

ES RACÓ D'ARTÀ

SANUM PER AQUAM

Treatments: 10:00 am – 7:00 pm

Pools: 9:00 am – 9:00 pm

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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

BODY MASSAGES

BESPOKE MESSAGE

30’ // 45’ // 60’

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

DUET BESPOKE MESSAGE

60’

Couples massage in which the type of pressure is a personal choice that is established at the beginning of the treatment. It can vary from the fullness of the relaxing massage to the most demanding and deep pressure.

AROMATHERAPY MESSAGE

60’ // 75’

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 MESSAGE

45’

Combinable with impact therapy using percussion massage technology. 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.

RELAXING MESSAGE FOR PREGNANT WOMEN

60’

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.

LYMPHATIC DRAINAGE

60’ // 90’

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

FACIAL TREATMENTS

MASSAGE AND FACIAL TREATMENT

60' // 75'

Personalized facial treatment and 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, deconstructing or draining effect according to your needs.

DEEP FACIAL HYGIENE

75'

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.

FACIAL DETOX

75'

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.

FACIAL LIFTING

75'

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.

FACIAL REPAIR

75'

Indicated for damaged and/or malnourished skin.

Ultra-repairing and sensorial treatment developed by the organic and vegan cosmetics 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.

BODY AND COMBINED TREATMENTS

FACE & BODY OLEUM CORDE RITUAL

120'

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'

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.

BODY & FACE SENSIT DAMASCENA RITUAL

120'

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.

BODY EXFOLIATION AND MASSAGE

90'

Deep body exfoliation using different salts and essential oils followed by a personalised 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.

BODY SLIM

60' // 90'

Body treatment that combines the application of slimming body oils, wood therapy techniques and firming or slimming wraps, depending on the desired objective: detox-draining, firming, anti-cellulite or against localised fat.

SLIMMING PEARLS

60' (body, localised) // 90' (general body)

Firming and toning sensorial treatment. Through the application of marine technology pearls with exfoliating and slimming action, we boost microcirculation and fat burning. Thanks to the manual application manoeuvres, we help to mobilise fat and drain retained liquids.

REVITALIZING BODY MINERAL TREATMENT

60' // 90' // 120' (with mineral bath)

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 applied 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.

SIGNATURE WATER TREATMENTS

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WATSU®
60' // 75'

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

Watsu® is a form of body work in water at a pleasant temperature between 34 and 36°. Techniques based on Zen Shiatsu and its system of stretching the energy meridians are applied while your body floats and is supported effortlessly. These factors help you to enter a zone of zero stress level, the ideal moment to release tensions and/or traumas, decompress the spine, mobilise the joints and balance and integrate the multiple layers of the nervous system.

OTHER THERAPIES

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BIODYNAMIC CRANIOSACRAL THERAPY
60'

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.

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NLP COACHING
60'

Do you need any change in your life?
With Neuro Linguistic Programming tools, our International Neuro Linguistic Programming Coach will help you find solutions within yourself.

Some treatments: phobia cure, relationships in conflict, intense or recurrent limiting states, states that produce a certain experience, big changes, job, partner, etc.

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SOUND THERAPY WITH VIBRATIONAL INSTRUMENTS
60' (individual // 2 people)

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.

EASTERN THERAPIES

SHIATSU

60' // 75'

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' // 75'

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.

FACIAL ACUPUNCTURE

60'

Facial acupuncture with lifting effect and including a draining and relaxing massage with Gua Sha. Helps to provide a rejuvenated and healthier looking skin.

MERIDIAN REBALANCING

60'

Meridian rebalancing with acupuncture and/or Tui Na (traditional Chinese massage), achieving a better flow of the body's own healing and restorative energies and providing greater well-being and health.

HOLISTIC KINESIOLOGY WITH QUARTZ MICROSYLICA

60'

Holistic Kinesiology with quartz microsylica. They allow us to evaluate the physical, chemical and energetic system, to then carry out a treatment following the concepts of Traditional Chinese Medicine, totally personalised, to restore possible physical, energetic, biochemical and mental imbalances.

CHI NEI TSANG

60'

Chi Nei Tsang means "internal organs energy transformation". It is an ancient Taoist form of abdominal massage originated in China, migrated then to Thailand and now practiced widely in hospitals. Created to address the imbalances that occur in the "Chi" (energy) flow through the work with the fascia, muscles, nerves and internal organs, this massage aids to reduce problems caused by stress, injuries, surgeries, poor posture, improper nutrition and toxic emotions. Chi Nei Tsang works with the digestive, circulatory, lymphatic, respiratory, nervous and endocrine system and is a comprehensive approach to detoxifying, energising and strengthening the viscera to bring optimal health and vitality.

