



**ZOËTRY®**

WELLNESS & SPA RESORTS

*The art of life®*

SERVICE MENU



Natura Bissè  
Barcelona

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*HOW TO PREPARE  
TO ENJOY THE SPA*

### How do I select my services?

A professional therapist from our Spa will analyze your skin type and will recommend an ideal treatment based on the needs of your body and skin.

### What time should I arrive at the Spa?

Please make sure to arrive 30 minutes before your appointment to familiarize yourself with the facilities and surroundings. Our goal is to have you enjoy every minute of your visit and not fall short due to a late arrival.

### How should I dress?

You may come to your appointment dressed as you like; we will provide you with a plush bathrobe and sandals. We suggest you bring your bathing suit if you would like to enjoy our fabulous and relaxing wet areas.

### How should I prepare?

We recommend drinking plenty of water before your appointment in order to better hydrate your body

### Mobile phones

In order to have a fabulous experience we ask that you please turn your mobile phones and any other electronic device off.

### Cancellations

Please let us know if you need to cancel, reschedule or select a different treatment with at least twenty-four hours notice prior to your appointment in order to avoid being charged for 100% of the treatment.

### Prices and Taxes

All prices include a 16% tax. Leaving a gratuity for an exceptional service is optional. All prices are in US dollars. Prices are subject to change without notice.

### Payment Options

All Spa services may be charged either to your room or credit card according to your preference

### Special Needs

Since your safety is our utmost concern, we ask you to please notify the Spa Manager and your Therapist of any special assistance or medical conditions you may have, such as: allergies, high blood pressure, heart conditions, diabetes, pregnancy, etc.

Driven by the need of protecting your health and your baby's life, we reserve the right to provide our massage services to pregnant women or people with one of the medical conditions above mentioned.

Zoetry Spa do not provide therapeutic or rehabilitation massage services.





## *THALASSOTHERAPY MENU*

# THALASSO CENTER

A TEMPLE OF HEALING WHERE ANCIENT TRADITIONS MERGE WITH MODERN HEALTH SCIENCE.

Thalassotherapy, which comes from the Greek word for “sea”, is based on the use of various aspects of the ocean (sea water, seaweed, mud, and other substances and organisms extracted from the sea) to promote health and wellbeing. The therapeutic benefits of Thalassotherapy have been recognized for thousands of years, being widely used by many ancient Mediterranean civilizations including the Egyptians, Phoenicians, Greeks and Romans. British and French physicians started to recognize the therapeutic benefits of seawater as early as the XVIII century eventually leading to modern scientific studies and the official recognition of the curative properties of Thalassotherapy by the French Ministry of Health in 1997. Today, many great Thalassotherapy centers are found in northern Europe, the Mediterranean and Asia.

## Benefits of Thalassotherapy

Thalassotherapy is based on the use of multiple marine elements used individually or in synergy (sea water, seaweed, mud, and other substances and organisms extracted from the sea) to restore health and wellbeing by being directly absorbed by the skin through the process of osmosis. These properties make Thalassotherapy treatments not only deliciously sensual and but also beneficial for the skin and the circulatory, nervous and musculoskeletal systems.

Thalassotherapy is highly recommended for the following conditions:

- Stress and Relaxation
- Depression and Anxiety
- Physical and Emotional Exhaustion
- Jet-lag
- Detoxification
- Dermatological Problems
- Circulatory Problems
- Weight Loss and Cellulite
- Rheumatism and Arthritis Musculoskeletal Problems
- Pain

# THALASSOTHERAPY

All our hydrotherapy treatments are provided using fresh seawater without the use of any chemicals or preservatives. Seawater is obtained from a location close to the resort characterized for its pureness and high content of minerals and oligoelements. Seawater is readily absorbed by the skin resulting in remarkable remineralizing and healing properties thanks to its chemical composition which is biologically identical to that of human plasma.

## Marine Affusion Shower Massage (50 min)

A sumptuous hydromassage treatment consisting of a relaxing massage performed under warm seawater jets.

