



PEARL Spas

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menu

# PEARL Spas

Welcome to Pearl Spas. Our Spa aims to sooth the spirit, rejuvenate the body and enrich the mind. We will pamper you with a vast selection of natural and holistic treatments. We are here to take you on a journey back to serenity and well-being. A professional and dedicated team of therapists will guide you in choosing the right experience.

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PEARL  Spas



# Pearl Spas Exclusive Experience

## Seabreeze Massage

Let yourself drift away with our special Seabreeze Massage using a special blend of essential oils which helps the mind to relax and the body to unwind. Using long flowing movements, we will have you in a state of total serenity in no time.

🕒 25 mins

€32 per person

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🕒 55 mins

€60 per person

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## 4 Handed Massage

Indulge in the beauty of being pampered with a message done by two therapists simultaneously. Working at the same pace, they use your body to choreograph slow, detailed movements which will take you on a journey of total relaxation.

🕒 55 mins

€95 per person

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## Mother of Pearl

Let your senses drift into a sanctuary where no luxuries are spared. We will take you on a sensuous journey of ultimate well-being. Starting off with a foot refreshment ritual to a coconut body scrub where your skin is polished and prepared for a warm revitalizing body wrap. A unique Polynesian massage will have you in a state of pure tranquillity. Finishing off this treatment with a luxurious mother-of-pearl body cream to give you a radiant glow on the outside as is on the inside.

🕒 120 mins

€95 per person

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## Holiday Ritual for Two

After a long flight or a heavy week, your body and mind need a helping hand to revitalise together. Starting your experience with a velvet touch body mud wrap and a reflexology. Drift into a world of aromatherapy with a head to toe full body massage.

🕒 120 mins

€160 per couple

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## Signature Pearl Spas Packages

### Spa Treat

Enjoy some me time and re-energise yourself...

- Express Facial • Back, Neck & Shoulder Massage

 55 mins

**€50 per person**

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### The Awakening

Kick start your day and re-energise your mind, body and soul. This highly energised experience will boost circulation and lymphatic flow leaving you feeling fresh, renewed and re-energised.

- Relaxing Hydrotherapy Bath • Energising Full Body Massage

 85 mins

**€75 per person**

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### Head to Toe

Escape into a serene world of bliss with our specially designed package which is sure to leave you feeling pampered and with a significant, radiant glow.

- Full Body Exfoliation • Hot Stone Back Massage
- Essential Enhancer Facial • Hand Treatment

 85 mins

**€90 per person**

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### Treat the Jetlag

Treat yourself to an experience to soothe the mind and body from the stresses of travelling.

- Cooling Leg Treatment • Reflexology • Face and Scalp Massage

 55 mins

**€70 per person**

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### Spa Indulgence

Let yourself fall into our caring hands where you are guaranteed to leave looking and feeling revived, fresh and pampered.

- Intense Hydrating Facial • Express Pedicure • Express Manicure

 85 mins

**€80 per person**

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## Manscape

The ultimate de-stress package for men. Release your tension to feel renewed and re-energised.

- Deep Tissue Massage • Reflexology

🕒 55 mins

**€55 per person**

🕒 85 mins

**€80 per person**

## Our Jewel...Pearl

Let us make you feel like royalty for a day, were your mind is serene, the body is renewed and the soul is revived. Leave no part of your body untreated with a head to toe experience.

- Sea Salt Body Scrub • Detox Body Wrap • Hyrdro Therapy Bath
- Relaxing Full Body Massage • Absolute Lift Facial • Spa Manicure
- Spa Pedicure

🕒 325 mins

**€250 per person**

## A Romantic Getaway

Drift away with that special someone. Enjoy a side by side treatment that will leave you feeling revived, refreshed and relaxed. A perfect touch to add to your romantic holiday.

- Hot Stones Full Body Massage • Revitalising Facial

🕒 85 mins

**€120 per couple**



## Body, Mind & Soul

### Back, Neck and Shoulder Massage

Relaxing massage on the back, neck and shoulder area to ease muscle tension from bad posture and over worked muscles. Focusing on various pressure, therapist will focus on easing out muscle tension.

