



CASTILLO HOTEL  
SON VIDA  
SPA

# CASTILLO HOTEL SON VIDA SPA

TREATMENT MENU



# SPA

The island of Majorca impresses visitors with its exuberant beauty. The vegetation, the water, and the Mediterranean air are essential elements for recharging your energy and vitality. The olive groves, citrus orchards, almond trees, and vineyards, along with our own bee colony, provide us with local, sustainable, and pure ingredients.

Enjoy our SPA after playing golf on our elite courses or simply after exploring the captivating beauty of the island. We invite you to relax in our pools, gym, sauna area, and enjoy our exclusive treatments, designed with high end products such as Altearah, among others, all created for those seeking effectiveness and exceptional service quality.

Additionally, you will have the opportunity to benefit from other experiences, such as a session with our osteopath, specialized in alternative therapies and manipulations, or perhaps you would prefer to enhance your physical well-being with our personal trainer, who will guide you through your tailored workout. With both, you will invest in your overall health and well-being.

You can exercise in our indoor gym throughout the year, or, if you prefer, enjoy our outdoor summer gym. We also offer guided yoga classes during the summer season. Please check with reception the schedule.

We look forward to welcoming you to our oasis of serenity and health!



# SIGNATURE TREATMENTS

Immerse yourself in the peaceful world of Castillo Hotel Son Vida SPA, reconnect with your senses, and emerge relaxed, radiant, and full of energy with our signature treatments. Some of these treatments are created with ingredients from our land in Majorca, made in-house, such as honey, olive oil, and more.

## ALMOND, SALT & CHILL – BODY EXFOLIATION 25min. / 75€

Awaken your senses with our unique body exfoliation ritual, made with sweet almond oil, sea salt, and a delicate rose fragrance.

## SUMMER LOMI LOMI – HOLISTIC MASSAGE 50min. / 115€

A Hawaiian massage that induces deep relaxation and inner peace. Performed with warm coconut oil, its fluid and rhythmic movements offer a unique experience that revitalizes both body and mind.

## BEE AROUND – FACIAL TREATMENT 50min. / 119€

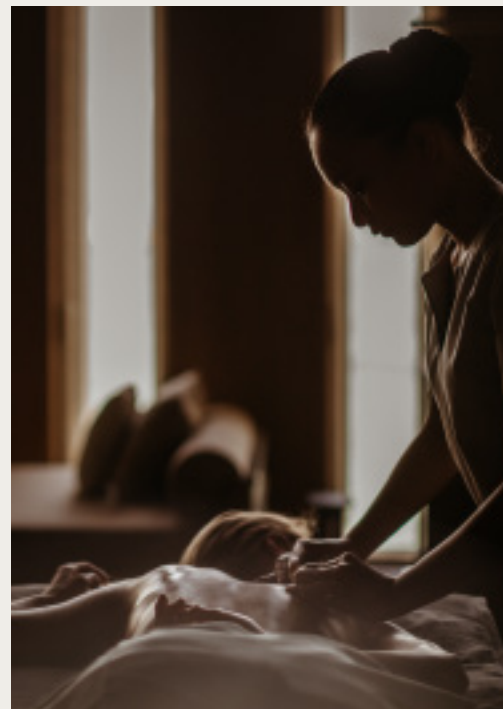
A facial treatment formulated with honey, ideal for stabilizing and regenerating the skin's microflora. It improves the texture and softness of the skin with fresh honey from our own hives.

## OLIVES HOT STONES MASSAGE – BODY MASSAGE WITH HOT STONES 50min. / 115€

Full-body massage with hot volcanic stones and Son Muntaner olive oil that nourishes, hydrates and rejuvenates the skin.

## STRETCH & GOLF TREATMENT – CLASSIC MASSAGE WITH STRETCHING 50min. / 125€

A combination of massage and stretching, ideal for golfers or those with fatigued muscles. The back, legs and arms are treated intensively, leaving you ready for your next round of golf.



#### GRAPES ARE THE BEST – FIRMING MASSAGE

60min. / 150€

A firming massage with grape seed oil that stimulates collagen and elastin production. Its antioxidants help neutralize free radicals, responsible for cellular aging. Includes an anti-aging facial mask.

#### CASTILLO BLESSING – FOUR-HAND MASSAGE

50min. / 218€

The four-hand massage enhances the relaxing effects, reduces mental tension and nervousness, and revitalizes the body quickly and deeply. Enjoy the harmony created by two specialized therapists.

