



ES RACÓ D'ARTÀ

SANUM PER AQUAM

Treatments: 10:00am - 7:00pm

Pools: 9:00am - 9:00pm

Wake up your senses and let yourself be pampered through our exclusive treatments. The combination of the expert hands of our therapists with the use of carefully selected products will make you lose track of time and space.

Immerse yourself in a magical and healing space in the middle of nature, where every detail has been thought out for your wellbeing.

Discover a place where we have kept in mind that one of our most important values is sustainability: that is why we use natural cosmetic products produced mainly locally as well as geothermal technology to generate the energy we need.

SIGNATURE WATER TREATMENTS

WATSU®

60' – 185€ // 75' – 215€

“Nothing is as receptive and flexible as water is, yet nothing can outperform it in smoothing the edges of the rock.”

Watsu® is a unique aquatic bodywork, based on the simplicity of Zen Shiatsu and its system of stretching the energy meridians, which supports being suspended in water, (close to the feeling you get when you are in zero gravity) while you are being held inside luke-warm water. This invites a state known as zero stress level, thus aiding in releasing traumas and rebalancing and integrating the multiple layers of the complex human nervous system. It is therefore helpful in recreating the neuronal pathways as well as unfolding deeper levels of awareness.

CRANIO-CERVICAL

60' – 180€

Based on the rhythms of the cranio-sacral fluid that runs through the spine and the myofascial interconnectivity, we introduce this treatment as a very specific approach that addresses the clavicles-cervical-cranium domain in a soft yet firm manner. It induces free light mobility among the joints and that allows for rehydration and better comfort and easiness. It is helpful as it restores the body fluid movements that emanate when you are in a healthy state.

WATA®

50' – 160€

With a fluid, slow-motion movement, the receiver effortlessly encompasses breath with the inner innate relaxed capacity to move smoothly in a deep progression under water. Being underwater provides calmness, physical freedom and a lightness that isn't possible in any other environment. It is probably reminiscent of uterine life. It is recommended to have had a previous introduction to Watsu®.

BODY MASSAGES

BESPOKE MASSAGE

45' – 120€ // 60' – 145€ // 90' – 185€

Tailor-made experience: we create a personalized massage to suit your individual needs. Classic massage techniques can be combined for example with a facial, cranial or foot massage, allowing you to enjoy a rebalancing and fulfilling experience.

AROMATHERAPY MASSAGE

60' – 145€ // 90' – 185€

Relaxes and aromatizes: this massage combines gentle, light pressure with a blend of traditionally produced essential oils from the island. 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' – 130€ // 60' – 160€ // 75' – 175€

Relaxes and releases muscle tension: in this massage, intense pressure is applied using a slow, deep touch that targets the deepest layers of the muscles and their connective tissue. Indicated in accumulated muscular tension, severe physical activity or prolonged injuries over time.

DUET BESPOKE MASSAGE

60' – 300€ // 90' – 385€

Couples massage in which the type of pressure is a personal choice that each person establishes at the beginning of the treatment. A personalised massage in which body massage can be combined with facial, scalp or foot massage according to the individual needs.

SHIATSU

60' – 145€ // 75' – 160€

Deeply rooted in the traditional oriental science and the sublime theory of the five elements found in nature, Shiatsu is born. Contributes to the improvement of the physical, psychological and emotional state. It has a balancing, stimulating and soothing effect, according to the needs of the receiver.

THAI MASSAGE

60' – 145€ // 75' – 160€

A yogic fusion that brings great serenity, performed on a tatami mat, so the therapist can use hands, elbows and even knees, and use the weight of his or her body in its execution. It is a stretching and depth massage: that is, the limbs, neck, back and torso are stretched as needed, and pressure is also applied to certain points of the body and meridian lines, treating blockages of blood fluids as well as tensions in the muscle tissue.

COMBINED TREATMENTS

FACE & BODY OLEUM CORDE RITUAL

120' – 230€

In this exclusive full body and facial treatment, we start with a gentle apricot kernel body scrub and a gentle facial cleansing to reveal a glowing skin. We use the richest „liquid gold“ from our organically grown olive trees for a body and facial massage that delivers precious antioxidants to radiate a glamorous skin.

