



ESPAÑOL

DEUTSCH

FRANÇAIS

SPA
HOTEL ES PORT

SPA – ACCESS

Spa Free for hotel guest

Monday to Sunday from 7.30 am to 9.00 pm

Children (-16) are welcome with an adult from 10.00 am to 3.00 pm

July and August only adults

External Guest :

Day pass 4 hours using our facilities between

10.00 am to 5.00 pm



WELCOME

The atmosphere in our spa reflects the calm of the island itself and is the perfect place to experience the pleasure of relaxation.

You have at your disposal:

Heated pool at 30°C with mineral and magnesium rich spring water with swan neck and waterfall.

- **Jacuzzi** at 35°C
- **Sauna** at 85°C
- **Steam Bath** at 48°C
- **Bithermal shower**
- **Waterfall shower**
- **Footbath** with temperature contrast and stone path.
- **Therapy rooms** and tent for outdoor massage.
- **Mediterranean garden** and citrus orchard in front of the thermal area.

We have a wide range of treatments and integral therapies that we adapt to your individual tastes and needs.

BOOKING AND POLICY CANCELLATION

If you need to cancel your reservation, please let us know 24 hours in advance.

If you do not attend your appointment or cancel with less than 3 hours' notice, the treatment will be charged at 100% of the total amount.

If you arrive late, out of consideration for other clients, your treatment will be given during the remaining time of your appointment.



RELAXING MASSAGES

Anti-Stress (60 min)

Release tension and restore inner calm with a soothing massage designed to relax muscles, ease mental stress, and bring a sense of total well-being. Perfect for rebalancing body and mind after a busy day.

Pre-mama (60 min)

A gentle and soothing massage specially designed for expectant mothers. Adapted to the specific needs of pregnancy, this treatment helps relieve tension, reduce discomfort, and promote deep relaxation. Performed with neutral almond oil, it is safe, nourishing, and ideal for caring for both body and mind during this special stage.

Sóller Sensations (60 min)

Awaken your senses with a stimulating massage using fresh oranges from our own orchard and warm oil infused with citrus and mint aromas. This revitalizing treatment lifts your mood, restores emotional balance, and energizes your body, all with the natural goodness of Sóller's local products.

Ayurveda – Abhyanga (80 min)

A deeply balancing massage performed with personalized oils selected according to the predominant dosha. This treatment helps restore the body's natural energy flow, promoting harmony, relaxation, and overall well-being by rebalancing body and mind.

WARM RELAX

Ayurveda - Pinda Swedana (60 min)

A deeply relaxing massage performed with warm pindas—cloth bundles filled with seeds and infused with oils. The gentle heat and aromatic ingredients release tension, soothe the body, and provide a comforting, warming sense of well-being.

Hot Stones (70 min)

Geothermal therapy using hot volcanic stones together with hand massage. The heat slowly given off by the stones induces a state of relaxation.

BUY

RELAXING MASSAGES

FOCUSED MASSAGE

Beauty Back (40 min)

Warm and enveloping massage to relieve muscular pain in the back and neck, following exfoliation to remove dead skin cells.

Champi Balance (40 min)

Relaxing massage of the head, neck and face using almond and argan oils to help prevent insomnia, headaches and clenching of the jaw.

Light Legs (40 min)

Relaxing, circulatory massage that speeds up elimination of toxic substances, by stimulating blood oxygenation and flow to the legs.

Foot Reflexology (40 min)

Treatment to stimulate the body's organs, systems, and structures by activating reflex points through precise pressure, promoting balance and overall vitality.

THERAPIES FACIAL AND MUSCLE MOBILITY

Therapeutic Massage (60 min)

To treat muscle and joint pain, spasms, and stiffness, relieving tension and promoting relaxation and freedom of movement.

Osteopathy-Fasciotherapy (60 min)

Comprehensive treatment of the connective tissue, recommended for treating injuries, pain and musculoskeletal imbalances.

