

ES RACÓ D'ARTÀ

SANUM PER AQUAM

Treatments: 10:00 am – 7:00 pm
Pools: 9:00 am – 9:00 pm

Embark on a sensory journey that promises to rejuvenate your mind, body, and spirit. Our carefully crafted treatments are designed to awaken your senses, transporting you to a realm of tranquility and luxury. The touch of our expert therapists, paired with thoughtfully chosen products, creates an experience that transcends the ordinary and leaves you in a state of blissful relaxation.

As you step into our oasis, you're welcomed into a world where every element is meticulously curated for your optimal wellness. Nestled amidst the embrace of nature, our space is a haven where lush greenery and fresh air serenade your senses. Every corner exudes a sense of calm, inviting you to leave the chaos of daily life behind and surrender to the soothing ambiance.

At the heart of our philosophy is a deep-rooted commitment to sustainability. We believe in preserving and cherishing our planet, and this belief is reflected in our conscious choices. Our use of locally sourced, natural cosmetic products is a testament to our dedication to promoting local economies and minimizing our carbon footprint. Additionally, we harness geothermal technology, a marvel of sustainable energy production, to power our sanctuary. By embracing these ecofriendly practices, we strive to demonstrate that luxury and responsible environmental stewardship can seamlessly coexist.

Come, be a part of this holistic experience, where pampering meets purpose, and indulgence aligns with sustainability. Join us in this extraordinary journey towards self-care and environmental consciousness, where every moment is an invitation to embrace well-being in harmony with nature.

Yours, the SPA Team

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BODY MASSAGES

BESPOKE MASSAGE
30′ – 90€ // 45′ – 125€ // 60′ – 150€

Tailor-made experience: we create a personalized massage to suit your individual needs.

BOOK 30 min 45 min 60 min

DUET BESPOKE MASSAGE
60′ (relaxing massage) – 300€ //
60′ (deep tissue massage) – 330€

Tailor-made experience for two in our double room: we create a personalized relaxing massage for each of you according to your needs and preferences.

CONTACT TO BOOK

AROMATHERAPY MASSAGE
60′ – 150€ // 75′ – 165€

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.

BOOK 60 min 75 min

FOOT RITUAL
45′ – 125€

Let us pamper your feet: we have integrated techniques from different disciplines to develop a highly personalised massage that aims to comfort and relieve your feet from their daily routine and free them from the continuous burden they are subjected to.

BOOK 45 min

CRANIOCERVICAL MASSAGE
45′ – 125€

What a glorious way to de-stress and release mental stagnation and accumulated tension in the scalp, face and shoulders with a combination of different techniques tailored to each individual's requirements to promote a greater state of calm and well-being.

BOOK 45 min

DEEP TISSUE MASSAGE
45′ – 135€ // 60′ – 165€

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.

BOOK 45 min 60 min

RELAXING MASSAGE FOR PREGNANT WOMEN
60′ – 150€

Prenatal massage indicated to help relax and relieve possible discomfort, decontracting the back and decongesting the legs and joints. Care is essential in this important stage and benefits both the woman and the baby.

Please note that treatments are not recommended in the first 12 weeks of pregnancy.

BOOK 60 min

LYMPHATIC DRAINAGE
60′ – 150€ // 90′ – 190€

The lymphatic system works together with the kidneys and liver to eliminate toxins and waste from the body. This is a very gentle massage that helps your body eliminate toxins naturally by stimulating lymphatic circulation, reducing the feeling of heaviness or swelling.

