

# ànima

OLLER del MAS

Holistic wellness experiences where health and beauty are combined in unique treatments at a magical place: the holm and oak forest of Oller del Mas.



Sensory  
experiences that  
take you on a  
journey of serenity  
and connection  
with nature.

using different therapies to achieve  
different objectives: relaxing,  
detoxifying, toning, anti-ageing.  
At the same time, they promote the  
recovery of our body, skin and mind  
thanks to the properties and benefits  
of high cosmetic products.

# BODY TREATMENTS MARIA GALLAND

## SOIN SUPRÊME ÉNERGISANT

Balancing and stimulating body massage that offers a recharge of positive energy for the body and mind.

*Duration 60 minutes*

115€

## SOIN SUPRÊME RELAXANT

This warm, comforting and soothing massage offers deep relaxation to restore a peaceful flow of energy.

*Duration 60 minutes*

115€

## TREATMENTS TO REDEFINE AND FIRM THE CHEST

Treatment using specific redensifying and firming care with a lifting-tensor effect that provides firmness, prevents flaccidity and improves the appearance of the chest and neckline.

*Duration 60 minutes*

75€



# FACIAL TREATMENTS MARIA GALLAND

## SOIN MILLE LUMIERE “A tribute to your skin”

The fifth essence in the prevention of ageing for demanding care. The experience of a luxurious global anti-ageing treatment, which combines two types of masks highly concentrated in active ingredients to completely care for your skin. Visible and immediate effects thanks to the luxurious components and active ingredients.

*Duration 90 minutes*

155€

## SOIN RÉVÉLATION LUMIÈRE DE JEUNESSE

The results of this treatment are as effective as a good night's sleep. In just 75 minutes, the result is a smoother, luminous skin with a youthful, fresh glow.

*Duration 75 minutes*

120€

## LIFTING ABSOLUE JEUNESSE

100% manual litho treatment. Visible results in 75 minutes. Firms and defines the contours of the face by redefining the skin, smoothing wrinkles and creating a more lifted and sculpted appearance.

*Duration 75 minutes*

120€

## DÉSALTÉRANT BOOSTER D'ÉNERGIE

Treatment that moisturises, revitalises and provides immediate radiance. Supple, soft and smooth skin that gains energy and reduces signs of fatigue. A truly revitalising experience.

*Duration 75 minutes*

110€

## D-TOX PEAU NEUVE

Latest generation treatment. 100% manual cleansing ritual, adapted to all types of skin. A unique beauty method that allows the skin to breathe again and have the best look.

*Duration 45 minutes*

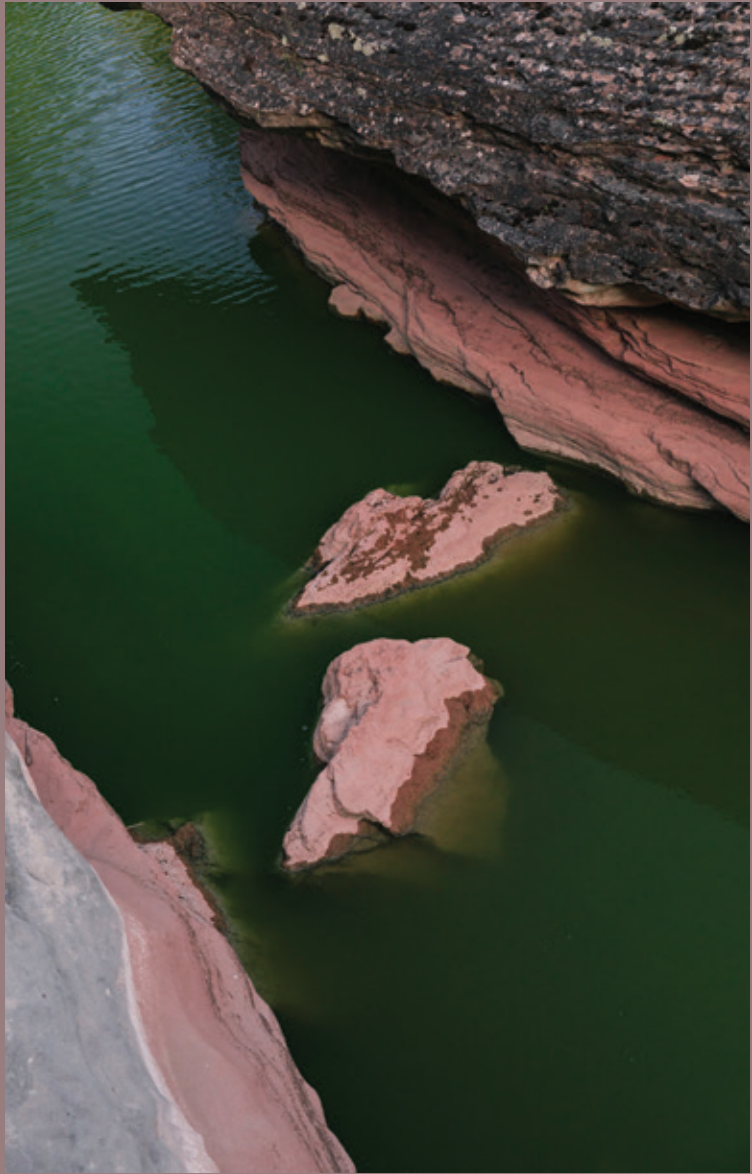
85€

## SUPRÊME JEUNESSE REGARD

Specific treatment for the eye contour that smoothes and fills wrinkles while reducing puffiness and dark circles.