 25 mins

**€30 per person**

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### Foot & Leg Massage

A revitalizing treatment for tired feet and heavy legs. Provides a cooling and soothing experience to help reduce puffiness and soothe aches and pains.

 25 mins

**€30 per person**

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### Pearl Spas Signature Full Body Massage

A beautiful blend of palm compressions and hot stones to melt away any stress and embrace you to a tranquil state of mind.

 55 mins

**€80 per person**

 85 mins

**€100 per person**

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### Aroma Therapy Massage

Indulge in the world of aroma therapy where essential oils will penetrate the body through the skin. Essential oils affect your mood, alleviate pain, and help for maximum relaxation. Using long stroke techniques, this full body massage will leave you blissfully renewed.

 55 mins

**€55 per person**

 85 mins

**€80 per person**

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## Couples Massage

Enjoy a full body massage next to your loved one, whilst having the treatment side by side in our specially prepared candle lit couples room. A traditional full body massage with regulated pressure and movement for an excellent feeling of unlimited relaxation.

🕒 55 mins

**€90 per couple**

🕒 85 mins

**€130 per couple**

## Sports Massage

Recommended for chronically, tight, painful or repeatedly strained muscles. Constant build-up of tension in the muscles from regular activity may lead to stresses on joints, ligaments, tendons, as well as the muscles themselves. This is the perfect massage to treat over worked muscles.

🕒 25 mins

**€35 per person**

🕒 55 mins

**€70 per person**

## Lymphatic Drainage Massage

Lymphatic massage, is a delicate and specific technique, light form favouring the lymph flow, which helps to eliminate waste and toxins that cannot be absorbed through the blood capillary vessels. It is a very good treatment for cellulite, detoxifying, swelling and water retention.

🕒 55 mins

**€60 per person**



## Oriental & Holistic Treatments

### Oriental Head Massage

Focusing on head, neck and scalp this massage involves special Oriental techniques which gives pleasure and a relieve to stress and tension. It is highly recommended for people that suffer from tension headache.

 25 mins

**€30 per person**

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### Hot Stone Massage

Our professional massage therapists will incorporate the use of lava hot stones to transfer heat into the muscles and ease muscle tension. Heated stones are placed gently on body chakras to promote maximum relaxation.

 25 mins

**€35 per person**

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 55 mins

**€65 per person**

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 90 mins

**€85 per person**

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### Reflexology

Pressure on key points and body Meridians will reduce pain by reducing stress levels and improving your mood. It keeps the body's vital energy flowing as it directly works with the nervous system.

 25 mins

**€35 per person**

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 55 mins

**€55 per person**

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### Sea Shells Massage

Sea Shells Massage is a gentle but very pleasant treatment. A subtle but relaxing full body massage using a combination of hands and warm sea shells to provide deep relaxation.

 25 mins

**€35 per person**

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 55 mins

**€75 per person**

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## Pan Thai Massage

A full body massage with warm compresses, tailor made at Pearl Spa, with a combination of specific herbs and spices. Heat derived from compresses will ease muscle tension and herbal infusion will help to relax mind, body and senses.

 55 mins

**€70 per couple**

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## Thai Massage

Relax as our fully trained therapist stretches and flexes your body, opening and relieving weary muscles. Using pressure point stimulation and targeted stretching, Thai massage renews the body's energy flow while reducing tension and stress.

 55 mins

**€70 per person**

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## Pearl Spas Face Treatments

### Deep Cleansing Facial

A facial tailored specifically to your needs including a deep pore cleansing, exfoliation, facial massage and mask. The skin is left glowing and feeling fresh.

🕒 55 mins

€35 per person

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### Teen Facial

Specifically designed for the delicate skin of a teenage; deep cleansing the skin to balance oil production leaving skin nourished and smooth.