Benefits:

-Relaxation and stress reduction, -Remineralization

## Hydromassage bathtub

A state of the art hydrotherapy treatment in a warm seawater tub applied using a choice of 6 computerized treatment protocols to control 72 water, air and ozone jets strategically positioned along acupressure meridians

Benefits:

-Relaxation and stress reduction, -Increases circulation,  
-Eliminates toxins -Relieves fluid retention -Remineralization



## MARINE ALGAE

We use 100% micronized Fucus Vesiculosus, Laminaria Digitata & Lithothamnium Calcareum, three marine algae known for their active properties. Natural seawater is used to activate the micronized seaweed

### Seaweed Body Treatment (80 min)

The ultimate thalasso treatment with 100% marine algae (Focus, Laminaria Digitata and Lithothamnium) rich in minerals, vitamins and micronutrients which activates the body's functions, relieves aches, purifies, drain metabolic wastes, and refines the silhouette. Treatment begins with an exfoliation, continues with the seaweed wrap and the final touch with a relaxing lymphatic drainage massage.

### Fit & Tone Treatment (80 min)

Designed to detox, to tone and remodel your silhouette, this complete treatment targets the dermis and subcutaneous tissues to deliver visible results from the very first session. Your therapist meticulously works with Valmont Cellular Refining Scrub which combines rose oil, diatomaceous earth and argan nut powder. After the application of our D. Solution Booster and of our rich Modelage Cream with kneading, friction and sliding pressure. The finish touch with our C. Curve Shaper which will leave the skin firmer, and more toned. The body feels incredibly fresh and light.

### Marine Sun Repair Treatment (50 min)

This exceptional treatment soothes the redness caused by sunburns with an extraordinary desensitizing complex based on algae and botanical extracts that reinforce the skin's own defense system. This remarkable treatment visibly improves skin congestion with the highly effective and natural repairing ingredients included in the formula such as marine DNA and helping alleviate hypersensitivity and inflammation.

## SEA MUD TREATMENTS

The medicinal properties of Sea mud have been recognized for centuries. It is rich in minerals such as magnesium, sodium, potassium, calcium, sulfur and bromine which not only nourishes skin but is a scientifically proven treatment for a number of skin conditions including psoriasis and atopic dermatitis and rheumatic diseases including rheumatoid arthritis, osteoarthritis and Fibromyalgia.

### Basic Sea Mud Wrap (25 min)

A thermal blanket is used to wrap the body at the optimal temperature necessary to stimulate the absorption of the active components of the Sea mud.

### Aromasea Massage (80 min)

A unique treatment with marine mud and clay rich in minerals as magnesium, sodium, potassium, calcium and bromine which not only nourishes skin but is a scientifically proven treatment for a number of skin conditions including psoriasis, atopic dermatitis and rheumatic diseases. Includes a soft and relaxing massage to enhance the therapeutic effects.



## THALASSO FACIALS

### Discovery Thalasso Facial by Valmont (50 min)

An express treatment which, in a minimal amount of time, provides an immediate beauty boost, smoothing out features and giving a radiant complexion thanks to an exclusive triple Marine DNA product by Valmont.

### Beauty Booster by Valmont (80 min)

This luxurious treatment stimulates the skin energy and cell renewal. After a careful cleaning of your skin with a gentle yet deep exfoliation, the treatment continues with a massage which reactivates all the biological processes for a long-lasting effect. Erasing fatigue, it leaves your skin looking well rested... like a good night's sleep! Regenerating Mask Treatment then demonstrates Valmont's technical supremacy. Our very unique 99.9% pure collagen mask plumps the tissues and redefines the contours of the face – a biological facelift! As a final touch, products from the Prime Generation fill the skin with anti-aging and anti-wrinkle ingredients to treat areas that bear the signs of time.

### Hydration in 3 Dimensions (80 min)

This treatment features a dual massage: A decongestant step inspired by cosmetic lymphatic drainage promotes the circulation of fluid between cells and layers of the skin. Then, a hydrating modeling combines effleurage and smoothing strokes to help the moisturizing active ingredients penetrate deep into the tissue. Finally, an ultra-hydrating Laminaria Digitata alga-based mask. This treatment quenches the thirstiest skins. Your skin comes back to life and the dermis becomes plump, smoothing wrinkles and dehydration lines.

\*Enrich your Facial with an Anti-aging Collagen eye mask treatment.



## THALASSO PROGRAMS

### Thalasso Discovery Program

Discover the benefits of the sea with our Thalasso Discovery Programs. Comprising a selection of the best European Thalassotherapy treatments these programs are the perfect introduction to the world of Thalassotherapy.

### Thalasso Beauty Program 1 day

Bring out your natural inner beauty with our Thalasso Beauty Program.