#### MALLORCAN SCENT

185€

Immerse yourself in a unique experience with a back decontracting massage with hot stones and a hydrating facial treatment. Discover the perfect harmony between relaxation, hydration and disconnection.

Choose to enjoy the following treatments in one or two days:

- Olives Hot Stones - Back Massage (25 min.)
- Bee around - Facial Treatment (50 min.)





# ALTEARAH TREATMENTS:

## An Innovative Approach to Emotional Well-Being

Altearah understands that emotions are not only present in the heart and mind but also manifest physically in the body. Emotional and physical well-being are deeply interconnected, and that is why its treatment philosophy goes beyond the conventional. Altearah offers a unique well-being concept that integrates chromotherapy, aromatherapy, olfactotherapy, touch, and smart formulation, creating a multisensory experience that transforms both the body and the mind.

Each Altearah treatment is based on the emotional connection established through colors, with each of these tones associated with a specific emotion. This synergy allows the treatment to not only care for the skin but also align the body's energies, providing a sense of balance and renewal. 100% natural essential oils, combined with energetic techniques, guide guests towards a deep reconnection with themselves.

What sets Altearah apart is its ability to personalize each experience. Through a color consultation, guests are helped to choose the tone that best suits their emotional and physical needs at that moment, ensuring a completely tailored treatment. Whether seeking relaxation, revitalization, or deep emotional reconnection, Altearah offers a complete well-being journey that promotes holistic health and emotional balance.

Through its body treatments, Altearah not only rejuvenates the skin but also provides a transformative experience that activates all the senses and encourages the harmonization of body and mind. The combination of energetic techniques and high-quality natural products ensures visible and lasting results, making each visit a step towards total well-being.





#### **AWAKEN THE SENSES –**

##### **LOCALIZED BACK, HEAD, OR FOOT MASSAGE 25min. / 75€**

This ultrasensorial treatment promotes inner peace, emotional release and reconnection with oneself through a fusion of aromas, colors, and energetic techniques.

##### **HARMONIZING TREATMENT – LYMPHATIC DRAINAGE 50min. / 115€**

The slow, deep rhythm of the drainage, combined with essential oils, provides complete relaxation and perfect balance to adapt to the present and future.

##### **CHROMOTHERAPY MASSAGE – CLASSIC MASSAGE 50min. / 115€**

This revitalizing massage offers a moment of relaxation with unique gestures, aromas, and the benefits of essential oils.

##### **MOMENTS OF WELLNESS – SPORTS MASSAGE 50min. / 125€**

This deep massage is designed with movements, rhythms, and pressure points to relieve tension and improve circulation.

##### **AWAKENING TREATMENT – EXFOLIATION AND WRAP**

**60min. / 135€**

After a soothing exfoliation, a Himalayan salt wrap detoxifies and remineralizes the skin, promoting toxin release and providing a sense of renewal.

##### **ODYSSEYS – EXFOLIATION AND CLASSIC MASSAGE 80min. / 175€**

A personalized combination of exfoliation and relaxation using Himalayan salt and essential oils, offering a unique and deep experience.

#### **WELL-BEING RITUAL –**

**360€**

Experience a complete renewal with this ritual, where our specialists will combine manual techniques to release deep tensions.

Choose to enjoy the following treatments over one, two, three or four days:

- Awakening Treatments – Exfoliation and Wrap (60 min.)
- Awaken the Senses – Head Massage (25 min.)
- Awaken the Senses – Foot Reflexology (25 min.)
- Chromotherapy Massage – Classic Massage (50 min.)

# SPECIFIC TREATMENTS

Specific treatments are designed to accompany the guest through each stage of their life, offering personalized solutions for the body and mind. These treatments can be enjoyed either occasionally or as part of packages that promote deep reconnection.

## **MENOPAUSE TREATMENT – LOCALIZED TRUNK MASSAGE**

**50min. / 115€**

This ritual supports women in adapting to the hormonal changes of menopause. Through colors and precise manipulations, it acts on emotional, psychological, and physical well-being, offering a positive and fulfilling perspective on this stage of life.

## **NOURISHING TREATMENT FOR THE EXPECTANT MOTHER – RELAXING MASSAGE**

**50min. / 115€**

A massage specially designed for the emotional and physical well-being of expectant mothers. With gentle, rhythmic maneuvers and nourishing oil, this treatment relieves tension and provides a moment of deep relaxation.