VINOTHERAPY BODY AND FACE RITUAL

120' – 230€

A multi-sensorial, relaxing and rejuvenating body and facial treatment. Feel the comforting sensation generated by the miracle of the grape in all its forms. Using organically grown fruit, skin and seed oil, we create the necessary products for a gentle facial cleansing, body scrub and a soothing massage that delivers vitamin C and rejuvenating antioxidants to your skin.

DETOX TREATMENT

60' (body) – 145€ // 90' (body) – 190€ // 120' (body and face) – 230€

Firming and toning sensorial treatment. Through the application of sea pearls with exfoliating and slimming action, we boost micro-circulation and prepare the tissue for the subsequent massage in which manual lymphatic drainage techniques are used, which help to mobilize fat and drain retained liquids.

BODY & FACE SENSIT DAMASCENA RITUAL

120' – 230€

An inspiring, regenerating, moisturizing, soothing and purifying body and facial treatment that will captivate you. Delight your five senses with the lady of flowers, the everlasting Rosa Damascena. Its enveloping aroma stimulates microcirculation, reduces anxiety and balances the emotions. Receive a gentle body exfoliation and facial cleansing followed by an enveloping and purifying massage that will awaken a wave of sensations.

REVITALIZING BODY MINERAL TREATMENT

60' – 145€ // 90' – 190€ // 120' (w/mineral bath) – 230€

This unique body treatment combines deep muscle techniques and restores the mineral balance through the application of trace elements and marine minerals. The techniques and products allowed awaken the 5 senses providing an immediate relaxation. This treatment reduces musculoskeletal disorders, relaxes muscles and joints through stretching and mobilization and boosts energy and body recovery.

FACIAL TREATMENTS

BRUMA SERENA

75' - 160€

Balancing: a highly hydrating soothing treatment that repairs the most delicate and sensitive skins. Thanks to the masterful formula of the Yellow Beldi Soap and the active ingredients of Hamamelis and Aloe Vera, there is room for cellular renewal, the soft skin feels renovated and the tissue underneath breathes and relaxes.

DIVINE MATURITY

75' - 160€

Lifting: Delicious anti-ageing tonifying and regenerating flash treatment. Thanks to the application of exclusively selected products made only from organic ingredients to help reveal a more rejuvenated and polished skin texture. A remarkable and uplifting beauty treatment to help penetrate the antioxidant active principles of Marula and Manketti that stimulates your natural collagen production. This ultra-intensive treatment highly replenishes your décolleté and face with radiance, deeply revitalizes fatigued skin and relaxes the expression lines.

PRECIOUS GLOW

75' - 160€

Illuminant: A wonderful anti-pollution and revitalizing treatment. Renew to the fullest the visage appearance and unify the countenance that unveils a healthier glow thanks to our premium quality active ingredients this time coming from Kalahari Oil. After a thorough cleanse, the oils are carefully applied through a facial massage to further stimulate cellular oxygenation and luminosity.

NUTRIMENTO CORE

75' - 160€

Moisturizing: receive this magnificent treatment to renew your dehydrated skin due to internal and external aggravating factors. Enjoy this truly special treatment that revitalizes, profoundly hydrates, re-densifies as it evens out your skin tone leaving an ultra-sensorial glamorous sensation thanks to the green tea extract. Since applied through a restorative facial massage, the antioxidants present in the oils used stimulate collagen production and the skin's mantle regains a smooth and well nourished appearance.

BEAUTY TREATMENTS

MANICURE

60' - 75€

After preparing the skin with a gentle exfoliation, receive an exquisite nourishing massage to moisturize the skin and repair the cuticle. To finish we will apply a polish of your choice.

WAXING

Half Legs 55€ // Legs, underarms and bikini line 70€

PEDICURE

60' - 75€

The treatment begins with a deep exfoliation and massage to prepare and repair the skin. We will continue with a groom of the nails and cuticles and finish by applying a nail polish of your choice.

NUTRITION WITH GEMMA BES

NUTRITION CONSULTATION

160€ – individual // 230€ – 2 ppl.

The nutrition consultation includes an in depth interview of medical history, eating habits, and health assessment. A personalized diet will be prepared during and after the stay. A personalized dossier will also be provided with recommendations, menus, recipes and if necessary, supplements.