🕒 55 mins

€35 per person

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### Advance Lifting Facial

Boost your skin against all free radicals. Indulge in an anti-ageing and lifting treatment. Using a specific lifting massage technique to transfer nourishment in the cellular structure of the skin and promote collagen production. Leaving facial structure nourished, tighter and hydrated by its unique collagen mask.

🕒 55 mins

€65 per person

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🕒 85 mins

€80 per person

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### Intense Hydration Facial

A highly hydrating and relaxing facial, with the action of marine active ingredients. Your complexion will appear brighter and your face will feel smoother and replenished.

🕒 55 mins

€55 per person

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## Eye Treatment

Enhance oxygen supply to the eye area with an exclusive eye treatment. Perfect solution for tired and overstressed eyes to smooth wrinkles, hydrate area and diminish puffiness.

 25 mins

**€35 per person**

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## Gentleman Facial

Starting off with a deep tissue back massage to stress relief tight shoulder, neck and back muscles. Followed by a deep cleansing facial ritual and a face, neck and scalp massage to improve cellular rejuvenation.

 55 mins

**€50 per person**

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 85 mins

**€75 per person**

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## Pearl Spas Face Treatments

**ELEMIS**

DEFINED BY NATURE. LED BY SCIENCE

### **Sensitive Skin Soother Facial**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stress. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

 55 mins

**€55 per person**

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### **Dynamic Resurfacing Precision Peel Facial**

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger looking skin.

 55 mins

**€65 per person**

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### **Superfood Pro Radiance Facial**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave plumper, radiant and lit up skin with good health.

 55 mins

**€55 per person**

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## ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

### Pro Collagen Age Defy Facial

Tackle fine lines and wrinkles with the clinically proven age defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

 55 mins

€70 per person

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### Pro Definition Lift and Contour Facial

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted youthful effect.

 55 mins

€70 per person

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## THALION

CRÉATEUR DE COSMÉTIQUE MARINE

### Ocean Secrets Facial

Designed to reveal each woman's beauty, this facial is more than just a treatment, it focuses the quintessence of Thalion's technological know-how on achieving immediate results and a unique sensory experience.

This unique facial is based on an innovative massage that sculpts the contours of the face and tightens the skin. This true manual lift combines deep relaxing massages with technical movements to remodel the skin's natural architecture

 55 mins

€65 per person

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## Body Treatments

### THALION

CRÉATEUR DE COSMÉTIQUE MARINE

#### Polish To Perfection

Allow your body to enjoy a body exfoliation ritual using essential oils and a fine layer of moisturiser. This treatment will leave your skin feeling smooth, nourished and totally refreshed.

🕒 45 mins

€45 per person

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#### Body Sculpt Slimming

The body is exfoliated and wrapped in Laminaria seaweed famous for its powerful aid in slimming by drawing out its mineral rich properties. Minerals and trace elements boost the body's combustion mechanism resulting in a visibly slimmer figure.

🕒 55 mins

€50 per person

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#### Slimming Express

A deep exfoliation and anti cellulite massage perfect to shed cm instantly. Slimming express is the perfect ally for time pressed customers. It offers an immediate slimming answer.

🕒 25 mins

€33 per person

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# ELEMIS

DEFINED BY NATURE. LED BY SCIENCE

## Intensely Cleansing Salt Scrub

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

 25 mins

**€55 per person**

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## Thousand Flower Detox Wrap

This nutrient rich detox wrap uses the deeply nourishing green tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

 55 mins

**€50 per person**

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## Targeted Toning Tightner

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and back of arms. Nigari salts deeply cleanses, followed by a targeted sculpting massage to kick start the micro-circulation, promoting a smoother silhouette and invigorating the entire body.

Hips and Thighs  25 mins

**€50 per person**

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Abdomen  25 mins

**€35 per person**

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Arms  25 mins

**€35 per person**

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All Areas  85 mins

**€70 per person**

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## Baby on Board Maternity Treatments

Spa treatments that are perfect for mums-to-be. These wonderful, nourishing and pampering treats benefit both mother and baby, promoting deep relaxation for those blossoming bumps.