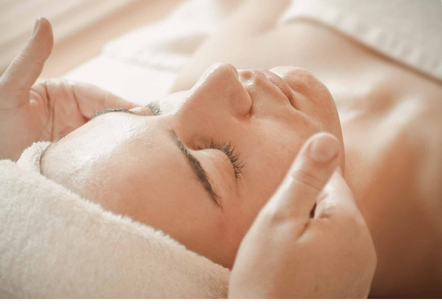
BOOK 60 min 90 min

LOMI LOMI NUI
The Ancestral Art of Transformation
90′ – 195€

This sacred ritual, transmitted through the Ke Ala Hōkū lineage and guided by the ancestral wisdom of Hawaiian sages, is a profound process of healing and balance. More than just a massage, Lomi Lomi Nui is a ceremony of transformation where body, mind, and spirit align in a continuous flow of energy. An experience beyond a massage, a return to balance and the authenticity of your essence.

BOOK 90 min

BACK TO START



FACIAL TREATMENTS

FACIAL MASSAGE
60' – 135€

Personalized facial massage.
We use Sublime Oils organic cosmetic products, with formulas based on phytoactive concentrates. After a cleansing adapted to the needs of your skin, we will apply a serum and/or oil through a massage with a lifting, soothing, decontracting or draining effect according to your needs.

BOOK 60 min

FACIAL AESTHETIC ACUPUNCTURE
75' – 155€

A non-invasive treatment that helps prolong the beauty of your face in a more conscious and harmonious way.
This session combines traditional acupuncture with integrative Chinese medicine, promoting beauty as a reflection of health. This approach not only improves physical appearance, but also contributes to overall well-being. Benefits include wrinkle reduction, improved skin tone and firmness, increased skin radiance and vitality, and energy balance in the body.

BOOK 75 min

FACE SCULPTING THERAPY
60' – 150€ // 75' – 170€ (+ final alginate mask)

Holistic facial rejuvenation that sculpts and regenerates.
It is the harmonious combination of different techniques, integrating nerve and sensory stimulation manoeuvres with facial massages. It includes some intra-oral manipulations that act directly on the attachment points of the muscles to the bone, as well as techniques to stimulate the tissues of the neck and face, activating the blood and lymphatic circulation and promoting cellular exchange. Indicated also for people with bruxism.

BOOK 60 min 75 min

DEEP FACIAL HYGIENE
75' – 165€

Suitable for all skin types.
Painless deep facial cleansing helps to remove all impurities from the skin and counteract damage caused by pollution. It allows the skin to regain a radiant and luminous appearance thanks to the concentrated formulas of the organic and vegan cosmetic brand SCENS. Perfect preparation for any subsequent treatment.

BOOK 75 min

FACIAL DETOX
75' – 165€

Indicated for dull skin.
Facial treatment that allows dull skin or skin damaged by pollution to regain a fresh and healthy appearance, using SCENS organic and vegan cosmetic products. The active ingredients of the masks used in this treatment have a great purifying and oxygenating power, helping to provide luminosity to the facial skin.

BOOK 75 min

FACIAL LIFTING
75' – 165€

Anti-ageing lifting.
Firming facial treatment during which SCENS cosmetics and masks are applied, which have a high content of regenerating and anti-ageing active ingredients, and which provide a large amount of antioxidants and nutrients that help to firm the skin and restore its elasticity. Thanks to the application of an exclusive facial massage, the muscles of the face relax, the skin is illuminated and the facial oval recovers its definition and firmness.

BOOK 75 min

FACIAL REPAIR
75' – 165€

Indicated for damaged and/or malnourished skin.
Ultra-repairing and sensorial treatment developed by the organic and vegan cosmetic brand SCENS, ideal for skin in need of nourishment and repair on the face, neck and décolleté. Thanks to active ingredients such as Shea butter and Ginkgo Biloba, the facial skin tissue is intensely regenerated for a smooth and illuminated complexion.

BOOK 75 min

HYDRA DÉFENSE TREATMENT
75' – 165€

Suitable for all skin types.
Facial treatment that provides deep hydration and intense skin protection for a radiant, luminous and immediately younger-looking complexion. Its protective ingredients help fight damage caused by stress and external aggressions such as pollution and UV rays. In addition, thanks to its soothing and repairing properties, this treatment is ideal for all skin types, including skin with disorders (acne, couperose, dermatitis, etc.).

