

*Wellness*





**RITUALS IN WHICH TO DISCONNECT AND RECONNECT WITH THE NATURE THAT SURROUNDS YOU.**

Experience wellness in your entire being with our exclusive treatments.

Hotel Bendinat's wellness treatments will allow you to relax and unwind with soothing massages and rituals, exclusively designed with Pharmos Natur Green Luxury natural products.

With Pharmos Natur Green Luxury's you will experience the unique and regenerating effect of sacred plants healing, rejuvenating, regenerating and special plants that have been carefully and holistically processed. As a result, with every Pharmos Natur Green Luxury product, you will benefit from the active ingredients, the intense light energy and the high vibrations that characterise our beauty and wellness treatments. Discover the miraculous effect of 100% pure and organic Aloe Vera juice, with no added water, alcohol, or parabens.

Allow yourself to be pampered by the regenerating properties of fresh aloe vera plant leaf.

All our rituals are complemented by the application of our fresh aloe vera leaf, a natural agent with numerous active ingredients that nourish, repair, and regenerate the cells whilst significantly slowing down the ageing process.

With the fresh aloe vera leaf, you will feel how freshness and vitality flow through your body, resulting in radiant, glowing skin.

Let yourself be carried away by the feeling of plenitude and allow our therapists to guide you on your journey to wellness where every detail is meticulously devised to achieve maximum serenity and harmony.

## Love your age Ritual

With our LOVE YOUR AGE facial and body ritual, you will feel the rejuvenating active substances, high luminous energy, and intense vibrations firm your skin while activating cell renewal, causing all your cells to pulsate. Let yourself go and experience how your whole body is revitalised.

This wonderful pampering ritual begins with a warm foot bath to help you relax and unwind. Your neck and head will be refreshed, followed by a soothing back massage. Afterwards, the facial pampering ritual begins which includes a luxurious brush and oil massage for your face, neck, and shoulders, followed by an exfoliating hand and arm massage that will leave your skin feeling soft and smooth. The highlight of this ritual is the use of fresh aloe vera leaves. As you bask in the active ingredients of our LOVE YOUR AGE ritual, your calves and feet will also receive a relaxing massage.

The treatment is perfectly tailored to individual needs and desires, reaching even the smallest cells, with visible results on the face and body. At the end of the treatment, you will immediately feel rejuvenated and full of energy.

*All our Pharmos Natur Green Luxury treatments are carried out with the application of a fresh aloe vera plant leaf.*

### CHOOSE AND COMBINE:

#### FACIAL

Cleansing, mask, facial massage.

#### MASSAGE

Relaxing or decontracting.

#### FACIAL & BODY TREATMENT

Deep cleansing, mask, facial massage, choice of exfoliation or wrap

#### RITUAL

Facial, scrub, wrap, massage

## Detox Rituals

With each breath, we have the opportunity to start anew. Now is the time to free ourselves and say goodbye to unnecessary burdens. Our holistic care routine will help you on your journey to success and peace of mind.

Discover our medicinal and rejuvenating plants focused on detoxifying, both inside and out. These sacred plants and pure aloe vera do not only cleanse the skin, but also the whole organism as well as providing the body, mind, and soul with intensive luminous energy and high vibrations.

This detox ritual will purify and decongest through the lymph, as well as strengthen and firm the connective tissue, activate the metabolism and reduce cellulite. An ideal support during fasting and cleansing cures, giving the body a sense of wellbeing and renewed energy.

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### CHOOSE AND COMBINE:

#### FACIAL

Cleansing, mask, facial massage.

#### MASSAGE

Lymphatic and detox massage.

#### FACIAL AND BODY TREATMENT

Choose between exfoliation and wrap.

#### RITUAL

Facial, detox exfoliation, detox wrap, detox massage.



## For Him

### NATURE OF MEN FACIAL

An energising treatment that combines cooling and warming elements with an intensive and powerful massage of the face, head, and neck to release tension and stress. You will feel a deep and lasting relaxation and a renewed energy, with visible results on your skin.

The product and treatment sequence are specially adapted to the needs of male skin. Your skin will benefit from the treatment's visible results, appearing revitalised, tightened, moisturised and regenerated. The highlight of the treatment will be the application of a fresh aloe vera leaf, a special plant that provides unique benefits and is ideal for sensitive skin.

To enhance your experience, add a body scrub with a nourishing wrap.

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## Intensive Moisturising

### INTENSIVE MOISTURISING FACIAL

Revitalise your skin with a burst of freshness for a renewed appearance. Our moisturising facial provides intensive hydration that penetrates deep into the skin. Experience and enjoy the invigorating effect. Free radicals will be neutralised, moisture storage will be replenished, and the skin will receive a new burst of energy.

### INTENSIVE MOISTURISING BODY CARE

A treatment specially tailored to the needs of dry and sensitive skin. The precious and pure plant oils are prepared with organic aloe vera and applied on the body with a gentle and relaxing massage. The skin absorbs the active ingredients and feels smooth, soft, and well-nourished all over again.

To enhance your experience, add a gentle body exfoliation with nourishing aloe vera wrap.

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## After Sun Treatments for Him and Her

### SUN HARMONY FACIAL

A delicate facial treatment that uses soothing and strengthening ingredients, such as prebiotics and pure aloe vera, to recover, protect and calm the most sensitive skin. This facial is especially beneficial for skin that has been exposed to the sun.

### SUN HARMONY BODY CARE

A treatment especially designed for dry and sun-exposed skin. Precious and pure plant oils are prepared with organic aloe vera and gently massaged into the body. This way, the skin absorbs the active ingredients and provides a feeling of softness, calmness, and deep nourishment.