Once you've passed your first trimester, treat yourself with one of our massages, which range from 25 to 55 minutes. Treat your hands and feet with a manicure or pedicure, or both – you will feel renewed from top to toe. You can also indulge in some of our most popular facials.

### Beautiful Bump

A relaxing well being massage on the neck, head, face & leg massage which will help reduce fatigue and targets areas prone to tension during pregnancy.

 55 mins

**€50 per person**

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### Mums to Be

Specifically designed for the needs of pregnant women and their changing bodies. This pregnancy massage is very beneficial for circulation as it lowers anxiety, relieves pain, improves sleep and gives an overall improvement on mood swings.

 55 mins

**€60 per person**

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### Pre-Natal Bliss

Pamper your changing body with this package specially designed for you. Treat your skin to an intensive hydrating body mask, which will help boost collagen production in the skin to prepare it for your growing baby bump. An energising leg massage is performed on the leg to help with circulation, finishing off with a hydrating facial to give you a radiant glow.

 85 mins

**€80 per person**

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## Post Natal Bliss

Designed completely to personalize your post baby needs and restore yourself to simply relax and get back your energy.... you can Pick and mix 2 or 3 treatments of your choice depending on the time you select.

🕒 55 mins

€55 per person

🕒 85 mins

€80 per person

🕒 120 mins

€100 per person

# ELEMIS

DEFINED BY NATURE. LED BY SCIENCE

## Peaceful Pregnancy

An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom, empathy and respect.

🕒 55 mins

€65 per person





## Hand and Feet

### Pearl Spas Manicure & Pedicure Deluxe Combo

Give your hands and feet a good treat, starting off this experience your feet and hands are soaked in an essential oil base. Followed by a honey exfoliation and nail care for hands and feet. Completing this experience with a long lasting nail polish.

- Nail & Cuticle Care • Nail Buff • Hard Skin Removal • Exfoliation
- Hand & Foot Pressure Point • Foot Massage • Nail Polish Application

🕒 120 mins

€80 per person

### Pearl Manicure

Indulge in treating your hands and nails, starting off with a mineral scrub and finishing with a luxurious paraffin wrap and polish.

🕒 55 mins

€35 per person

### Pearl Pedicure

Indulge in treating your feet and nails, starting off with a mineral scrub and finishing with a luxurious paraffin wrap and polish.

🕒 55 mins

€40 per person

### Express Manicure

A quick pamper of nail filing, cuticle pushing and application of nail polish.

🕒 25 mins

€25 per person

### Express Pedicure

A quick pamper of nail filing, cuticle pushing and application of nail polish.

🕒 25 mins

€25 per person

<b>Gel Polish Removal</b>	€10
<b>Gel Polish Application</b>	€20
<b>Upgrade any Mani / Pedi Treatment with Gel Polish</b>	€15



## Baths

### **Cleopatra Milk Bath**

Plunge into an Egyptian era. Our sultans bath will be infused with milk, honey and essential oils. Leaving skin deeply hydrated and nourished with multi nutrients.

 25 mins

**€120 per person**

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### **Herbal Bath**

Indulge in an aromatic bath to enhance maximum relaxation of mind, body and soul.

 25 mins

**€20 per person**

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## Scrubs and Body Wraps

### Sea Salt Scrub

Traditional Maltese salt is mixed with oils to exfoliate dead skin cells and deep cleanses the skin. Leaving skin smooth and supple.

 25 mins

**€30 per person**

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### Honey & Sugar Scrub

Traditional Maltese honey is gently combined with sugar granules to gently refine the skin and nourish with all its nourishing benefits.

 25 mins

**€30 per person**

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### Chocolate Wrap

A mouth-watering full body wrap using fine chocolate with rich cacao powder. It is rich in Vitamin E and which leaves skin luminously glowing and moisturised. Cacao contains glycerides which deliver moisturising lipids and fats which plump out wrinkles and fight the ageing process.

