



Treat yourself like a star

We invite you to enjoy **Iberostar** 's most relaxing enclave. A place to restore harmony to the mind, body and spirit.

Iberostar Spa Sensations offers an experience of unique sensations through personalised treatments tailored to the needs of each guest.

All of our masseurs are certified in compliance with the ISO 9000 quality standard.



Signature

ES TRENC SIGNATURE RITUAL /

115 MIN / €167

Exfoliation with Es Trenc salts, followed by our exclusive Es Trenc Signature Massage. To complete this ritual, a facial cleansing that will leave your skin feeling purer and fresher.

ES TRENC SIGNATURE MASSAGE /

55 MIN / €89

Aromas of Mallorca. An exclusive relaxing massage with hot stones and citrus essential oils. Nourishes the skin, leaves a subtle fragrance and leaves the body completely relaxed.

Facials for her

LIGHT

FACIAL CLEANSING /

25 MIN / €59

A revolutionary treatment that helps reveal more even, luminous and purer skin in record time.

HIDRAFORCE SOURCE MARINE /

55 MIN / €80

Pamper your skin with a moisturising treatment rich in remineralising marine active ingredients. During this professional treatment, the Ocean blue extract is combined with micronised algae extracts to intensely hydrate and strengthen the most dehydrated of skins. A personalised treatment tailored to each skin type.

SPECIFICS

DETOX "BOTOX-LIKE" SPIRULINE BOOST /

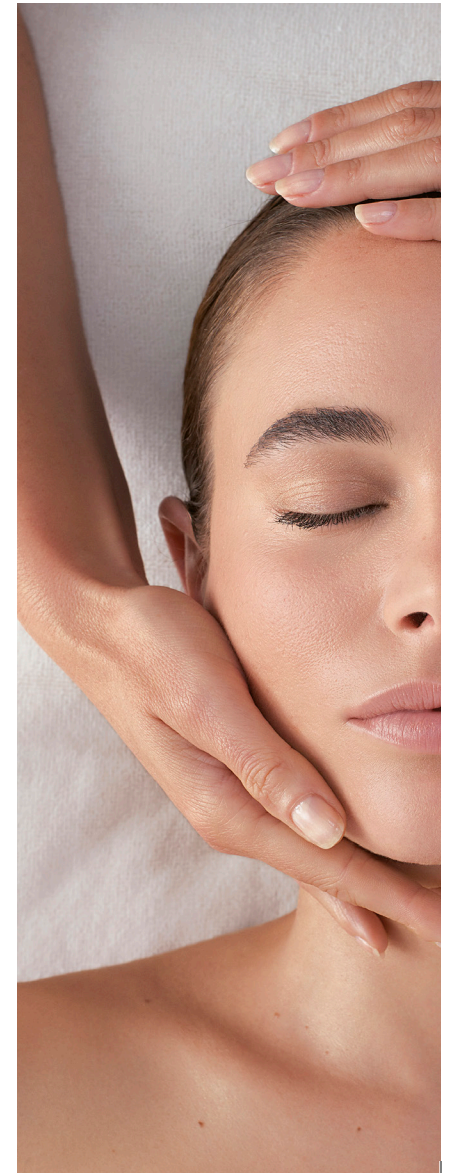
55 MIN / €89

A marine shot for everyday urban skin that reduces fatigue and prevents the first signs of ageing. Its energising spirulina and stress-reducing marine magnesium provide a "botox-like" effect. From the very first treatment, your skin will feel detoxified and smoother, with a relaxed complexion and a fresh tone.

HYALU-PROCOLLAGÈNE MARINE FILLER /

55 MIN / €90

A triple wrinkle correction with three unique hyaluronic acids and marine procollagens that refine, smooth and repair. It combines the Hyalu-Procollagène complex with roller boosters to target one wrinkle at a time and deliver visible results from the very first session.





SICILIUM TIGHTENER /

85 MIN / €167

The marine silicon helps to smooth the skin and redefine the contours of the face, reducing visible wrinkles and signs of cutaneous tension. The skin feels regenerated and firmer: wrinkles and fine lines are softened from within, and the facial contour is tightened.