To enhance your experience, add a gentle body exfoliation with a nourishing wrap.

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# Massages

## RELAXING

A massage designed to achieve profound physical relaxation and realign both body and mind. Our relaxing massage is carried out using natural essential oils along with slow and long strokes that provide a sense of rebirth and sheer indulgence.

To enhance your treatment, add a nourishing and relaxing wrap.

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## DEEP TISSUE

A high-pressure decontracting massage that targets deep tissues to ensure thorough muscular relaxation.

## HOT STONE

This holistic technique uses pre-heated basalt stones combined with essential oils to soothe muscle aches and pains. It is specifically recommended to relieve chronic contractures, fatigue, and sleep disorders.

## FOOT REFLEXOLOGY

Foot reflexology stimulates blood circulation, energy flow and self-healing forces. This ritual finishes with a leg and foot massage that will leave you feeling completely refreshed and relaxed.

## FIRMING AND DETOXIFYING

A massage that combines manual lymphatic drainage and firming massage techniques by acupressure. This will increase the supply of oxygen to the cells and accelerate tissue restoration. Several sessions are recommended.

# Beauty Treatments

## FOR HER

### MANICURE

This soothing hand ritual will take care of your skin, nails, and cuticles. It includes a revitalising hand massage with an exfoliating scrub made of natural ingredients and a moisturising mask that will perfectly complete the treatment for a smooth feel. Nail polish of your choice.

### PEDICURE

A gentle exfoliation and enriching mask will renew the skin of your feet and leave them feeling silky and smooth. The nail and cuticle care, callus buffing and revitalising massage will produce a refreshing feeling of lightness. Nail polish of your choice.

## FOR HIM

### MANICURE

An intensive peeling created to cleanse, exfoliate, treat, and hydrate both the nails and cuticles. It will leave your hands visibly smoother, radiant, and younger-looking. The manicure will end with a hand massage.

### PEDICURE

This pleasurable experience begins with a thorough exfoliation and nail and cuticle care. This is followed by callus buffing, a mask, and an invigorating foot massage.



## Sport

### YOGA

Yoga sessions designed to learn or practice the different yoga postures (asanas) and meditate while breathing properly (pranayama). It will enhance your health, strength, flexibility, and serenity for your private and working life.

### PILATES

Pilates has long been considered one of the fitness world's best kept secrets. With regular practice, you can improve your physical and mental performance in a gentle but effective way.

### HAIRDRESSING FOR HER

Haircut, wash, and dry\*

### HAIRDRESSING FOR HIM

Haircut, wash, and dry\*

\*Prices on request

### HORARIO DE APERTURA

Todos los días de 11:00 h a 19:00 h

### RESERVAS

Si desea obtener más información o hacer una reserva, contacte con la recepción del wellness marcando el número 503, o bien acudiendo directamente al personal de nuestra zona wellness. Se recomienda hacer las reservas con una antelación mínima de 24 horas.

### ANTES DE LLEGAR

Para su mayor comodidad, le recomendamos que deje todas sus joyas y accesorios personales en su habitación. Asimismo, se aconseja a los caballeros que se afeiten antes de cualquier tratamiento facial para garantizar los mejores resultados.

### PUNTUALIDAD

Por respeto a las reservas de otros huéspedes, le rogamos que tenga en cuenta que no podremos extender su tiempo de tratamiento en caso de retraso.

### DURANTE SU ESTANCIA

Le agradecemos su colaboración en mantener la atmósfera de tranquilidad necesaria para disfrutar de los tratamientos. Por favor, modere su tono de voz y tenga en cuenta que no está permitido fumar ni usar teléfonos móviles. Para extender su experiencia de bienestar a su habitación o su hogar, nos complace ofrecerle una variedad de productos naturales de alta gama a la venta.

### CANCELACIONES

Si desea cancelar o modificar su reserva, le rogamos que nos lo comunique con al menos 24 horas de antelación. De lo contrario, Hotel Bendinat cargará el 100% del importe de los tratamientos cancelados o en caso de no presentarse.

### BONO REGALO

Regale belleza y salud a esa persona especial. Le ayudaremos a elegir el tratamiento adecuado. Consulte en la recepción de la zona wellness o a través de nuestra página web.

### OPENING HOURS

Every day from 11:00 h to 19:00 h

### RESERVATIONS

For more information or to make a reservation, please contact the wellness reception by dialling 503 from your room or, if you wish, by visiting our wellness staff directly. We recommend booking at least 24 hours in advance.

### BEFORE YOUR ARRIVAL

For your comfort, we recommend that you leave all jewellery and personal accessories in your room. Gentlemen are advised to shave before any facial treatment to ensure the best results.

### PUNCTUALITY

Out of respect for other guests' bookings, please note that we will not be able to extend your treatment time in the event of a delay.

### DURING YOUR STAY

We thank you for your cooperation in maintaining the peaceful atmosphere necessary to enjoy the treatments. Please note that it is important to moderate your tone of voice and that smoking and the use of mobile phones is not permitted. To extend your wellness experience to your room or home, we are pleased to offer a variety of products for sale.

### CANCELLATIONS

If you wish to cancel or change your reservation, please let us know at least 24 hours in advance. Hotel Bendinat will charge 100% of the cost of treatments cancelled with less than 24 hours' notice or in case of a no-show.

### GIFT VOUCHER

Give the gift of beauty and health. We will help you choose the right treatment for that special person. Enquire at the wellness reception or via our website.





*Hotel Bendinat*

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