BOOK 75 min

BACK TO START



BODY AND COMBINED TREATMENTS

FACE & BODY OLEUM CORDE RITUAL
120′ – 240€

In this exclusive full body and facial treatment, we start with a gentle olive oil and 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.

BOOK 120 min

BODY AND FACE EXFOLATION AND MASSAGE
90′ – 195€ (body only) // 120′ – 240€ (body and face)

Deep body exfoliation with Himalayan and Dead Sea salts and essential oils of cypress, geranium and bitter orange, followed by a soothing massage. This treatment provides a feeling of wellbeing by removing dead skin cells, helping the skin to regain its elasticity and hydration. The treatment is completed with a nourishing and relaxing body massage.

BOOK 90 min 120 min

BODY SLIM SECRET FIRMING
90′ – 195€

Body treatment designed to intensely firm the tissues. Supported by wood therapy techniques, this treatment helps to refine the silhouette and reshape volumes. The active ingredients used, such as orange, carrot and ginger, help revitalise, moisturise and tone the most damaged skin. Ideal complement before or after sun exposure.

BOOK 90 min

BODY SLIM SECRET ANTI-CELLULITE
90′ – 195€

Body treatment that acts on cellulite through deep manual manoeuvres, wood therapy techniques, the active ingredients contained in the wrap (seaweed and spirulina) and the oils used. Visible results from the first session: improved texture, drainage and volume reduction.

BOOK 90 min

REFRESH AFTER SUN
45′ – 125€

Soothing and nourishing aloe vera body mask. This refreshing mask is the ideal care for irritated skin, for example after sun exposure. Aloe vera gel is a powerful ally against skin ageing, with anti-inflammatory properties and helps to soothe and regenerate the skin.

BOOK 45 min

BACK TO START



SIGNATURE WATER TREATMENTS

WATSU®

75’ – 185€

Watsu® is a form of aquatic bodywork conducted in warm water maintained between 34°C and 36°C, a temperature range that facilitates muscle relaxation and parasympathetic nervous system activation. Watsu® combines principles of Zen Shiatsu, passive hydrotherapy, and proprioceptive neuromuscular facilitation (PNF) to produce both physical and psychological benefits.

The core techniques of Watsu® include gentle stretching, joint mobilization, myofascial release, and cradling movements, all synchronized with the recipient’s breathing. By leveraging the properties of water—particularly its buoyancy, which reduces the effects of gravity—Watsu® allows the spine and major joints to move through ranges of motion that would be difficult or impossible on land. This results in reduced joint compression, increased synovial fluid circulation, and greater spinal decompression.

Clinical observations and small-scale studies suggest that Watsu® can decrease muscle tone, reduce chronic pain, and improve mobility, particularly in individuals with musculoskeletal disorders, post-surgical recovery, and neurological conditions such as multiple sclerosis or fibromyalgia. It is also used in prenatal care, where the support of warm water alleviates pressure on the lower back and pelvis, promoting physical comfort and emotional well-being.

From a psychological standpoint, Watsu® facilitates a state of deep relaxation, activating alpha brain waves and encouraging a meditative state often associated with stress relief and improved mood. Research in somatic psychology links such effects to improved body awareness (interoception) and emotional regulation, particularly when therapy is conducted in a safe, non-verbal, and nurturing environment.

The focus on “being instead of doing” reflects a mind-body therapeutic approach where the recipient can disengage from performance-based or goal-oriented activity, allowing the autonomic nervous system to shift from a sympathetic (fight-or-flight) to a parasympathetic (rest-and-digest) state. This shift is associated with lower cortisol levels, reduced blood pressure, and enhanced immune function.

