

SPA & WELLNESS

Opening Hours

From 8:30 am until 9:00 pm by appointment made at Reception
(swimming pool) From 10:00 am until 7:00 pm (SPA treatments)

Terms and conditions of use

Users are requested to keep noise levels down. They should use a quiet tone of voice while using the facilities to not disturb the other customers trying to relax.

The Hotel will provide you with a dressing gown and slippers. It is mandatory for customers to wear slippers, as well as:

Men: Swimming trunks or shorts; Women: Bikini or swimming costume

It is recommended to use a dressing-gown and slippers in the treatments area.

Internal Regulations

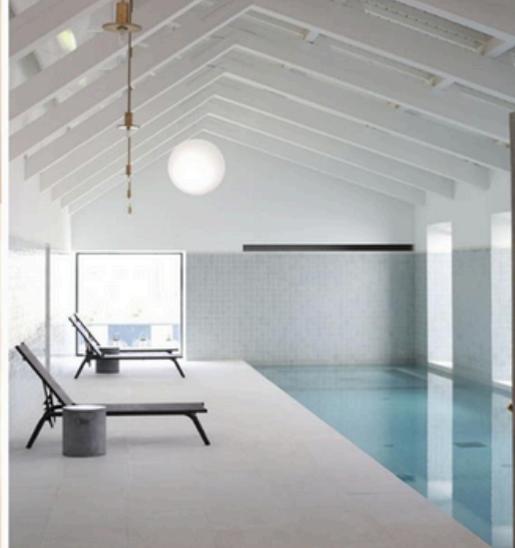
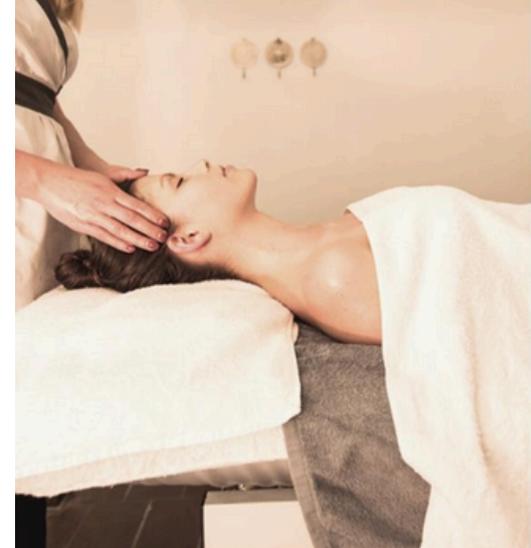
Our users are requested to follow our regulations, in order to guarantee that the space will be run smoothly, with harmony and kept in a proper condition.

Interdictions:

- *Smoking inside the Spa's premises;
- *Running, jumping or diving;
- *Use of the swimming pool or water circuit by children who wear nappies;
- *Eating or drinking in the Spa's premises, either than food or drink;
- *People under the influence of alcohol or drugs;
- *The use of the swimming pool and the water circuit is not allowed to persons with contagious problems, visible wounds or mycoses.

Turkish Bath

- * Under 16 years-old are not allowed in the Turkish Bath;
- * It is forbidden to smoke, eat and drink;
- * It is forbidden to shave;
- * You must not use the Turkish Bath for over 10 minutes without a break;
- * After 10 minutes, you must leave and have a shower with luke warm water and rest for another 10 minutes before going back;
- * We recommend that you remove any type of jewellery before entering in the Turkish Bath;
- * Do not use the Turkish Bath if you are pregnant, have a heart or respiratory condition, high or low blood pressure, circulatory problems, diabetes, fluid retention or skin problems;
- * Do not use the Turkish Bath after a heavy meal;
- * Do not leave garments to dry inside the Turkish Bath.



TREATMENTS by DARPHIN®

FACE TREATMENTS

Sensitive Skin (45/60 Minutes) 100€ / 120€

Ideal treatment for sensitive skin with tendency to redness and irritations. The soothing formulas of our products help reduce the appearance of redness.

It repairs and strengthens the skin's natural barrier and detoxifies sensitive skin from the effects of pollution.

Intense Hydration (45/60 Minutes) 100€ / 120€

Ideal for any type of skin that shows signs of dehydration. The formulas in our products help relieve the discomfort sensation of dry skin, replenishing and preserving the natural hydration of the skin.