SEA LIGHT /

85 MIN / €167

A treatment that corrects imperfections and pigmentary inconsistencies while smoothing, unifying, and illuminating to reveal a more radiant complexion and protect the skin from environmental oxidative stress. Experience a more luminous complexion.

ABSOLUTE

OCEAN PRODIGY FORCE /

70 MIN / €160

Absolute beauty and ultimate regeneration for overall youthfulness. With its revitalising benefits, pure redensifying oxygenation and a specific massage inspired by Kobido, this treatment visibly softens wrinkles and restores the skin's firmness and elasticity to reveal a new sense of youthfulness. The perfect balance between effectiveness and a sensory experience.

EXCELLENCE MARINE COLLAGEN LIFT /

85 MIN / €120

This perfect anti-ageing facial treatment works comprehensively against all types of wrinkles. It reduces wrinkles caused by the breakdown of collagen and elastin, activates the skin's metabolism, improves nutrition and oxygenation, strengthens the extracellular matrix of connective tissues and promotes regeneration and firmness to redefine facial contours.

Body treatments

LIGHT

PEELING /

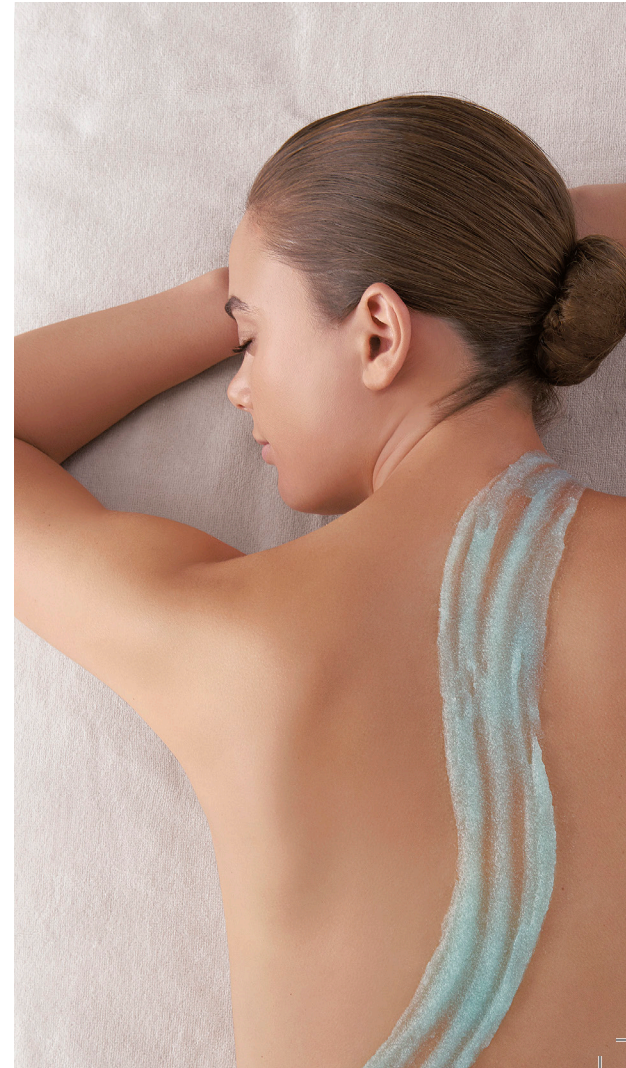
25 MIN / €49

The perfect exfoliation tailored to your skin's needs. Ginger, Bora Bora oil and sea salts, among other ingredients, work together to completely revitalise your skin, leaving it smoother, more even and radiant.

COCOON THERAPY (BODY WRAPS) /

25 MIN / €49

Discover the benefits of the sea and the earth's natural properties. Seaweed, Dead Sea mud and shea butter are just some of the ingredients offered in this therapeutic and beauty treatment. Experience remineralised, soft, fresh and soothed skin.





SPECIFICS

BODY SCULPT ANTI-CELL /

70 MIN / €120

An excellent concentration of effectiveness. A tailor-made professional slimming treatment, specific to each area. The ultra-exfoliating scrub and a highly active wrap, with a dual hot/cold effect, visibly redefine the figure, smooth orange-peel skin, and firm and tone the skin. Complemented by targeted wood therapy.