Watsu® also addresses emotional and psychological blockages. The continuous, rhythmic movement in warm water has been associated with early developmental experiences, evoking a sense of containment and trust similar to that of the womb. This can support emotional processing and even trauma integration in therapeutic contexts, particularly when administered by trained practitioners.

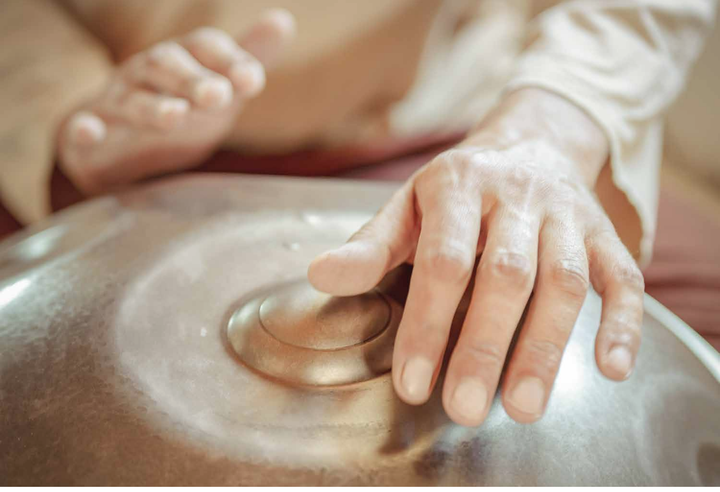
Furthermore, Watsu® has shown promise in aquaphobia therapy, helping individuals overcome fear of water through progressive desensitization in a controlled and supportive aquatic setting. Its emphasis on non-verbal empathy, therapeutic touch, and safe interpersonal boundaries makes it a valuable adjunct in trauma-informed care.

Overall, Watsu® is a structured, evidence-informed method that engages both physiological mechanisms (such as neuromuscular relaxation and circulatory support) and psychological healing processes (such as trust building and emotional release), qualifying it as a holistic intervention with growing interest in rehabilitation, wellness, and integrative health practices worldwide.

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

BOOK 75 min

BACK TO START



OTHER THERAPIES

SOUND THERAPY WITH VIBRATIONAL INSTRUMENTS
60′ (individual: 150€ // 2 people: 170€)

As you listen to the instruments you will notice how your whole body begins to vibrate and little by little it will lead you to a state of deep relaxation. You will feel a vibrational massage all over your body that will affect your nervous system; relaxing, stimulating and strengthening it. The sound of the gong is comparable to the sound of nature and its rhythms. In the session you will be able to reach a state of Shunia, the original state of nothingness, silencing your mind.

CONTACT TO BOOK

SHIATSU
60′ – 150€ // 75′ – 165€

This treatment is deeply rooted in the traditional oriental science and the sublime theory of the five elements found in nature. 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.

BOOK 60 min 75 min

LIFE COACHING
60′ – 150€

A one-hour personal coaching session with a holistic focus, designed to bring you clarity, balance, and a direction that feels truly aligned with you.

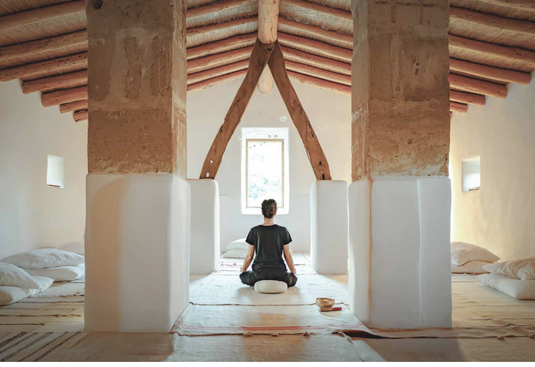
BOOK 60 min

BIODYNAMIC CRANIOSACRAL THERAPY
60′ – 135€

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's 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 overwork 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.