Anti-Age (45/60 Minutes) 120€ / 140€

Anti-Wrinkle Treatment developed to repair all signs of aging and to help reveal a divine skin with a more youthful appearance. Recommended for skin that has pronounced wrinkles, lack of firmness, volume and lightness, sagging and brown spots.

BODY TREATMENTS

Perfect Exfoliation (60 Minutes) 100€

Body exfoliation and hydration, a treatment that removes toxins, moisturizes and stimulates the skin. This revitalizing and exfoliating body, enriched with

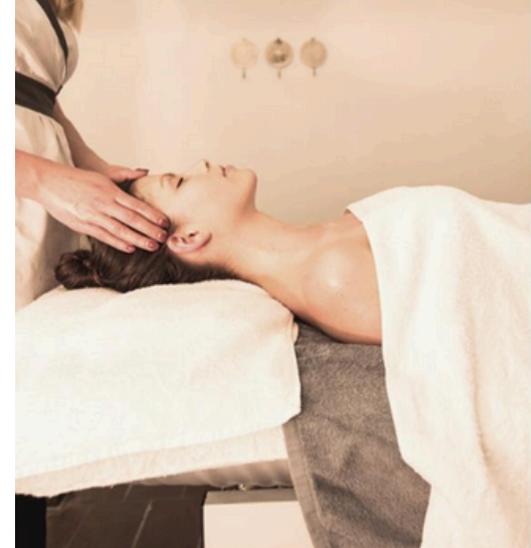
Dead Sea salts and essential oils of Lemon, Orange and Bergamot, helps remove dead cells, leaving the skin soft, smooth and luminous. The remineralizing action of Dead Sea salts energizes the skin, while citrus essential oils that stimulate the body and mind.

Wine Therapy Exfoliation (60 Minutes) 100€

Exfoliation with grape seeds, honey, dark sugar and essential oils to restore radiance and smoothness to your skin. This formula helps remove the fat in depth, perfecting the silhouette and attenuating the orange peel effect, activating the drainage, leaving your skin clean, toned and perfectly smooth.

Relaxing Massage (60 Minutes) 120€

Smoother technique that uses sliding and light movements, with the use of aromatic oils, providing a feeling of comfort and rest. It aims at relaxation, anti-stress, anti-irritability, lack of concentration and poor blood circulation.



[Localized Relaxing Massage \(45 Minutes\) 100€](#)

The technique consists on sliding and light movements located in different areas of the body. You can choose your massage on the head, back or legs. It aims the relaxation, anti-stress, anti-irritability and muscular fatigue, providing a feeling of comfort and rest.

[Anti-Stress Massage \(45 Minutes\) 100€](#)

The anti-stress massage acts in depth and directly in the muscles, to relieve the pains and accumulated tension. Ideal for reducing signs of stiffness and muscle fatigue.

[Foot Reflexology Massage \(45 Minutes\) 100€](#)

This technique uses the stimulus of the different points of the body, called nerve plexus. Reflexology of the foot consists of applying pressure to the points of the foot, to balance the energy of the body and to avoid the emerge of diseases and health problems.

[Foot Reflexology Massage with Exfoliation \(60 Minutes\) 120€](#)

This treatment consists of the Foot Reflexology technique with an exfoliation treatment before hand to contribute to a better relaxation previous to the massage itself.

[Therapeutic massage \(50 Minutes\) 100€](#)

The therapeutic massage is a localized treatment with the goal of gradually recovering affected areas. It acts on the benefits of gradual recovery of injuries, muscle toning and regeneration, motor rehabilitation and greater flexibility and mobility. It helps prevent and treat certain health problems such as stress, contractures, edema, muscle spasms, nervous tension, tendonitis, sprains, cramps, backache and increases the blood circulation.

[Aromatherapy Massage \(45 Minutes\) 100€](#)

Aromatherapy consists of massage with essential oils that promotes balance and well-being to the body, by reducing stress, muscle relaxation, stimulating blood circulation and, thus, increasing the supply of oxygen and nutrients to cells; intensely stimulates the lymphatic system.

[Feel Special @ Torre de Palma \(90 minutes\) 190€](#)

Take time to take care of yourself and enjoy this special treatment. It consists of a combination of three treatments: body massage, body and foot exfoliation. Lastly, enjoy a 10% discount on a meal in our Restaurant Torre de Palma (discount valid on the day of treatment.)