BUY

RELAXING MASSAGES

JOINT MOBILITY MASSAGE

Intelligent Movement. Feldenkrais® Method (60 min)

Therapy with movement to treat pain and injuries, improve coordination, posture and good use of the body in daily activities.

Thai Massage (60 min)

Experience the benefits of Thai massage, performed fully clothed and without oils. This ancient technique combines gentle stretches, guided movements, and targeted pressure to release tension, improve flexibility, and restore balance to your muscles and joints. It's ideal for relieving muscle pain, stiffness, and spasms while promoting relaxation and overall vitality.

Please note:

Thai massage is not recommended for individuals with herniated discs, severe joint or bone issues, acute injuries, uncontrolled high blood pressure, pregnancy complications, blood clotting disorders, infections, or open wounds.

GENTLE MOBILITY

Craniosacral (40 min)

Gentle, hands-on approach that releases tensions deep in the body to relieve pain and improve whole-body health.

Lymphatic Drainage (45 min)

Technique to stimulates the circulation of the lymphatic liquid.

BUY

BEAUTY TREATMENTS

BODY

Tonic C & Facial (90 min)

Indulge in a luxurious full-body experience starting with a rejuvenating scrub that exfoliates and renews your skin. Enjoy a relaxing massage with nourishing oils infused with Vitamin C to hydrate, energize, and restore your natural radiance. The ritual is completed with a gentle facial cleansing, leaving your skin soft, glowing, and refreshed from head to toe.

Lavanda Tramuntana (70 min)

Reat yourself to a full-body peeling with a soothing lavender scrub, followed by a nourishing floral body mask that envelops your skin in natural softness. Complete the experience with a luxurious moisturizing massage using rich rose cream, leaving your skin silky, hydrated, and beautifully fragrant from head to toe.

Tramuntana & Facial (100 min)

Start with a soothing full-body ritual (Lavanda tramuntana) that relaxes and lightly nourishes the skin. The facial experience is a luxurious journey for your skin: it begins with an enzymatic peel to gently renew and smooth, followed by a Cassis antioxidant mask to brighten and protect, and finishes with deep hydration to restore softness, radiance, and a revitalized, healthy glow.

Mediterráneo Detox (60 min)

Full body exfoliation with sea salts, purifying massage with draining oils and remodelling cream, perfect for decongesting the skin.

BUY

BEAUTY TREATMENTS

FACIAL

Choose the facial your skin deserves – personalized for your needs.

Luxury Face (60 min)

Personalized facial for your skin.

- Hyaluronic Acid – Deep hydration and plumping effect .
- Vitamin C – Powerful antioxidant and skin brightener .
- Oxygen – Soothes and revitalizes sensitive skin .
- Retinol (Vitamin A) – Smooths fine lines and boosts skin renewal .

Men's Facial (50 min)

Deeply cleanse and nourish skin and beard with a charcoal mask enriched with Vitamin C, leaving your face fresh, revitalized, and your beard soft and healthy.”

HANDS & FEET

Full Manicure (50 min)

Pamper your hands with a gentle scrub, nourishing hydration, and a light massage. Finish with perfectly groomed nails, polished with your choice of classic or semi-permanent color, leaving your hands soft, smooth, and beautifully manicured.

Full Pedicure (60 min)

Treat your feet to a soothing scrub, gentle hydration, and a relaxing massage. Calluses and rough skin are carefully smoothed with professional files, and nails are finished with your choice of classic or semi-permanent polish, leaving your feet soft, refreshed, and perfectly groomed.

Manicure or Pedicure express (40 / 50 min)

Quickly pamper your nails with precise care and a flawless finish, polished with your choice of classic or semi-permanent color for beautiful, well-groomed hands in no time.

Removal gel nail polish

Quickly pamper your nails with precise care and a flawless finish, polished with your choice of classic or semi-permanent color for beautiful, well-groomed hands in no time.

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