BOOK 60 min

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OTHER SESSIONS

PRIVATE YOGA AND/OR MEDITATION SESSION
60’ (individual: 110€ // 2 people: 135€ // 3 people: 155€)
90’ (individual: 140€ // 2 people: 165€ // 3 people: 185€)

You choose 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.

Our experienced instructors are here to guide you through your practice with care and expertise, helping you to build strength, increase flexibility, and reduce stress.

We offer classes in different yoga styles. Please contact us for more information and how we can help you achieve your goals.

CONTACT TO BOOK

PSYCHEDELIC BREATH®
75’ (individual: 120€ // 2 people: 140€)

Psychedelic Breath® is a breath ritual that blends ancient breathing techniques from spiritual traditions with the latest insights from neuroscience and powerful electronic music.

Through rhythmic breathing, music and mindful guidance, inner blockages may be released, emotional depth explored and a state of clarity, connection and presence experienced.

Each session is a safely held space for self-exploration, integration and reconnection with your inner wisdom.

CONTACT TO BOOK

PERSONAL TRAINING
60’ – 110€ // 120’ – 180€

Our personal trainers will set up a personalised and varied programme for you according to your desired goals, designed to leave you feeling revitalised and ready for your day.

CONTACT TO BOOK

CHIKUNG: HARMONY IN MOTION
60’ (individual: 120€ // 2 people: 140€)

Chikung is an ancient practice that combines gentle movements, deep breathing, and focused concentration to restore balance between body and mind. Through a series of fluid forms, this discipline enhances the circulation of Qi, the vital energy, promoting a profound sense of overall well-being.

Health benefits include encouraging relaxation to reduce stress and anxiety, improving balance and flexibility to enhance mobility, boosting energy levels by optimizing the internal flow of vitality, protecting the joints while relieving muscle tension, strengthening the immune system and stimulating the body’s natural self-healing abilities, all within a practice accessible to all ages that invites you to rediscover serenity and equilibrium in every movement.

CONTACT TO BOOK

CONTROLOGY: AUTHENTIC PILATES
with Júlia Deulofeu
60’ (individual: 110€ // 2 people: 135€ // 3 people: 155€)

Pilates was originally called Contrology and is a precise system that builds strength, refines mobility and cultivates embodied awareness through harmony, stability and focused intention.

Each session helps release tension, restore balance and cultivate lasting lightness and ease, while reminding that the body is home, movement is medicine, breath is intelligence and discipline is devotion over time.

Your teacher Júlia Deulofeu, a certified Authentic Pilates instructor and certified massage therapist, is guided by deep listening respect for individual rhythm and movement quality. She views the body as an intelligent whole and movement as a tool for physical and inner transformation.

CONTACT TO BOOK

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NUTRITION
WITH GEMMA BES

NUTRITION CONSULTATION
individual: 160€ // 2 people: 230€

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

- Nutrition and longevity

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 postgraduate 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.

CONTACT TO BOOK

BACK TO START



INTEGRATIVE MEDICINE WITH DR FELIP RAMIS

INTEGRATIVE MEDICINE CONSULTATION
250€

Integrative Medicine involves a humanization of medicine by putting the focus of attention on the patient, not only on the disease. This implies considering all the factors of the person's biological and emotional environment to propose a completely personalized treatment.

Based on the diagnosis of classical medicine, it proposes the integration of conventional therapies with those based on Homeopathy, Acupuncture, Bioimmunogenetics, Osteopathy, etc.

This holistic approach starts from the consideration of the psychosomatic origin of all pathologies and bases healing on improving homeostasis or our body's ability to regenerate.

