy the fragrance of vanilla and cardamom, elements that will help you sleep and leave your skin soft and silky.

Duration and prices: 50' €99 / 80' €130

Circulation treatment for legs and feet

Enjoy a pleasant and healthy circulation treatment that helps to balance and restore your blood flow by activating your body's lymph nodes.

Duration and prices:

40' €70 / 70' €100

6 sessions of 40' €350

Reflexology

Reflexology is a technique based on reflex points in your feet corresponding to your glands, organs and several other parts of your body. These points are stimulated by pressure and movements that have a reflex response throughout your body and lead to a profound sensation of well-being.

Duration and prices: 30' €65 / 50' €98

Expectant Mother Massage

A calming and relaxing massage that will benefit both mother and baby.

Duration: 50' / Price: €95

Freestyle Massage

We recommend this personalised massage especially for reducing muscle tension and pain while your whole body relaxes. The fusion of techniques is adapted based on every customer's requirements.

Duration and prices:

30' €70 / 50' €130 / 80' €150



AnnMa Indian Head Massage

Massage with almond oil and lavender essence that originated in India. It focuses on the accumulation of stress in arms, neck, shoulders, head and face.

Therapists apply subtle pressure to pressure points together with relaxing movements that help stimulate your circulation and can help balance your body.

Spa manager’s suggestion: massage recommended for people with insomnia, constant stress and headaches. Chosen by many business people to help them relax before and after meetings.

.....
Duration: 45’ / Price: €70
.....

ANTI-CELLULITE TREATMENTS AND SPECIFIC HEALTHY TECHNIQUES



Sculpt Silhouette Ritual

A slimming and firming treatment.

The ritual combines slimming and firming properties with a massage technique to reduce cellulite in your legs, stomach, hips and arms. The treatment ends with a fresh, firming and purifying wrap.

Duration: **70'** / Price: **€120**

Vodder Drainage Massage

Enjoy the pleasant and healthy Vodder circulation technique that restores your blood flow by activating lymph nodes in your body and helping to improve your circulatory system.

Duration and prices: **30' €70 / 50' €110**

6 sessions of 30' €350 / 6 sessions 50' €540

FACIAL TREATMENTS



Flash Illuminator Facial Treatment

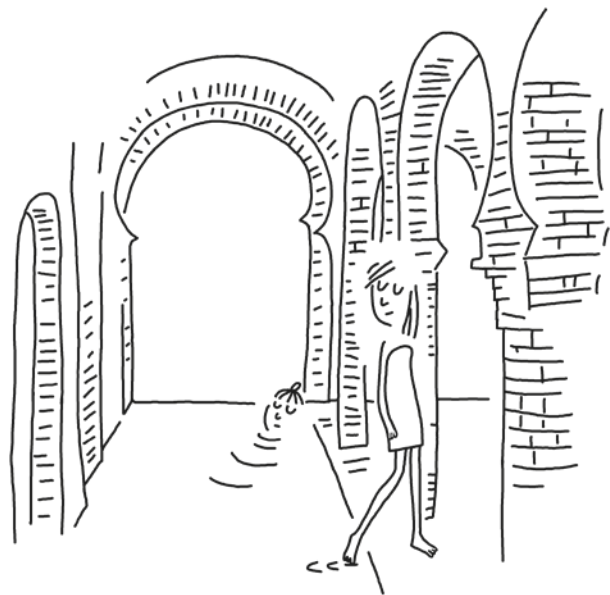
Enjoy the delicate aromas of tropical flowers used in this express radiance treatment combined with a head and neck massage. Discover the many benefits of this skin softening treatment inspired by oriental beauty rituals.

Duration: **30'** / Price: **€65**

Calming Gentleness

Radiance treatment for improving your defences for a clean, fresh and bright skin.

Duration: **50'** / Price: **€95**



Pureté Sublime Facial Treatment

Based on an age-old purifying and hydrating ritual that tones and clarifies your skin. A real breath of fresh air with visible results from the first session.

Spa manager's suggestion: Ask for a free face diagnosis before your session to choose the best combination of deep moisturising and healthy skin.

Duration: 50' / Price: €95

Back cleansing treatment

Your back will never feel left out after receiving this deep cleansing treatment that will leave your skin feeling renewed, revitalised, soft and silky.

Duration: 50' / Price: €75

Lumière Overall Anti-Ageing

Inspired by an age-old Japanese ritual, Ko Bi Do gives you the effect of a facelift, reduces your wrinkles and is a complete anti-ageing treatment.

Duration: 50' / Price: €100

Body Scrub with Dead Sea salts

Marvellous scrub technique recommended before every massage. After this scrub, your skin will be radiant and delicately perfumed.

Spa manager's suggestion: Ask for a body diagnosis to choose the best option for your skin based on the season.

Duration: 30' / Price: €51

To round off the experience you've chosen, for just €20, add one of the following therapies: Perfect Look, Light Legs, AnnMa Massage, Calming Wrap

Hand and feet treatments by Morgan Taylor

Express Manicure: 30' €35

Sublime Manicure: 60' €60

French Manicure: Extra €10

Express Pedicure: 40' €45

Sublime Pedicure: 70' €70

Nail painting: 15' €15

Shellac nail polish removal: 25' €20

Treatments just for men

Manicure for him: 45' €45

Pedicure for him: 50' €60

Waxing

Upper lip: €8

Eyebrow waxing: €13

Arms: €22

Bikini wax: €18

Brazilian wax: €30

Half leg: €22

Leg: €30

Eyelash tinting: €25

Eyebrow tinting: €15

Personal Elite PT training services

30' of personal training €50

60' of personal training €90

(in fitness centre, room or terrace)

Energy Kick Start

60' personal training session

Exercises and stretches

60' massage

Healthy breakfast in Café Mamá

Price: €180

Healthy walk

60' fitness walk

45' of reflexotherapy

Healthy breakfast in Café Mamá

Price: €160

Book an appointment with our personal trainer, Ivan, for a free assessment of your training plan.



Private yoga class

On request

Stretching classes

On request

We can provide all our treatments in your room.
Ask our spa staff for details.

In-room massage:
Subject to prior request and availability. Please
see our extra charges listed at the spa reception.
Bookings and Cancellation Policy:

As a courtesy to our guests and professionals,
the full amount of the service will be charged
for appointments cancelled less than three hours
before they start.

Spa opening times: 9:00 to 20:30 h
Fitness centre opening times: 7:00 to 23:00 h
Information and bookings: +34 871 037 437
www.hotelmama.es



HOTEL MAMÁ[®]

PALMA

★★★★★

SPA *at* HOTEL MAMÁ

Plaza de Cort. Palma de Mallorca

+34 871 037 437 WWW.HOTELMAMA.ES