The aim is to have:

- More energy, stamina and vitality
- Less inflammation and more metabolic flexibility
- A better digestion. Regularity when going to the bathroom
- Better concentration or mental clarity, better memory, better mood and less stress
- Weight control
- Strong immune system
- Hormonal regulation
- Being able to play sports without injuries and more energy

Gemma Bes, Nutritionist

After 20 years of experience, Gemma has observed that a good nutritional pattern helps people to improve their quality of life and prevent disease. Gemma has a diploma in Nutrition and Dietetics from CESNID (University of Barcelona), a degree in Nutrition from King's College London, a post-graduate degree in Sports Nutrition and PNIE (Psycho neuroimmune endocrinology) from the University of Barcelona, and a diploma in Ayurveda Nutrition, Energy Cooking and Naturopathy.

Nutrition is a very new science and the professionals who are dedicated to it have to be continuously researching, training and contrasting information with the most ancient medicines (Chinese, Ayurveda and Tibetan). Hence Gemma's constant trips to the Asian continent, where she tries to absorb the most ancient knowledge. Her curiosity and passion for nutrition have led her to write the books "Help me grow healthy" and "Live gluten-free". Currently Gemma advises elite sportsmen (tennis, motorbike, Dakar, football, sailing, swimming, golf, athletics, horse riding, cycling, runners, archery, cricket) and sports and health companies in different parts of the world. She has her practice at the Clínica Juaneda in Palma and she is also the nutritionist for the Rafa Nadal Academy by Movistar. Gemma comes to Es Racó upon your request for a personal nutritional consultation with her.

YOGA & MEDITATION CLASSES

INDIVIDUAL YOGA CLASS OR MEDITATION

60' – 90€

You chose the style, the rhythm, the target, and we will tailor the ultimate yoga class and/or meditation to best suit the needs and wants of the day.

INDIVIDUAL YOGA CLASS OR MEDITATION

90' – 110€

A yoga class and meditation to integrate the heart and body of a mindful practice. You know it is the right one for you because it gives you a chance to dive deep into your soul.

DUET YOGA CLASS OR MEDITATION

60' – 130€

One hour of heavenly yoga class or meditation with your dear one that will benefit body and mind for both of you.

DUET YOGA CLASS OR MEDITATION

90' – 160€

One hour and a half of a purposeful yoga sequence created with love for you and your dear one with a mindful meditation to share the best of both complementary worlds.

We offer different yogastyles upon request like: Hatha, Vinyasa, Aero, Kundalini, Ashtanga, Prenatal, Yin.

HOW TO ENJOY YOUR TIME AT SANUM PER AQUAM

We want you to enjoy a unique experience.

For this we recommend the following:

- Please book your desired treatment as soon as possible to ensure availability. You can also book in advance of your arrival.
- To make a reservation, please send an eMail to spa@esracodarta.com or contact us through our mobile phone +34 630 352 921 (WhatsApp only). We will be delighted to advise you.
- To use our facilities, you can use the bathrobe and slippers provided in your room. If you are not staying at the hotel, we will provide you with a towel and bathrobe on arrival.
- It is important to take a shower with soap before entering the swimming pools. Especially when using sunscreen or other lotion.
- If you have special needs or are pregnant, please let us know at the time of booking your treatment. We will then be able to help you book the most appropriate treatment.

Please note our cancellation policy:

- Your treatments are reserved especially for you. If you need to cancel or reschedule, please give at least 24 hours' notice. If you do not show up or cancel with less than 24 hours' notice, you will be charged the full price of the treatment booked.
- We recommend that you arrive ten minutes before the start of your treatment so that the necessary preparations can be made to ensure the best possible experience.
- If you have booked a water treatment, please bring your swimming costume.
- If you have booked a Shiatsu or a Thai Massage, please note that these treatments require the use of comfortable clothing, which will be provided upon request.
- If you have booked a body treatment or massage, we will provide you with washable organic cotton underwear.
- We have lockers where you can store your personal belongings.
- If you wish to receive the treatment in your room, we have a portable stretcher for this purpose. Please note that in this case there will be an additional charge of 10%, (20% if you are staying at Sa Finqueta).

OPENING HOURS

Treatments: 10:00am - 7:00pm

Pools: 9:00am - 9:00pm

SPA CONTACT

eMail: spa@esracodarta.com

Mobile phone: +34 630 352 921 (WhatsApp only)

Internal extension: 2507

Or you can come directly to our SPA reception desk.

Alternatively, you can contact our main reception

(Internal Extension: 2000)