Possible treatments:

- Elimination of heavy metals

- Hepatic cleansing

- Chronic diseases

- Anti-aging medicine

- Support for cancer patients

- Acupuncture

- Detox

- Pain therapy

Dr Felip Ramis

Felip gained his degree in Medicine and Surgery in 1981 from the Autonomous University of Barcelona. He began studies in Acupuncture at Barcelona's Sacred Heart Hospital in 1982, and in 1984 he concluded Higher Acupuncture Studies with Professor Sabatier from the Faculty of Medicine in Toulouse. Between 1983 and 1991 he undertook continuous training in fields such as the Application of Laser Therapy, Rheumatology, Homeopathy, Neuro-occlusal rehabilitation, Homotoxicology. In 1994 he studied for a Masters in Homeopathy in Karlsruhe, Germany. Between 1997 and 1999 he took studies in several fields among which we could highlight the course "Viscum, cancer treatment" taken at the Kepler Institute in Lyon, France. In 2000 he took further training with the "Introduction to Anthroposophic Medicine and cancer treatment". In 2002 he took the course, "Expert in Psychosomatic Medicine and Health Psychology", at the Miguel Servet Foundation for Health Sciences and at the Spanish Society of Psychosomatic Medicine and Medical Psychology. Up until 2005 he took ongoing training in subjects such as Phytotherapy, Personality Disorders and Oncology, among others. In 2006 he concluded his studies in Anthroposophic Medicine and obtained the international "Anthroposophische Medizin" certificate. Up until 2010 he participated in several courses and seminars such as Orthomolecular Medicine, Anti-aging therapies, "The Therapeutic Use of Sea Water, René Quinton 110 years of Sea Therapies".

In terms of his professional trajectory, Felip Ramis has been a doctor at the Centro Harmonía since 1982 until present, he is a founding member of the "Laser Clinic Research Group" (1983 Cambrils), doctor at the Vilafortuny Medical Institute in Cambrils (1984-85 Tarragona), assistant doctor at the Centre for Cybernetic and Biomedical Studies and Applications in Nyon (1986 Switzerland), doctor at the Queen Sofía Residence and La Bonanova Residence (2003 Palma, Mallorca), teacher of Bioenergetics in traditional Chinese Medicine and Acupuncture at AFEDECO (2009 Palma, Mallorca). He has also featured as a speaker at a multitude of courses, symposiums and conferences.

Felip comes to Es Racó upon your request for a personal medical consultation with him.

CONTACT TO BOOK

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SPA PACKAGES

We offer a range of wellness packages with different objectives, which can be customized according to your needs. Stay curious, discover your purpose, and maintain balance.

Our programs can last between 2 to 5 days. They serve as a guide for your wellness journey. An opportunity to clear the mind and rest the body. Find the peace and strength you need to return to everyday life full of energy.

The following packages are examples of what your wellness journey could look like. We will schedule an initial consultation to help us set your objectives and needs.

TAKE A PAUSE

THE POWER OF SLOWING DOWN
(LIGHT SPA PROGRAM)

Allow yourself this simple yet powerful break and witness the transformative effects on your well-being. Take a pause, just for you, to breathe, reset and reconnect with your body, restoring balance, clarity and calm in the rhythm of your life.

DAY 1
- Exfoliation and massage (90 min)

DAY 2
- Foot ritual (45 min)

DAY 3
- Bespoke massage (1 h)

DAY 4
- Craniosacral therapy (1 h)

DAY 5
- Aromatherapy massage (1 h)

2 days: 290€
3 days: 420€
4 days: 545€
5 days: 680€
(prices include VAT)

CONTACT TO BOOK

DEEP ANTI-STRESS

RECONNECT WITH YOURSELF
(INTENSE SPA PROGRAM)

Take a moment to pause and let us take care of you. Reducing your stress levels not only provides immediate relief but also positively impacts your sleep quality. By embracing relaxation, you are effectively resetting your nervous system, paving the way for a calmer and healthier life.