 45 mins

**€40 per person**

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### Mud Wrap

Mixture of natural clay, and seaweed derived from all around the world is combined together and mixed with oils for a total detoxifying treatment. Mud can slim and tone the body, hydrate or firm the skin, or relax and soothe the muscles.

 45 mins

**€40 per person**

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## Spa Discount Programmes

### THESE TREATMENTS CONSISTS OF 6 SESSIONS

#### **Oriental & Holistic Programme**

( a combination of hot stones, reflexology and body massage)

🕒 55 mins

€250 per person

🕒 85 mins

€300 per person

#### **Deep Tissue Full Body Massage**

🕒 55 mins

€250 per person

#### **Back, Neck & Shoulder Massage**

🕒 25 mins

€150 per person

#### **Deep Cleansing Facial**

🕒 55 mins

€180 per person



## Essential Up Keep

<b>Eye Lash Tint</b>	<b>€15</b>
<b>Eye Brow Tint</b>	<b>€15</b>
<b>Lip, Chin Wax</b>	<b>€10</b>
<b>Underarm / Forearm Wax</b>	<b>€15</b>
<b>Half Leg Wax</b>	<b>€20</b>
<b>Full Leg Wax</b>	<b>€35</b>
<b>Basic Bikini Line Wax</b>	<b>€15</b>
<b>Brazilian / Hollywood Wax</b>	<b>€30</b>
<b>Make up Application</b> starting from	<b>€35</b>
<b>Bridal Make Up</b>	<b>€50</b>



## Seabank Exclusive Treatments

### Bamboo Massage

Known for its healing properties, this massage works on all levels to balance, calm and energise you physical, mental and spiritual sense. If you're looking for a rejuvenating massage treatment, there's nothing better than the green bamboo massage therapy. Bamboo massage is an innovative way to provide a deep tissue massage using heated bamboo to roll and knead the tissue to create an extreme sensation of relaxation and well-being. Bamboo massage is also used as a powerful preventive therapy against modern-day stress and to aid relief from many physical and emotional problems.

🕒 25 mins

€45 per person

🕒 55 mins

€75 per person

### Ginger Healer

A beautiful journey that begins with a ginger salt glaze body scrub known for its healing effects, followed by an aromatherapy full body massage. Your journey ends with a relaxing facial which will help restore energy to the skin.

🕒 115 mins

€100 per person

### Royal Argan Massage

A full body massage using argan oil. Argan is endowed with all natural antioxidants recommended for hydration and anti-ageing properties. Fatty acids will leave the skin nourished and replenished while the cells oxygenated and muscles are loosened.

🕒 55 mins

€70 per person

🕒 85 mins

€95 per person

### Time

Reserve two hours at Pearl Spas and allow our well trained therapist to guide you in achieving the best possible experience and optimise in getting the best treatments that are suited to your personal needs.

🕒 115 mins

€120 per person

PEARL  Spas





## San Antonio Exclusive Treatments

### Reiki

Reiki is the ritualized medical of “laying Hands”. A holistic therapist will focus on unrealistic breathing and apply hand movements to your body to transfer energy. By working on the energy lines we release blocked stress and bad energies. Such cleansing energy system will provide much more flexibility and health as it connects the individual with inner self and a special kind of peace.

 55 mins

**€75 per person**

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### Shiatsu

Shiatsu is an ancient Japanese therapy. It involves specific pressure, moving from one point to another by a rhythmic sequence on specific body parts called “Meridians”. This will promote vital energy and facilitate healing such as in anxiety, menstrual problems, headaches, back pain and sinus problems and many more as it makes balance between joints and spine.

 55 mins

**€75 per person**

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### Sultan’s Touch

Travel to time in a journey of relaxation by a Moroccan Sultan's Bath. Treatment goes beyond a “Hands On Therapy” as the energy points are awakened by the placement of hot lava stones. A pressure point foot and head massage will completely restore your body and mind.