FRIGI-LEGS, LIGHTER LEGS /

40 MIN / €80

A cryotherapy treatment to reduce discomfort and tired legs. A treatment developed using the power of the widely acclaimed seaweed complex, enriched with menthol and camphor. This treatment not only reduces the sensation of pain and tired legs, but also contributes to sculpting the figure.

AFTER-SUN COLD CREAM MARINE /

55 MIN / €86

A nourishing treatment for dry, very dry and/or sun-damaged skin. Its wrap, Haute Nutrition massage, and intensive nourishing facial mask, with aloe vera and witch hazel, provide infinite softness and a velvety, comforting, and nourishing feel to the skin.

For men

EXPRESS MARINE ANTI-FATIGUE /

25 MIN / €59

In just 25 minutes, experience a rejuvenating boost for tired skin. A purifying and invigorating cleanse, followed by a marine crystal exfoliation, energising acupressure, and an anti-fatigue mask to reveal clearer, firmer skin and a well-rested complexion.

OCEAN INTENSE /

55 MIN / €79

Moisturising, nourishing, anti-irritant or purifying, this treatment provides a tailor-made solution for each male skin type. Enriched with Algue Bleue Vitale and combined with a stress-reducing craniofacial massage, this treatment addresses the specific needs of men's skin.

BACK DETOX /

40 MIN / €69

A relaxing treatment to relieve contractures. Unwind and soothe back tension with a mask, an exfoliating treatment, and a massage.

FULL BODY /

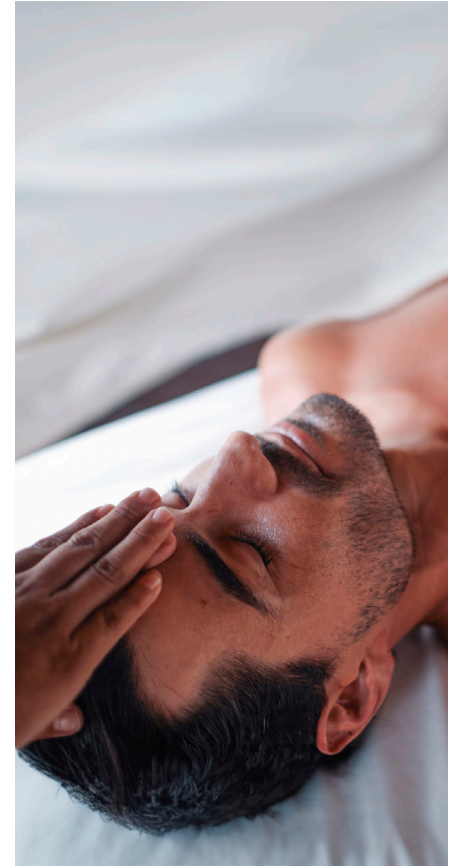
115 MIN / €109

A premium experience designed exclusively for men. A relaxing aromatic massage to relieve contractures combined with an exfoliation that will stimulate circulation and renew the skin.

FACE & BODY /

115 MIN / €167

Luxury in its purest form. A massage combined with a body and facial treatment featuring gentle, refreshing fragrances specially tailored to male needs. Deep relaxation and complete rejuvenation.



Therapeutical

TARGETED AREA /

25 MIN / €56

A gentle/medium intensity therapeutic massage that will help to relieve fatigue and stress in targeted areas such as the head, back or legs.

ANTI-STRESS /

55 MIN / €85

Considered the most universal massage, its beneficial effects help to reduce muscle contractures and increase overall body relaxation.

DEEP TISSUE /

40 MIN / €69 55 MIN / €93

A therapeutic massage that uses neuromuscular techniques to work on the deepest layers of the muscles. It's perfect for releasing contractures that form at a deep tissue level, promoting better circulation and overall relaxation.

FOOT REFLEXOLOGY /

40 MIN / €69

The feet are often the forgotten part of our body. Foot reflexology uses knowledge of the nerve connections between the inner segments of organs, muscles and skin to reflexively influence discomfort and disorders from the outside.