DAY 1
- Welcome ritual with scrub, massage and facial treatment (2 h)

DAY 2
- Foot ritual (45 min)
- Aromatherapy massage (1 h)

DAY 3
- Watsu or Shiatsu (1 h)
- Sound therapy (1 h)

DAY 4
- Bespoke massage (1 h)
- Craniosacral therapy (1 h)

DAY 5
- Holistic acupuncture (1 h)
- Personalised holistic facial treatment (75 min)

2 days: 475€
3 days: 720€
4 days: 965€
5 days: 1225€
(prices include VAT)

CONTACT TO BOOK

PHYSICAL WELLBEING PROGRAM

REBALANCING AND ENERGISING
(INTENSE SPA PROGRAM)

Regain your physical wellbeing, increase your energy level and reduce the pain. This program focuses on the musculoskeletal system, but will affect your multilayered system as a whole, improving your health and wellbeing.

DAY 1
- Nutrition consultation (1 h)
- Bespoke massage (1 h)

DAY 2
- Remineralizing body scrub and massage (90 min)
- Personal training (1 h)

DAY 3
- Holistic acupuncture (1 h)
- Craniocervical massage (45 min)

DAY 4
- Shiatsu treatment (1 h)
- Foot ritual (45 min)

DAY 5
- Bespoke massage (1 h)
- Personal training (1 h)

2 days: 555€
3 days: 810€
4 days: 1060€
5 days: 1290€
(prices include VAT)

CONTACT TO BOOK

All programs include an initial consultation to help us set your objectives and needs.

Follow-ups and a final interview will be also scheduled for all programs.

Programs can be personalised or complemented with personal training or private yoga, meditation, breathwork etc.

Each program includes a group meditation and yoga session every morning and free access to the entire SPA and pool area.

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THE TEAM

BEL holds a degree in Physiotherapy, is a specialist in Shiatsu and Watsu treatment, a Biodynamic Craniosacral therapist and a yoga teacher.





MARTINA practices as a holistic massage therapist, focusing heavily on facial techniques like Face Sculpting alongside her work as a Biodynamic Craniosacral Therapist.

BETTINA works as a personal coach while incorporating Mindfulness techniques, Lomi Lomi Nui massage, and Chi Kung into her practice.





MARGA is a professional massage therapist and esthetician. She comes from the world of dance and the arts and also has extensive experience as a teacher of dance, Tai Chi, and Chi Kung.

PILAR specializes in chiromassage, holistic bodywork, and facial treatments, using an intuitive approach to balance the body, mind, and energy of every client.





ANALÍA leans on her degree in Physiotherapy to offer specialized care in postural reeducation, myofascial anchorage, and hypopressives, while also teaching yoga.

BACK TO START

HOW TO ENJOY YOUR TIME AT SANUM PER AQUAM

We want you to enjoy a unique experience.
For this we recommend the following:

- Book treatments early (preferably before arrival) to ensure availability.

- Reservations eMail: spa@esracodarta.com

- Reservations WhatsApp: +34 630 352 921

- Arrive 10 minutes early for preparations.

- Inform us of pregnancy or special needs when booking, so we can recommend suitable treatments. Many treatments, sessions and therapies are not recommended in the first weeks of pregnancy. Please consult us if you have questions.

- Use the bathrobe/slippers in your room; non-guests receive towel and bathrobe on arrival.

- SPA access is for guests 16+ only.

- Shower with soap before pools, especially after sunscreen or lotion.

- Bring a swimsuit for water treatments.

- Shiatsu/Thai massage requires comfortable clothing (provided on request).

- For body treatments/massages, organic cotton underwear is provided.

- Lockers are available for personal belongings.

- In-room treatments available with portable stretcher (+10% or +20% at Sa Finqueta)

Please note our cancellation policy:

- Cancellations/changes require 24h notice.

- Late cancellations or no-shows will be charged in full.

BACK TO START

SPA
CONTACT

eMail:

SPA@ESRACODARTA.COM

WhatsApp:

+34 630 352 921

Internal call:
2507 + ✔

or you can come directly to our
SPA reception desk.

Alternatively you can contact
our main reception:
2500 + ✔

BACK TO START