TOK SEN

60'

Tok Sen is an ancient northern Thai practice that involves a wooden hammer tapped along the body's energy lines to promote a sense of calm and tranquility. Tok Sen can be translated as: Tok, the action of the hammer and its vibration and Sen, string with unlimited length, in this case the energy lines around our body. The hammer used for this practice requires a blessing by a monk to assure Buddha's protection throughout the whole practice. This alternative massage technique helps with physical aches and pains, energy blockages and improves the path of the nervous system.

REIKI

60'

Reiki is a Japanese healing technique developed in 1922 by Japanese Buddhist Mikao Usui, designed to decrease stress, increase relaxation, and promote holistic health. It is administered by 'palm healing' or 'hands-on healing' and is based on the concept that unseen life force energy flows through each of us and is what enables us to be alive. Our Reiki sessions treat the whole person – body, emotions, mind, and spirit – and come with a wealth of beneficial effects, including increased relaxation and feelings of peace, security, and wellbeing.

BEAUTY TREATMENTS

MANICURE

Classic

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.

PEDICURE

Classic

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.

YOGA & MEDITATION CLASSES

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PRIVATE YOGA AND/OR MEDITATION SESSION

60’ (individual // 2 people // 3 people)
90’ (individual // 2 people // 3 people)

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.

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YogaSOMATICS

60’

YogaSOMATICS is a blend of contemporary yoga, modern somatics and energetic work to awaken your senses and connect to your life energy. The practice is about sensing and shaping from within connecting to one’s own life energy and body wisdom.

Private Sessions are suitable for beginners and advanced practitioners who want a deeper feeling, sense and awareness of the sensitive body.

Available on Fridays only.

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PERSONAL TRAINING

120’

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.

NUTRITION WITH GEMMA BES

NUTRITION CONSULTATION

individual // 2 people

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 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.

SPA PACKAGES

We offer a range of wellness packages with different objectives, which can be customised according to your needs.

Stay curious, discover your purpose, and maintain balance. Our programs, lasting from 2 to 5 days, acting as a guide for your well-being 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.

ANTI STRESS PROGRAM

RECONNECT WITH YOURSELF

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. Allow yourself this simple yet powerful break, and witness the transformative effects on your well-being.

DAY 1

- Welcome ritual with peeling, massage and facial treatment (2 h)

DAY 2

- Foot reflexology massage (45 min)
- Watsu, Shiatsu or Thai massage (1 h)

DAY 3

- Personalised massage (1 h)
- Sound therapy (1 h)

DAY 4

- Lymphatic massage (1 h)
- Craniosacral therapy (1 h)

DAY 5

- Aromatherapy massage (1 h)
- Personalised holistic facial treatment (1 h)

PHYSICAL WELLBEING PROGRAM

REBALANCING AND ENERGISING

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

- Remineralizing treatment and massage with magnesium (90 min)

DAY 2

- Personalized massage (1 h)
- Foot reflexology massage (45 min)

DAY 3

- Thai massage or Shiatsu treatment (1 h)
- Nutrition consultation (1 h)

DAY 4

- Deep tissue massage (1 h)
- Acupuncture (1 h)

DAY 5

- Personalized massage (1 h)
- Cranial massage (45 min)

BEAUTY GLOW PROGRAM

FEEL GOOD IN YOUR BODY

We will provide the ideal treatment for your skin and your body. Combining treatments that will help you purify your body, allowing you to shine. You will feel rejuvenated, more confident and more relaxed.

DAY 1

- Welcome detox ritual (2 h): peeling, massage and facial treatment

DAY 2

- Lymphatic massage (90 min)
- Personalized facial treatment (1 h)

DAY 3

- Aromatherapy massage (1 h)
- Nutrition consultation (1 h)

DAY 4

- Personalised massage (1 h)
- Acupuncture (1 h)

DAY 5

- Lymphatic massage (1 h)
- Personalised holistic facial treatment (1 h)

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.

The programs can be combined with half board or full board.

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

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.
- Please note that access to our SPA facilities is permitted to clients over 16 years of age only.
- 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.
- 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).

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.

OPENING HOURS

Treatments: 10:00 am – 7:00 pm

Pools: 9:00 am – 9:00 pm

SPA CONTACT


eMail:

spa@esracodarta.com

Mobile phone:

+34 630 352 921 (WhatsApp only)

Internal call:

2507 + 

or you can come directly to our
SPA reception desk.

Alternatively you can contact
our main reception:

2500 + 