ESSENCES & SENSES /

40 MIN / €75

An exceptional massage that uses essential oils from natural plant extracts to improve your mood and awaken all your senses. It is especially suitable for stress, nervous or emotional tension.

Massage & tradition

LOMI LOMI NUI /

70 MIN / €105

Originally from Hawaii, this massage focuses on treating both body and mind with deep, flowing strokes to the rhythm of the waves. With a coconut aroma, it encompasses the whole body, including the forearms and hands, and is one of the most profound ways to achieve total harmony.

AYURVEDA ROYAL THAI POULTICE /

70 MIN / €109

A traditional Thai compress massage. The warm oil creates a soothing sensation, while the warmth of the medicinal herbs intensifies the experience. This massage reduces pain and inflammation, increases blood circulation and energy, eliminates toxins, and improves anxiety and insomnia.

STONE THERAPY /

70 MIN / €115

A massage with hot volcanic stones that will relax and expand the muscles as they move along the body. This treatment is combined with a sublime massage technique with hints of lavender. It relieves muscle tension, soothes pain and helps to achieve a perfect energetic balance.

EXTRA MASSAGE /

15 MIN / €19

If you wish, you can request an extra 15 minutes of massage. Subject to availability.



Rituals

BORA BORA BREATH /

85 MIN / €130

Travel to the other side of the world while enjoying an ultra-sensory scrub made from white sand from Bora Bora, sea salt, coconut shells and vegetable oils to nourish and gently exfoliate the skin. Indulge in the sweet aromas of Monoï during a personalised massage and experience a change of scenery and unparalleled relaxation.



Teen & skin

FACIAL CLEANSING /

30 MIN / €57

A personalised cleansing treatment that corrects pores and eliminates dead skin cells and impurities, achieving a more even skin tone.

HYDRATING /

55 MIN / €69

A treatment that corrects moisture levels and deeply revitalises dehydrated skin, resulting in a velvety feel and a radiant complexion.

PURETE MARINE DETOX /

55 MIN / €79

Restore the beauty of healthy skin with the power of the sea. Imperfections are visibly reduced, pores are refined and oiliness and shine are controlled.

Chic & child

CHILD RELAX /

25 MIN / €45

This treatment promotes relaxation after a busy day. The long, gentle pressure applied to the body reduces cortisol levels (the stress hormone). After the massage, children are freed from the tensions, both physical and emotional, that build up over the course of the day.

FAMILY DAY /

25 MIN 2 PAX / €97

Treat your children to a relaxing day together and share an unforgettable pampering experience. Enjoy a soothing massage for parents and children in our double suite.

CHOCO SPA RITUAL /

55 MIN 1 PAX €79 / 2 PAX €158

Surprise the youngest members of the family with an exceptional experience. The experience begins with a chocolate body wrap with skin-detoxifying properties designed to tackle stress, followed by a relaxing massage.

CHIC SWEET MANICURE /

€15





Nail care

EXPRESS MANICURE /	€33
SPA MANICURE /	€45
MANICURE WITH SEMI-PERMANENT NAIL POLISH /	€64
EXPRESS PEDICURE /	€43
SPA PEDICURE /	€55
PEDICURE WITH SEMI-PERMANENT NAIL POLISH /	€74
EXTRA: SEMI-PERMANENT NAIL POLISH REMOVAL	€15



Spa etiquette

General terms and conditions of use

- Before entering the spa, please remove all jewellery and leave objects of value in your room. The spa is not responsible for lost items.
- We recommend that you arrive 10 minutes before your scheduled appointment to complete the health assessment form and relax in the peace and tranquillity of our facilities.

Cancellation policy

- Out of respect for the reservations of other clients, please be aware that we cannot extend the treatment time if you arrive late. Likewise, payment will be collected in full.
- If you need to cancel a reservation, please do so 24 hours in advance. The cancellation of any spa treatment or service within 4 hours of the scheduled appointment will incur a 15% penalty, and the following appointment will be subject to availability.
- No-shows will incur an additional fee equal to 50% of the value of the service.
- Treatments are strictly professional; any inappropriate behaviour will result in the immediate suspension of the session, with no refund.
- Includes VAT.



IBEROSTAR

Selection
Es Trenc

★★★★★

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