



# Spa & Wellness

## Price List



## Mardavall Experiences

Signature Treatment - <i>4 hands massage</i> .....	50 / 80 min .....	195€ / 295€
St. Barth Ritual - <i>Body Scrub, Bath, Massage</i> .....	100 min .....	295€
Couple Relaxing Massage .....	50 / 80 min .....	130€ / 175€
Couple Swedish Massage .....	50 / 80 min .....	140€ / 190€
Couple Deep Tissue Massage .....	50 / 80 min .....	150€ / 205€
Spa Suite - <i>private sauna, steam room, jacuzzi, rose petals, candlelight, fruit plate, 2 champagne glasses</i> .....	1 hour .....	110 €

## Massages & Body Treatments

Back Massage .....	25 / 50 min .....	75€ / 140€
Pregnancy Massage .....	25 / 50 min .....	75€ / 130€
Relaxing Massage with Aromaoil .....	50 / 80 min .....	120€ / 165€
Swedish Massage .....	50 / 80 min .....	130€ / 180€
Deep Tissue Massage .....	50 / 80 min .....	140€ / 195€
Hot Stone Massage .....	50 / 80 min .....	140€ / 195€
Lomi Lomi Hawaiian Massage .....	50 / 80 min .....	140€ / 195€
Thai Massage .....	50 / 80 min .....	140€ / 195€
Ayurvedic Massage .....	50 / 80 min .....	140€ / 195€
Indian Head Massage .....	40 min .....	115 €
Shirodhara Healing Massage .....	80 min .....	220 €

## St. Barth Rituals

St. Barth Softness - <i>Body Scrub</i> .....	25 min .....	95 €
St. Barth Dream - <i>Exotic Beauty Bath</i> .....	25 min .....	95 €
St. Barth Harmony - <i>Full Body Massage</i> .....	50 / 80 min .....	160€ / 220€
St. Barth Slimness - <i>Leg Massage</i> .....	25 / 50 min .....	75€ / 140€

## Fitness Activities

Swimming Lessons for Children .....	25 / 50 min .....	65€ / 110€
Personal Training - <i>Functional Training, Pilates, Vinyasa Yoga, Yin Yoga, Meditation</i> .....	25 / 50 min .....	65€ / 110€

## Traditional Chinese Medicine

Acupuncture with Tuina	25 / 50 min	75€ / 140€
Foot Reflexology	50 min	110 €
Auriculotherapy	25 min	75 €
Oriental Phytotherapy	25 min	75 €
Tai-Ji and Qi-Gong	50 min	110 €
Anti Aging Biolifting Facial	50 min	130 €

## Facial Treatments by Maria Galland

Désalterant Booster d'Énergie - <i>Hydration Ritual</i>	50 min	130 €
Soin Dermatologique - <i>Balancing Ritual</i>	50 min	130 €
D-Tox Peau Neuve - <i>Purifying Ritual</i>	80 min	175 €
Le Rituel Sublime Jeunesse - <i>Anti-Wrinkle Firming Ritual</i>	80 min	195 €
Cocoon Therapy Facial for Teenagers	50 min	130 €

## Manicure and Pedicure by OPI

Spa Manicure	50 min	75 €
Shellac Manicure - <i>semi-permanent varnish</i>	50 min	100 €
Spa Pedicure	50 min	95 €
Shellac Pedicure - <i>semi-permanent varnish</i>	50 min	120 €
Remove Gel or Shellac	25 min	45 €
Petite Manicure or Pedicure for Children	25 min	59 €

## Tint

Eyebrow Tint	15 min	25 €
Eyelash Tint	15 min	35 €
Eyebrow and Eyelash Tint	25 min	55 €

## Waxing (warm or cold wax)

Full Leg, Half Leg, Underarm, Bikini Line, Brazilian, Back, Eyebrows, Arms, Lip	10-40min	20€-60€
--	----------	---------

# ANTI PAIN PROGRAM

*"Revitalize your body and recover your energy and sense of well-being"*

Traditional Chinese Medicine has established itself as an ancestral and effective practice to soothe pain, release anxiety states and prevent numerous common ailments. The main objective of this program is to achieve the bioenergetic rebalancing.

