



La Posidonia

SPA, IBIZA



WELLNESS RITUAL

Make the most of your stay by pampering yourself with our Wellness Ritual.
Experience a variety of treatments to reconnect with yourself.

BODY MASSAGE OF YOUR CHOICE.

Duration of 80 min.

PERSONALISED SKINCEUTICALS FACIAL TREATMENT.

Duration of 50 min.

FOOT REFLEXOLOGY OR CRANIAL MASSAGE OF YOUR CHOICE.

Duration of 50 min.

THE CASCADAS SUSPENDIDAS EXPERIENCE.

485€

**The ritual is indivisible and payable on the day of booking.*



BODY AND FACIAL MESSAGES

Let us recommend the most appropriate massage for you:

YOUTH FACIAL (50 min.)

Relaxing and firming facial massage, with no added products, just personalised manoeuvres by your therapist.

HOLLISTIC MASSAGE

Gentle and enveloping massage for complete relaxation.

DEEP-TISSUE

Massage technique that concentrates on the deepest layers of muscle tissue. Releases tension in the body through deep pressure.

FUTURE MUM

Specific massage for the time of pregnancy to help release tension, and relax for a better sleep.

CRANIAL MASSAGE (50 min.)

Massage of Hindu origin which releases accumulated tensions, promotes concentration and benefits the cardiovascular system.

PODAL REFLEXOLOGY (50 min.)

Specific foot and ankle massage that activates circulation and revitalises energy.

BACK IN SHAPE (50 min.)

Massage that helps release all the tensions in the back area and produce more efficient blood circulation.

MENTAL RELAX (cranial and facial 80 min.)

This deeply relaxing treatment acts considerably on the nervous system and mental hyperactivity. At the same time, the skin is more beautiful, brighter and firmer.

Duration of 50 min. for 145€. Duration of 80 min. for 205€.



TREATMENTS FROM HEAD TO TOE

NA XAMENA FUSION

Feel infinite relaxation and an incredible sense of well-being. Sublime fusion of western therapeutic and traditional Thai massage, and hot stone technique. Eliminates toxins, improves blood circulation and releases tension and stress.

Duration of 80 min. for 220€.

HEALTHY HAIR

Cranial, shoulder and neck massage with circulatory activation of the scalp and application of Leonor Greyl oil.

AN ALOE VERA HUG

Purify and hydrate your skin with body exfoliation and nourishing wrap with pure organic aloe vera.

THE CARING OF HANDS*

Exfoliation, wrap, massage, moisturising and nail care.

THE CARING OF FEET*

Exfoliation, wrap, massage, moisturizing and nail care.

Duration of 50 min. for 155€.

**Complement your feet or hand beauty treatment with a nail polish.*



 SKINCEUTICALS
ADVANCED PROFESSIONAL SKINCARE

CARE FOR YOUR SKIN WITH SKINCEUTICALS

The SkinCeuticals philosophy is based on 3 pillars:

PREVENT, PROTECT AND CORRECT.

Dr. Sheldon Pinell pioneered the use of antioxidants as the mainstay of his cosmetic line.

INTENSIVE MOISTURISER

For skin showing signs of dehydration.

FACIAL RADIANCE

For dull or uneven skin tone.

DETOXIFYING

Indicated for combination skin or skin showing signs of stress.

SOOTHING

Indicated for sensitive skin.

CORRECTION

Indicated to reduce the signs of ageing.

Duration of 50 min. for 155€.



CASCADAS SUSPENDIDAS

Discover our open-air water circuit and enjoy a hydro-massage in a privileged environment for a complete relaxation of all senses.

The Cascadas Suspendidas experience for guests staying at the hotel:

Duration of 45 min. for 40€.

Experiences for external clients:

Experience the Cascadas Suspendidas together with a magnificent gastronomic moment in the Edén Restaurante and its unique and special setting.

Cascadas Suspendidas & Lunch: 150€

Cascadas Suspendidas & Dinner: 170€

Complete your relaxing experience by adding a 50 min. massage of your choice

Cascadas Suspendidas & Massage 50 min & Lunch: 250€

Cascadas Suspendidas & Massage 50 min. & Dinner: 270€

Upgrade your relaxing experience by adding an 80 min. massage of your choice

Cascadas Suspendidas & Massage 80 min & Lunch: 295€

Cascadas Suspendidas & Massage 80 min. & Dinner: 315€

Access:

Restricted access for pregnant women, people with reduced mobility or serious health problems, children under 14 years of age and under 1.50 m tall. Smartphones, animals, drinks and food are not allowed.

GIFT VOUCHER "LA POSIDONIA"

Any of the proposals on our menu can become a perfect gift.

ADDITIONAL INFORMATION AND CONDITIONS

All menu prices are per person, in € and include VAT.

We recommend you book your treatments or services in advance.

Please arrive 10 minutes prior to your appointment to complete the mandatory questionnaire. Any late arrival will shorten the treatment time.

Digital Detox:

The spa environment is relaxation and serenity for all. Smartphones and cameras are prohibited by personal data protection and accident prevention laws; they will be kept inside your locker, in silent mode.

Lost property:

To avoid any loss or damage, we advise you not to bring any valuables to the Spa. Lost property items will be kept for 2 months; if not collected within this period of time, they will be handed over to a local NGO. The Hotel facilities, minus Spa and Eden Restaurant- Lounge, are reserved exclusively for guests staying at the hotel.

Cancellation policy:

Charges will be 100 % charged for any reservation not cancelled at least 24 h before the scheduled time.

La Posidonia

SPA, IBIZA

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Hotel phone extension: 816

Spa opening hours: 10.00h until 20.30h

Cascadas Suspendidas opening hours: 11.00h until 19.30h