## **DETOX TREATMENT – BODY WRAP, FOOT REFLEXOLOGY AND HEAD MASSAGE**

**80min. / 175€**

A draining exfoliating treatment with a detoxifying wrap that releases toxins from the body. Includes foot reflexology and a head massage, bringing a sense of harmony and lightness.



## **HEALTHY BODY, HEALTHY MIND**

**550€**

Experience the 5 aromas of Al tearah with a different massage each day, exploring their textures and fragrances to leave you with an incomparable sense of freshness and well-being. Additionally, you will receive a gift set with the 5 oils used.

Enjoy 5 massages, one each day (it is not recommended to have more than one massage per day):

- Color Massage – Oxygenating Massage (50 min.)
- Color Massage – Energizing Massage (50 min.)
- Color Massage – Purifying Massage (50 min.)
- Color Massage – Creative Massage (50 min.)
- Color Massage – Relaxing Massage (50 min.)



# COUPLES MASSAGE

Some of our treatments are available in the couples' massage room. Choose your favorite and enjoy a special moment with your loved one in the same room, with the same type of massage.









# HAND & FOOT CARE

Discover the Morgan Taylor® experience, a professional nail care brand that focuses on innovative and cutting-edge ingredients for exceptional performance and style.

## MANICURE

50min. / 79€

The treatment includes nail filing, cuticle trimming, and the application of a highly hydrating cream for perfect hands. It finishes with the application of your preferred nail polish.

## SON VIDA MANICURE

70min. / 110€

After a classic manicure, you will receive a gentle exfoliation and a rich orange scented hand mask. Dehydration and stains are reduced thanks to an anti-aging hand cream massage. The final touch is the nail polish of your choice.

## CLASSIC MANICURE

### WITH SEMI-PERMANENT NAIL POLISH

80min. / 160€

Includes removal and application of semi permanent nail polish.

## PEDICURE

50min. / 85€

The toenails are filed, cuticles are removed, and dead skin is eliminated. At the end, nail polish is applied for flawless nails.

## SON VIDA PEDICURE

70min. / 119€

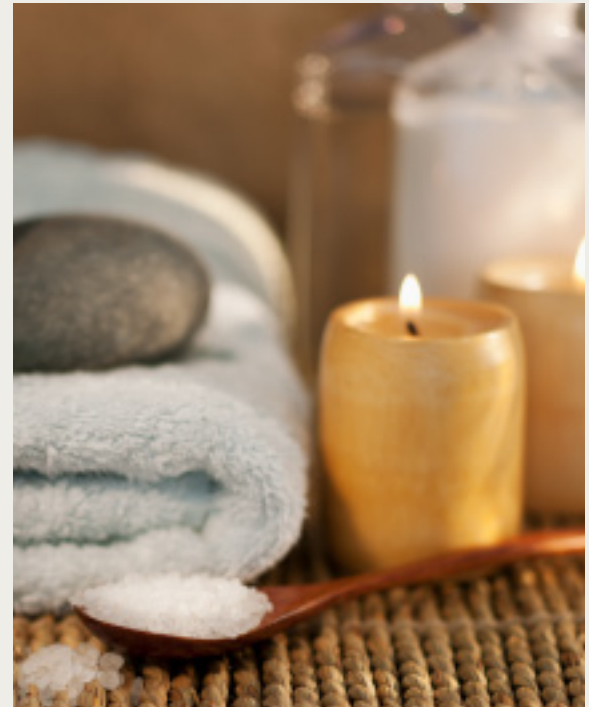
Softens, hydrates, and stimulates, providing the perfect treatment for your feet. After a classic pedicure, you will receive an exfoliation and lavender scented hydrating mask. It finishes with a relaxing foot massage and the nail polish of your choice.

## CLASSIC PEDICURE

### WITH SEMI-PERMANENT NAIL POLISH

80min. / 169€

Includes removal and application of semi permanent nail polish.





# HAIR REMOVAL

We offer hot wax hair removal, an effective and precise treatment for smooth, hair-free skin that lasts for a long time.