- 1 Marine Hydromassage with micronized marine algae
- 1 Seaweed body treatment
- 1 Zoëtry exclusive facial
- 1 Spa Manicure & Pedicure
- 1 Hands & Feet Paraffin Nourishing



### Thalasso Serenity Anti -Stress Program

Put your mind and body at rest with our 2- day Thalasso Serenity and Anti-Stress Program.

- 2 Thalasso bathtub with jet massage
- 1 Zoëtry Villa Rolandi Massage
- 1 Zoëtry Exclusive Facial
- 1 Marine AromaSea-Relax Massage or Reflexology Ritual

### Thalasso for Men Program

Enjoy all of the benefits of Thalassotherapy in a masculine format for an invigorating, revitalizing and re-energizing stay designed to make you feel like a new man. 2-, 4- and 6-day programs are available.

- Every Other Day: Detoxifying Marine Hydromassage
- Every Other Day: Personalized 50 minute massage
- Every Other Day: Marine AromaSea-Vitality
- 1 Personalized marine facial for Men by Valmont



## *MASSAGES*

### Zoëtry Villa Rolandi Specialized Massage (50/80min)

At Zoëtry Villa Rolandi we take a unique approach to massage therapy, where each specialized massage is individually tailored to your specific needs. Our highly trained staff of professional massage therapist will identify your needs, problem areas and contraindications in order to tailor a unique massage protocol based on swedish, deep tissue, sport, or lymphatic drainage.

### Neck, Shoulder and Back Massage (25/50 min)

A massage focused on shoulders, neck and back to release accumulated tension.

### Mayan Massage (80 min)

Our Mayan massage is based on actual Mayan healing practices to treat mind, body and spirit. Traditionally reserved for Mayan royalty, this massage uses components from the four elements, a variety of manual manipulations (kneading, stroking, stretching), suction cups, and Mayan reflexology

### Hot Stone Massage (80 min)

Warm basalt stones are used to massage strategic areas of the body to bring about relaxation and release muscle tension.

### For Couples

The perfect choice! The options for this massage are Swedish, Deep Tissue, Lymphatic Drainage or Sports Massage. This exquisite massage is available in our terrace overlooking the Caribbean sea or in our luxurious lover's suites.

### Hand and feet Reflexology Ritual (80min.)

The Zoëtry Villa Rolandi Reflexology Ritual is based on japanese reflexology principles and begins with a gentle foot scrub to remove skin cells and prepare hands and feet for the ultimate stimulation of the reflex zones in the hand and feet to reduce stress and restore organic balance. Warm paraffin is then apply to hydrate and nourish your feet.





## *FACIAL TREATMENTS*



### Zoëtry Exclusive (50 min)

*Detoxifies · Restores · Hydrates*

A true antidote against the ravaging effects on our skin resulting from our modern lifestyle. This deep cleansing facial includes an innovative enzymatic detox and steam to open and purify the pores as well as a meticulous extraction process, revealing extraordinarily soft and radiant skin.

### Citrus Antioxidant (50 min)

*Revitalizes · Stimulates · Firms*

Drench your skin with the antioxidant power of vitamin C. This nutrient rich treatment revitalizes the senses, stimulates the production of collagen, reduces inflammation and intensely hydrates.



### Oxygenating (50 min)

*Purifies - Brightens - Balances*

Awaken your skin with the revitalizing energy of pure oxygen to decongest, brighten and clarify a dull complexion. Perfect for the frequent flier and urbanites whose skin suffers from every day aggressors. xtraordinarily soft and radiant skin.

### Essential Shock (50 min)

*Firms · Nourishes · Tightens*

Shocks skin with a unique cocktail formulated to combat premature aging and maintain plump hydrated and wrinkle free skin. This repairing treatment will stimulate the skin's cellular function to fight premature aging caused by hormonal fluctuations.

### Diamond Energy Facial (80 min)

*Energizes · Renews · Revitalizes*

Energize your skin with this treatment designed to reboot dull skin from environmental stress and DNA damage. Improves definition of facial contour, dramatically restores elasticity, skin texture and tone.

**Natura Bissè**  
Barcelona



## *BODY TREATMENTS*

### Citrus Scrub (25 min)

*Exfoliates · Hydrates · Firms*

This sensory treatment polishes skin due to its highly effective exfoliating agents. Feel the citrus energy that eliminates dead skin cells and reveals an extraordinarily radiant and protected skin.