	DAY 01 <i>Acupuncture + Foot Reflexology</i>	DAY 02 <i>Deep Tissue Massage + Auriculotherapy</i>
DAY 03 <i>Aroma Herbal Bath + Acupuncture</i>	DAY 04 <i>Lymphodrainer + Oriental Phytotherapy</i>	DAY 05 <i>Tai-Ji and Qi-Gong + Back Massage</i>
DIA 06 <i>Deep Tissue Massage</i>	DIA 07 <i>Thai Massage</i>	
2 DAYS PROGRAM 395€	5 DAYS PROGRAM 879€	7 DAYS PROGRAM 1.144€

*All our programs include:*

- Free access to the Arabella Spa during your program
- First interview to find out your objectives, preferences and needs
- 80 minutes treatment per day
- Classes (Yoga, Tai Chi/Qi Gong, Pilates, Meditation, Aqua Gym)
- Follow-up during the program
- Personalized treatments
- Final interview



# DETOX & SLIMMING PROGRAM

*"Refirm the body and lose weight  
with a personalized program"*

This program is a detox & weight loss enhancer based on a combination of different hydrothermal and aesthetic techniques that will help you detoxifying, lose weight in a healthy way, tonify and reshape your body and make you feel more comfortable in your own skin."

	DAY 01 Body Scrub + Lymphodrainer	DAY 02 Lymphatic Drainage
DAY 03 Body Wrap + Lymphodrainer	DAY 04 Lymphodrainer	DAY 05 Aroma Herbal Bath + Acupuncture
DAY 06 D-Tox Peau Neuve Facial	DAY 07 Personal Training + Indian Head Massage	
2 DAYS PROGRAM 395€	5 DAYS PROGRAM 879€	7 DAYS PROGRAM 1.144€

*All our programs include:*

- Free access to the Arabella Spa during your program
- First interview to find out your objectives, preferences and needs
- 80 minutes treatment per day
- Classes (Yoga, Tai Chi/Qi Gong, Pilates, Meditation, Aqua Gym)
- Follow-up during the program
- Personalized treatments
- Final interview





# ANTI STRESS PROGRAM

*"Find the balance between  
body, mind and spirit"*

Overwork, worries and stress affect our health and quality of life.  
This program strenghtens your emotional and physical constitution  
and will help you leave your worries behind,  
achieving a deep state of relaxation.

	DAY 01 Body Scrub + Relaxing Massage	DAY 02 Ayurvedic Massage
DAY 03 Aroma Herbal Bath + Head Massage + Foot Reflexology	DAY 04 Shirodhara Healing Massage	DAY 05 Body Wrap + Booster d'Énergie Facial
DAY 06 Lomi Lomi Massage	DAY 07 Hot Stone Massage	
2 DAYS PROGRAM 395€	5 DAYS PROGRAM 879€	7 DAYS PROGRAM 1.144€

*All our programs include:*

- Free access to the Arabella Spa during your program
- First interview to find out your objectives, preferences and needs
- 80 minutes treatment per day
- Classes (Yoga, Tai Chi/Qi Gong, Pilates, Meditation, Aqua Gym)
- Follow-up during the program
- Personalized treatments
- Final interview



# BEAUTY PROGRAM

*"Reflect your inner beauty"*

We offer you a variety of treatments that will help restore the essential nutrients that provide elasticity and softness to your skin, hair and nails. Enjoy our sophisticated treatments and a healthy, beautiful and vital body.

	DAY 01 <i>Body Scrub + Lymphodrainer</i>	DAY 02 <i>D-Tox Peau Neuve Facial</i>
DAY 03 <i>Body Wrap + Lymphodrainer</i>	DAY 04 <i>Lymphodrainer</i>	DAY 05 <i>Aroma Herbal Bath + Anti Aging Biolifting</i>
DAY 06 <i>Spa Manicure + Spa Pedicure</i>	DAY 07 <i>Suprême Jeunesse Regard Facial</i>	
2 DAYS PROGRAM 395€	5 DAYS PROGRAM 879€	7 DAYS PROGRAM 1.144€

*All our programs include:*

- Free access to the Arabella Spa during your program
- First interview to find out your objectives, preferences and needs
- 80 minutes treatment per day
- Classes (Yoga, Tai Chi/Qi Gong, Pilates, Meditation, Aqua Gym)
- Follow-up during the program
- Personalized treatments
- Final interview



## OPENING HOURS

*Monday - Sunday*

*Spa Adults:* 08.00 a.m. - 09.00 p.m.

*Spa Children:* October - April:  
10.00 a.m. - 12.00 p.m.  
and  
2.00 p.m. - 04.00 p.m.

*Adults only:* May - September

*Gym:* 24h access

*Sauna:* 10.00 a.m. - 9.00 p.m.

*Treatments:* 09.00 a.m. - 08.00 p.m.

The St. Regis Mardavall Mallorca Resort  
Carretera Palma-Andratx 19, Costa d'en Blanes  
Palma de Mallorca, Islas Baleares, 07181, España  
t. +34 971 629 600  
e. [spa.mallorca@stregis.com](mailto:spa.mallorca@stregis.com)  
Book your treatment at [www.stregismardavall.com](http://www.stregismardavall.com)