 120 mins

**€110 per person**

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### Ultra Sound Facial

An intensive treatment for specific skin types’ targeting individual concerns. Fine lines are diminished and deep lines are treated, dull skin is hydrated and opened pores are treated to tighten. Indulge in a luxurious facial for a total rejuvenation and treat.

 55 mins

**€65 per person**

 90 mins

**€85 per person**

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## Ayurveda Treatments

### Abyangham

Sanskrit term means “glowing body.” Thanks to Ayurvedic warm oil, which promotes overall health, longevity, proper blood circulation and relaxes the mind. A full body massage to either stand-alone therapy or as part of a deeper cleanse to unwind and de-stress mind, body and soul.

🕒 55 mins

€80 per person

🕒 85 mins

€95 per person

### Elakizhi

De-Stress with warm Ayurvedic medicated oil during the first part of the treatment. Drift away your senses after the full body massage, therapist will introduce, herbal leaf compressors specifically prepared by our Indian Therapist. Using specific herbs, leaves and powder to treat chronicle muscle and joint pain, neurological disorders, sciatic pain and arthritis.

🕒 85 mins

€80 per person

### Udvarthanam

Also known as the “Powder Massage”. Kick start with a warm Ayurvedic full body massage using traditional techniques. Using a mixture of different herbs, this Ayurvedic herbal body scrub promotes active blood flow, thereby revitalising and recondition the body. Udvarthanam, flushing out toxins from under the skin to promote weight loss and fat reduction.

🕒 85 mins

€85 per person

### Uzhichi

An Ayurvedic term for “Deep Tissue Massage”. Specific pressure applied on the “Marma Points”, Chakra points, of the muscles, feet, head and palm. Ayurvedic warm oil will help penetrate the muscles to relaxes and reduce muscle tension while pressure applied will work out fatigue muscle. A specific treatment recommended only to sports personnel.

🕒 85 mins

€85 per person



## Shirhodara

Mother of relaxation. Sanskrit term “Shiro” means Head, “Shara” means flow. A heaven on earth treatment, which starts off with a Traditional Ayurvedic warm oil full body massage. Introduction of pouring luke warm oil on forehead induces deep state of relaxation, soothes nerves system, stimulates endocrine system and awakens the third eye. Shirhodara helps treat insomnia, migraines, sinus, depression, anxiety and over stressed. Shirhodara is a perfect alternative for meditation.

🕒 85 mins

€120 per person

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## Ayurvedic Back Massage

Traditional Ayurvedic massage using warm and medicated oil, concentrating on the back, neck and shoulder area.

🕒 25 mins

€35 per person

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## Ayurvedic Head Massage

Traditional Ayurvedic head massage using warm and medicated oil, concentrating on head, neck and scalp.

🕒 25 mins

€40 per person

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## Spinal Care Treatment

A specific treatment for people with back problems. Treating all spinal injuries or pain using specialised natural warm herbal oil, with specifically therapeutically techniques. Followed by herbal leaf bag treatment all over the back area.

🕒 60 mins

€75 per person

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## Spa Information

### **Gift Vouchers**

An excellent idea to give to your loved ones. They are available for any treatment & packages being offered at the spa. Gift vouchers are not refundable and must be presented at the time of booking.

### **Booking Information**

For booking information and guidance please call us directly. Our therapists will guide you through our selection of treatments.

### **Arrival**

Spa guests are advised to arrive 15 minutes prior to their appointment to allow time to change into spa wear and to receive a detailed spa consultation.

### **Payment**

All bookings must be prepaid at the time of making the reservation. We accept cash, cheques and all major credit cards.

### **Medical Conditions**

If you have undergone any surgery within the past 6 months, suffer from any medical condition or are pregnant please advise us at the time of booking.

### **Cancellation**

Please allow 24 hours notice of cancellation to avoid an automatic 50% charge. No show's will be charged 50% of the price.

### **Spa Rules**

It is prohibited to use mobile phones, video cameras or personal stereos during your visit. Smoking is strictly prohibited in all areas.

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