### Villa Rolandí's Secret (80 min)

Discover Villa Rolandí's Secret. This whole body treatment begins with a body scrub using Mayan herbs and salts from the Chicxulub Crater (located in Yucatan state) to cleanse, exfoliate, and moisturize the skin. After the skin is prepared, a Mayan wrap, based on mineral salts, algae and clay from the Chicxulub crater is applied to remove toxins, reduce stress, alleviate muscular pain, activate circulation and relieve fluid retention. A gentle massage with hydrating creme based on coconut oil, achiote and chaya (two Mayan plants with medicinal value) completes the experience.

### O<sub>2</sub> BODY PERFECTION (50 min)

*Purifies · Hydrates · Revitalizes*

Rich in macronutrients to provide an intensely nourishing, firming and rejuvenating effect. Helps prevent fluid retention, eliminate toxins and reduce cellulite.

### After- Sun Soothing wrap (50 min)

This Exceptional treatment soothes the redness caused by sunburns with a extraordinary desensitizing complex based on algae and botanical extracts that reinforce the skin's own defense system while helping alleviate inflammation.



# SALON SERVICES

## Basic Manicure

### Spa Manicure

A gentle exfoliation is performed using extremely fine sugar crystals and olive oil that penetrate deeply, effectively removing dead skin cells and stimulating cellular turnover. This exquisite manicure is followed by the application of a rejuvenating serum rich in Vitamins A, C and E that nourish the skin. The results are sensational! Hands are softer, smoother and with a more youthful appearance!

## Basic Pedicure

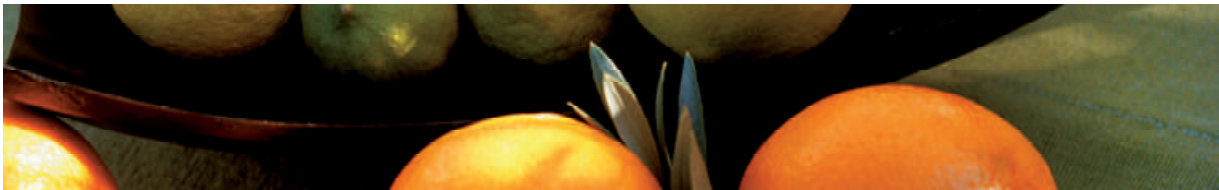
### Spa Pedicure

This exceptionally refreshing treatment deeply moisturizes and restores energy to your feet. The exfoliant based on vitamins A and E, Green Tea as well as the exclusive avocado lipid complex helps to remove celluses and softens the skin. This delicious pedicure is followed by a mask based on Shea Butter, avocado lipids, cucumber, Green Tea and Menthol that moisturizes, refreshes and soothes tired feet. In short, paradise for your feet!skin. The results are sensational! Hands are softer, smoother and with a more youthful appearance!

- Paraffin Treatment (hands/feet)
- Nail Polish Change (hand/feet)
- French Nail Polish Change (hands/feet)
- Foot bath and reflexology ritual
- Place Gel Color
- Remove Gel Color

## Waxing Services

- Full Leg
- Half Leg
- Eyebrows
- Bikini Line
- Full Arm
- Underarms
- Upper Lip
- Back
- Brazilian
- Half Arm



*ABSOLUTELY PAMPERED*  
SPA PACKAGES...

# SPA PACKAGES

## Welcome to Zoëtry (180 min)

- Foot Bath (Welcome)
- Sea Mud Wrap
- Swedish Massage
- Zoëtry Exclusive Facial

## Just For Her (150 min)

- Foot Bath (Welcome)
- Citrus Scrub
- Zoëtry Exclusive Facial
- Spa Manicure or Pedicure

## Just For Him (210 min)

- Foot Bath (Welcome)
- Deep Tissue Massage
- Oxygenating Facial
- Spa Manicure or Pedicure

## Romantic Escape (Couples) (50 min)

- Foot Bath (Welcome)
- Couples Massage
- Chocolate covered strawberries  
will be served at the end of your massage

## Couples Royal Oxygen Ritual (110 min)

Oxygenate your skin with an intensely hydrating and detoxifying ritual face and body that will restore your inner balance. Ideal for all skin types!





[www.zoetryresorts.com](http://www.zoetryresorts.com)