



# SANUM PER AQUAM

Treatments: 10:00am - 8:00pm  
Pools: 9:00am - 9:00pm



ES RACÓ D'ARTÀ

## SANUM PER AQUAM

### RITUALS

#### OLEUM CORDE

120'

230€

Nature brings us her most exquisite quality ingredients from Mallorca's immediate surroundings with the purpose of enhancing our health and beauty from the inside out. In this exclusive full body treatment, we use the richest 'liquid gold' from our organically grown olive trees. This jewel enriches our epithelial layer with precious antioxidants to radiate glamorous skin. Its beeswax content provides and preserves hydration and care for demanding skin. We also add the feel of macerated Coconut Salt, fabulously rich in minerals, to restore the natural glow of your skin. A gentle apricot seed-based exfoliation removes impurities and dead cells from the outer layers of tired skin, revealing a radiant, glowing tone.

#### SENSIT DAMASCENA

120'

230€

An inspiring, regenerative, hydrating, soothing, purifying and sense captivating full body and facial treatment. Delight your five senses with the lady of the flowers, the everlasting Damascene Rose. Through a gentle facial cleansing that brings light and serenity, your facial expression relaxes towards the return of your original beauty. Its enveloping aroma stimulates microcirculation, reduces anxiety and balances emotions. Following the delicate methods of organic culture, its properties bring flexibility and luminosity to the structure of your facial skin. Receive an enveloping, purifying facial and body massage that will awaken a wave of sensations that will instil confidence in the heart of your being.



## HEALTHY FACE

### BRUMA SERENA

60'

130€

With the advanced formula of eco-certified ingredients, this unique treatment moisturizes, repairs and soothes even the most delicate skin. The fruit of the Manketti tree is essentially nourishing and anti-inflammatory and provides a natural protective layer for atopic skin. It promotes repair at a cellular level that penetrates through a gentle facial massage where the skin feels renewed and the epidermis tissue rests.

### NUTRIMENTO CORE

60'

130€

Receive this magnificent treatment to renew your skin devitalised by aggravating endogenous and external factors. Reinforce your skin's innate ability to reinforce the basic protective barrier function with optimal hydration and pH levels. With the application of a restoring facial massage the antioxidants present in pure oils of ecological origin, such as Marula oil, stimulate the production of collagen and the skin mantle recovers a smooth and well-nourished appearance. A respectful facial cleaning precedes all this without saturating the skin for this special treatment that densifies, unifies and softens the tone of your face leaving a glamorous ultra-sensory sensation.

### DIVINE MATURITY

60'

140€

An authentic and spontaneous crush that conquers this delicious treatment with all the ingredients of ecological origin with extraordinary effects where you will feel your skin juicier and smoother. A revitalizing facial massage helps to penetrate and activate the active ingredients embalming the skin and the senses. The antioxidants of Marula and Manketti oils envelop the face giving it luminosity and comfort with a repairing and neutralizing effect on free radicals. This ultra-intensive treatment floods your face and décolleté with juiciness, unifying the tone. It nourishes the skin and blurs expression lines, evoking the glow of years well spent.



ES RACÓ D'ARTÀ

## BODY MESSAGES

### AROMATHERAPY MASSAGE

60' 130€  
90' 170€

It combines gentle, light pressure with the blend of essential oils in their purest form presented by the Majorcan environment. With the strictest handcrafted production of the raw material, respecting the cycles to the point of satiety and synchronized exhaustively with the rhythms of the polyculture, this treatment delights your olfactory sense with exquisite healing fragrances that renew the essence of your being in all its multidimensional sphere.

### DEEP TISSUE

45' 120€  
75' 160€

In this massage, intense pressure is applied using a slow, deep touch that targets the deepest layers of the muscles and their connective tissue. It increases the blood flow providing oxygenation improving the pain produced by those parts of the body that speak when the mind is silent. Indicated in accumulated muscular tension, severe physical activity or prolonged injuries over time.

### DUET MASSAGE

Relax	60'	275€	90'	350€
Deep Tissue	45'	255€	75'	325€

A couple's massage is received by you and the person you decide to accompany you, whether it is family, friends or your partner. The type of pressure is a personal choice that each person establishes at the beginning of the treatment and varies from the fullness of the relaxing massage to the most demanding and deep pressure.

### SUCCI PADA

45' 95€

We have integrated techniques from different disciplines to develop a very personalized massage that aims to comfort and relieve the feet from their daily routine and free them from the continuous burden to which they are subjected. The best care for sore and tired feet or simply to enjoy a refreshing and cottony feeling.



## BIODYNAMIC CRANIOSACRAL THERAPY

75'

145€

Magnificent non-invasive and deeply healing bodywork that supports the body's own ability to restore. During a session you are fully clothed. Your body will respond to the therapist sensitive touch where her hands are placed ever so slightly on the body allowing your system to begin to listen within. The experience is often described as a feeling of having been heard in the truest sense of the word. The touch is subtle, yet so profound, working with the organizing intelligence of the central nervous system assisting overlooked patterns formed in the body to be gently reassessed and reorganized. It is effective in providing relief from over work and stress, and it can be a highly transformative experience bringing awareness, understanding, clarity and peace to the individual. The feeling after a session is often expressed as a feeling of being serenely, sublimely relaxed.

## SHIATSU

75'

145€

The methodology of Shiatsu is based on traditional oriental science. Based on the concept of the balance of the five elements of nature, it contributes to an improvement of the physical-psycho-emotional state of the individual. The effect can be stimulating and revitalizing or on the contrary calming and sedative, integrating both in coherence, we strengthen the desired effect during the session.

## CONSCIOUS TANTSU

50'

110€

By opening the gates of the body and the heart, this treatment focuses on rebalancing of oneself at the energetic level into an inward soothing journey with no specific sequence but rather a resonating core progression going leading towards a deep transcendental experience.



## SANUM PER AQUAM TREATMENTS

WATSU®	60'	170€
	75'	195€

**“Nothing is as receptive and flexible as water, yet nothing can surpass it in smoothing the edges or shaping the rock.”**

Watsu® is a form of aquatic work based on Zen Shiatsu, a system of stretching in affinity with the meridians that run through our physical field combined with the benefits of water therapy at body temperature. The principles of gentle acupressure, stretching and buoyancy create a suspension close to zero gravity that creates new neural bridges and resolves anchored patterns of limiting behaviour.

WATA®	50'	145€
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In a gradual preparation, the receiver expands its lung capacity to move forward in a deep progression under water. A single fluid, slow, suspended, slow-motion movement. The aquatic presence provides us with a physical freedom that does not exist in the land element. Our consciousness expands and invites us to deepen states of awareness, perhaps reminiscent of uterine life. It is recommended to have had an introduction to Watsu® previously.

CRANIO-CERVICAL	60'	165€
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Based on the knowledge of the cranio-sacral fluid that runs through the spine and the fascial interconnectivity we present this treatment where the presence of water shows us without resistance and transparency, the rhythms of the brain-spinal fluid that allow us to release and reprogram a restricted, limiting movement, located especially in the upper part of our body. Our body is the way of expression of our own humanity and magnificence.

Cancellation policy: Your spa treatments are reserved especially for you. Should you need to cancel or reschedule, please notify us at least 12 hours in advance. No shows and cancellations with less than 12 hours of notice are subject to a cancellation fee amounting to 100% of your booked service.