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SPALMA

HEALTH CLUB AND SPA



at HOTEL MAMA[®]

INTRODUCTION

Meet our exclusive personal trainer and wellness expert Ivan Toscano.

About Ivan:

Since he was a little boy, Ivan has been involved in sports and martial arts in Italy, his home country.

Then, fitness became his job, taking him to Australia and the UK, where he studied and developed a training method that can be adapted to everyone and can take you to another level of fitness, guiding you through small steps to create a better version of yourself.

Ivan is our exclusive personal trainer that will help you keep in shape during your stay.

He will analyse your lifestyle, diet and exercise in our state-of-the-art gym, on the rooftop or from the comfort of your suite.

He can offer you a tailor-made personal training session, a jog in Palma's city centre or a diet plan, and help you make small lifestyle changes day by day.

“Together let's make the best version of ourselves.”

SERVICES:

“Elite PT Service”:

30 min./1 hour personal training session €50/90 (gym, room, rooftop)

“Energy Kick-Start - €180” includes:

1h personal training session: screening, exercise and stretching

1h aromatherapy

Healthy breakfast (at Café Mamá)

“Wellness walks - €160” includes (why not walk or jog in the heart of Palma while talking about fitness?):

1h fitness walks

45 min reflexology

Healthy breakfast (at Café Mamá)

“Open hour at the gym”:

Put on the t-shirt and come down to the gym and meet Ivan, he will assist you and prepare your personalised fitness plan for a better you.

(FREE OF CHARGE)

MASSAGE MENU:

- 1) **CharMamá massage:** natural, non-essential oils which improve blood circulation, detox and help relax and balance your body. Ideal for pregnant women.
30 min. €50 60 min. €90
- 2) **Timeout massage:** reduce the strains and stresses and the delayed onset muscle soreness and stiffness after exercising.
30 min. €55 60 min. €95
- 3) **Aromatherapy:** an exquisite combination of essential oils specifically for the nervous, lymphatic and circulatory systems which helps release stress and produces a great sense of wellbeing.
30 min. €55 60 min. €95
- 4) **Pino Marítimo:** enjoy the combination of reflexology and Swedish, lomi lomi or head massages with relaxing essential oils.
90 min. €130
- 5) **Vertex Relief:** relieve tension and stress with this head and face massage.
45 min. €70
- 6) **Reflexology:** our reflexology and acupressure service will give you immediate tension and pain relief.
45 min. €70
- 7) **Couples' Massage:** share the experience alongside your partner.

TREATMENTS:

- 1) **Lumi Facial:** a new take on facials. Nourish, soothe or illuminate your skin, whatever you need the most.
60 min. €90€
- 2) **RejuvinMan:** treatment for men with sensitive and irritable skin.
60 min. €85€
- 3) **Fountain of Youth treatment:** anti-aging, draining and firming effect.
The result is a visibly firming, anti-inflammatory, illuminating effect and an overall sense of wellbeing.
90 min. €120€

RITUALS:

- 1) **Risso's Dolphin:** anti-cellulite, draining, peeling ritual.
70 min. €90
- 2) **Oriental Bliss:** experience true pleasure and maintain your skin young and attractive with frankincense and myrrh essential oils.
90 min. €150€
- 3) **Aralia Elegantissima:** luxury treatment to rejuvenate your face, body and soul.
120 min. €170€

OTHER SERVICES:

MANICURE & PEDICURE

Express Manicure

30 min. €35

Sublime Manicure

65 min. €60 (peeling and face mask)

French Manicure

Extra: €10

Sublime Pedicure

75 min. €70 (peeling and face mask)

Express Pedicure

40 min. €45

Nail Polish Application

15 min. €15

Removal Permanent Nail Polish

20 min. €20

WAXING

Eyebrows €13

Upper lip €8

Underarm €15

Arms €22

Bikini €18

Brazilian €22

Half legs €22

Legs €30

Eyelash tint

25 Min. €25

Eyebrow tint

15 Min. €15

HEALTH & SAFETY

The opening hours of the spa are from 7 am to 11 pm.

Our younger guests under 16 years of age can enjoy the spa from 4 to 5 pm. Children should always be accompanied by their parents and must be supervised closely at all times.

Management hereby declines all responsibility.

All guests have a bathrobe at their disposal which can be found in the room and Spalma provides towels and slippers.

Please take a shower before entering the pools.

Bathing suits must be worn in all spa areas.

Please refrain from speaking loudly, silence your mobile phone and limit its use within the spa areas.

Management is not responsible for theft or loss of property left unattended.

Management is not responsible in any way for any accidents, injuries, or other incidents caused by the irresponsible behaviour of swimmers.

The spa staff are authorised to intervene at any time to demand compliance with these regulations.

WELLNESS CENTRE RULES

The wellness centre is open every day for adults aged 18 years and over. Treatments are available all day and must always be requested in advance. Ask at reception (dial 9).

For those suffering from allergies, specific health conditions or pregnant women (including circulatory and heart problems or blood pressure-related disorders or diseases), please refrain from the use of the saunas and steam rooms.

Please make sure to arrive 15 minutes before your appointment and remember that a bathrobe and slippers must be worn. The treatments begin and end on time so as to avoid delays being caused to other guests.

Management accepts no responsibility for accidents or injuries to persons and/or property caused by reckless behaviour.

Cancellation Policy

We respectfully ask for scheduled appointments to be cancelled or rescheduled at least 3 hours in advance, otherwise the full service fee will have to be charged. Thank you for your understanding and cooperation.



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