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| FULL LEG HOT WAX HAIR REMOVAL | 45 min. / 55€ |
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| HALF LEG, ARMS, BACK,<br>OR CHEST HOT WAX HAIR REMOVAL | 30 min. / 40€ |
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| BIKINI OR UNDERARM<br>HOT WAX HAIR REMOVAL | 20 min. / 30€ |
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| BRAZILIAN BIKINI HOT WAX HAIR REMOVAL | 25 min. / 35€ |
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| UPPER LIP OR EYEBROWS<br>HOT WAX HAIR REMOVAL | 10 min. / 15€ |
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# COURSES

At Castillo Hotel Son Vida Spa, we invite you to immerse yourself in an elegant and welcoming environment, with stunning views of Son Vida, to learn and improve your personal well-being. Our courses are dedicated to beauty and self care, offering you an exclusive experience.

## COUPLES MASSAGE

50 min. / 179€

In this session, you will learn how to perform a massage on your partner, followed by a shared back massage. A special moment to enjoy relaxation and well-being together.

## MAKEUP TUTORIAL

30 min. / 75€

Enhance your natural beauty with a touch of color. Enjoy a private makeup session guided by an expert makeup artist who will teach you how to highlight your best features.

## FACIAL CARE

30 min. / 75€

Learn how to cleanse and treat your face with specific products, ideal for maintaining fresh and healthy skin at all times.



# RESTORING YOUR NATURAL WELL-BEING

We invite you to experience a manual therapy session, such as osteopathy, carefully designed to release imbalances and blockages that may cause organic, hormonal, circulatory, psychological, or musculoskeletal issues. This treatment is not only for golfers but for anyone seeking to improve their overall health.

The growing popularity of these sessions lies in their holistic approach, supported by experimental sciences that have demonstrated the effectiveness of these traditional techniques in treating various conditions.

## PERSONAL SPORTS TRAINING

50 min. / 105€

This exercise and health program is specifically designed by a personal trainer to help you achieve your physical fitness and healthy lifestyle goals. From improving general fitness to injury rehabilitation or specific physical preparation for sports competitions, each session is tailored to your needs and objectives.

Complete your session with:

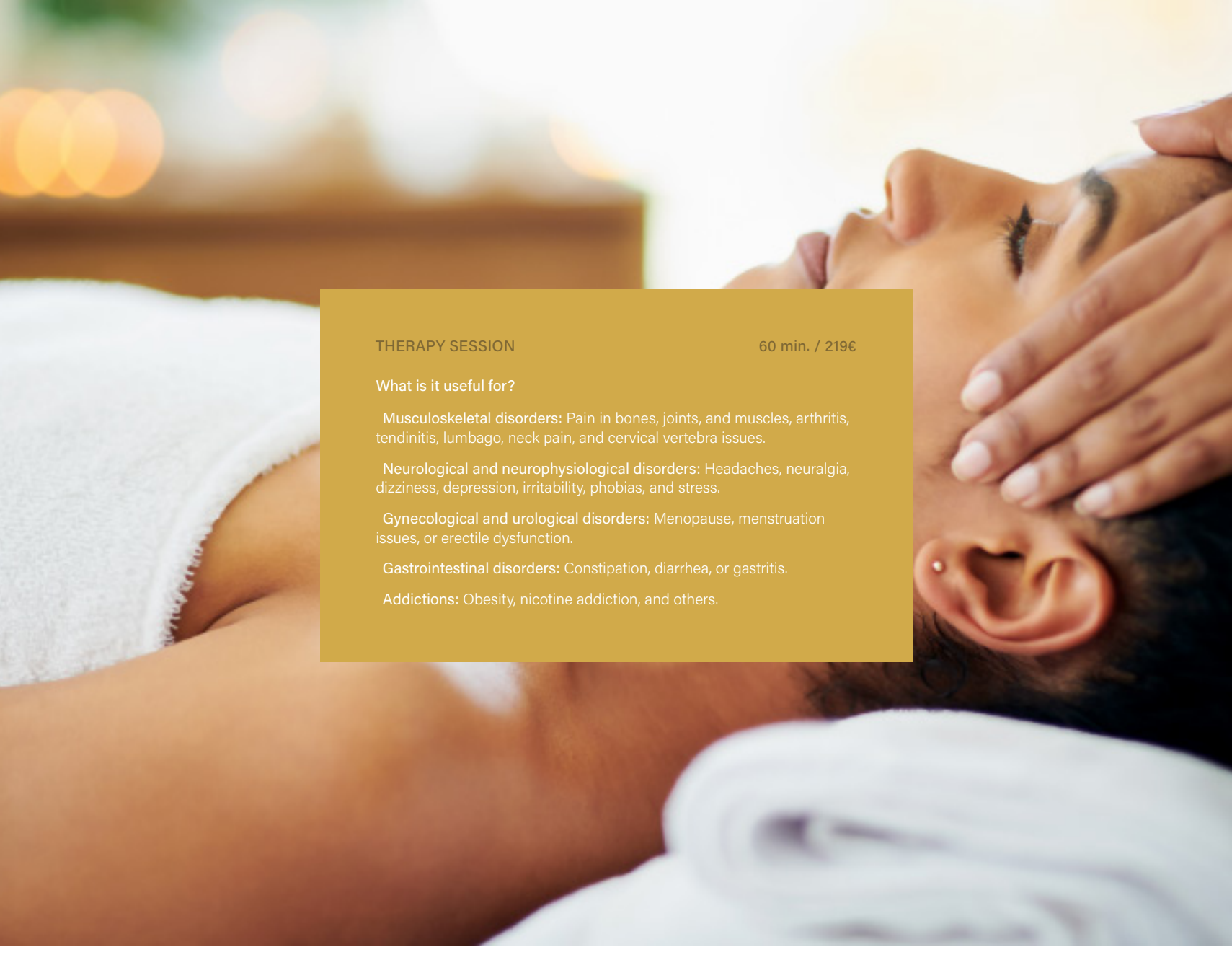
## STRETCH YOUR MIND – THAI MASSAGE

50 min. / 125€

This massage reduces tension and stiffness while increasing flexibility. The therapist uses hands, elbows, feet, and knees, incorporating yoga postures and breathing techniques to maximize the benefits.

*For this treatment, we recommend wearing comfortable clothing.*





## THERAPY SESSION

60 min. / 219€

### What is it useful for?

**Musculoskeletal disorders:** Pain in bones, joints, and muscles, arthritis, tendinitis, lumbago, neck pain, and cervical vertebra issues.

**Neurological and neurophysiological disorders:** Headaches, neuralgia, dizziness, depression, irritability, phobias, and stress.

**Gynecological and urological disorders:** Menopause, menstruation issues, or erectile dysfunction.

**Gastrointestinal disorders:** Constipation, diarrhea, or gastritis.

**Addictions:** Obesity, nicotine addiction, and others.

# GENERAL INFORMATION

## ASSISTANCE

Our specialists are here to help you design the optimal treatment plan, making the most of the possibilities offered by Castillo Hotel Son Vida Spa. Individual packages will be very useful and provide you with an unforgettable wellness experience.

## CANCELLATION

We kindly ask that you inform us at least 24 hours in advance if you wish to bring forward, postpone, or cancel any treatment. If we do not receive your communication, we will be obliged to charge 100% of the cost of the unused treatment to your room account. Similarly, the full price will be charged for arrivals after the scheduled time.

## PAYMENT OPTIONS

We accept all major credit cards. Hotel guests can charge Castillo Hotel Son Vida Spa services to their room account.

## GIFT VOUCHERS

We offer gift vouchers for the SPA. If you have made a reservation with a gift voucher and cannot attend, please inform us at least 24 hours in advance. Otherwise, the voucher will be considered used and cannot be rescheduled.

## DURATION

The duration of the treatment begins when you enter the cabin with the therapist. If you arrive late for your appointment, the treatment time will be reduced to the remaining time of the original appointment. The full price of the booked treatment will still be charged.

## CHANGING ROOMS

We provide changing rooms with lockers for all our guests. We recommend that you store your jewelry and valuables in the safe in your room, as Castillo Hotel Son Vida Spa is not responsible for lost or stolen items.

## HEALTH ISSUES

If you suffer from hypertension, diabetes, heart problems, allergies, have recently undergone surgery, are pregnant, or take certain medications, please inform us when making your treatment reservation. We suggest you consult with your primary care physician before visiting us.

## PRICES AND TAXES

All prices include VAT. Castillo Hotel Son Vida reserves the right to change prices without prior notice.

## SPA PACKAGES

When booking a spa package, the treatments included must be enjoyed in the order established in the package and cannot be substituted for other treatments. Full payment for the package must be made at the time of the first treatment.

## HOURS

SPA: 8:00 - 20:00 hrs

Gym: 24 hrs

Treatments: 11:00 - 19:00 hrs



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