*Duration 40 minutes*

75€



# BODY TREATMENTS DULKAMARA

VEGETABLE JEWELLERY OF HIGH NOBLE AND NATURAL COSMETICS. VEGAN, ORGANIC AND SUITABLE FOR COELIACS. MULTIFUNCTIONAL ORGANIC. NATURAL COMPLICITY.

## BIOACTIVE DETOX BAMBOO

We start with an exfoliation of great purifying and regenerating power that nourishes the skin through a manual work on reflex zones, lines and energy points that activate the detoxification mechanism of the body, complementing the holistic action of high biological cosmetics of the products.

*Duration 90 minutes*

*120€*

## BIODRAINING DETOX BAMBOO

Ritual indicated to help alleviate the symptoms of tired legs, with an exfoliation with phyto-actives, clay and bamboo and a massage with an emulsion rich in coffee and rosemary that strengthens the capillaries, favouring blood and lymphatic circulation.

*Duration 60 minutes*

*85€*

## ANTI-CELLULITE WITH BAMBOO CANES

Reduces accumulated fat with purifying and circulation reactivating active ingredients, firming the tissues to prevent the appearance of stretch marks and fat. It is achieved by means of a clay wrap and a massage with Bamboo canes that noticeably improves unsightly cellulite and skin tone from the first session.

*Duration and price Personalised*

## BAMBOO HAND BEAUTY

Cares for the hands with an exquisite combination of aromatic plants that moisturises, nourishes and protects, stimulates cell regeneration, purifies, prevents skin aging and treats blemishes.

*Duration 60 minutes*

*65€*

## BAMBOO FEET BEAUTY

Treatment based on phyto-ingredients and essential oils that soften and smooth the skin, activating venous and lymphatic circulation. It oxygenates, tones and provides a feeling of relaxation and rest.

*Duration 60 minutes*

*65€*





# FACIAL TREATMENTS DULKAMARA

## BIO DETOX

Enjoy a healthy and complete ritual with phytoactive principles, bamboo extracts and aromatherapy that have a positive influence on the physical and emotional state, recovering the beauty of the face. It has a great restorative power, regenerates the skin leaving it clearer, smoother, fresher, brighter and rejuvenated.

*Duration 75 minutes*

*105€*

## BIO KALM

Indicated for problems of sensitivity, heat, sweating, redness and pinkness. Therapy by means of a neuro-sedative massage with brushes. The dermo-soothing rice and bamboo micronizat brings you freshness, for a radiant, silky, porcelain skin.

*Duration 75 minutes*

*105€*

## BIO LYFTING

Combination of different massage techniques which, together with the Organic Bamboo silicon, Centifolia rose and Centella asiatica stimulate the production of collagen and elastin. Firms, rejuvenates and brightens your skin.

*Duration 75 minutes*

*105€*

## BIODRAINING SPECIAL FOR THE EYES WITH LUMPS AND WRINKLES

Draining and decongestive treatment that, in addition to treating aging in the area, helps to rest and refresh the eyes, providing nutrients. and draining the excess fluids that accumulate in this area.

*Duration 60 minutes*

*75€*



# INDIBA TREATMENTS

Enjoy a series of exclusive facial and body treatments, dedicated to improve your health in a specialized and direct way, healing your body through the latest generation of INDIBA technology.

## FACIAL INDIBA

It helps to regenerate, reduces wrinkles and expression lines, improves hydration, increases elasticity, tightens eyelids and lifts drooping eyebrows, and also improves the area around the eyes (eye bags and wrinkles).

<i>30 minutes</i>	50€
<i>40 minutes</i>	60€
<i>50-60 minutes</i>	75€

## INDIBA BODY CARE

Treatment allied to aesthetic medicine and plastic and reconstructive surgery. Indicated for scarring problems or in postoperative treatments, facilitating the healing of wounds and treating fibrosis.

<i>30 minutes</i>	55€
<i>40 minutes</i>	75€
<i>50 minutes</i>	85€
<i>60 minutes</i>	95€
<i>90 minutes</i>	105€

## INDIBA BEAUTY & WELLNESS

The body method is the combination of Indiba with manual massage techniques, acting at a deeper level, relaxing the muscles and increasing the elimination of toxins. The aim is to tighten the tissues and promote the regeneration of collagen and elastin, improving elasticity and firmness while eliminating fat.

<i>Packs 6 sessions</i>	<i>+1 Gift</i>
<i>Packs 10 sessions</i>	<i>+2 Gift</i>



# SCENS TREATMENTS

## BODY:

### BODY SLIM SECRET DETOX

#### WOOD THERAPY

Body treatment designed to drain, detoxify and reduce the volume. Thanks to the application of a slimming wrap, L'HUILE MINCEUR anti-cellulite oil, and the SCENS WOOD THERAPY techniques, the silhouette is transformed and reshaped.

90 minutes

110€

### 360° EXPERIENCE MASSAGE

#### DECONTRACTING FACIAL + DECONTRACTING BODY MASSAGE

Decontracting body and facial massage performed with Cannabis oils, Arnica, Patchouli and Clove that allow you to perform a 360° massage that encompasses everything the body: body, skull and face. Ideal to relieve muscle pain corporal and facial, cranial, cervical and mandibular.

90 minutes

145€

### ORGANIC & VEGAN RITUAL

#### BODY MASSAGE + FLASH FACIAL TREATMENT

Wonderful, ultra calming and comforting ritual using Baobab, Lavandin and Bergamot oils, specifically designed to awaken and stimulate the senses and provide brightness and vitality to the face and relaxation and well-being to the body.

90 minutes

125€

## FACE:

### ELIXIR REPAIR

#### REJUVENATED SKIN

Ultra-repairing treatment, ideal for skins that need nutrition and repair on the face, neck and décolleté. During this treatment, a complete facial massage using the exclusive SCENS technique RENEW is performed, achieving unique results along with an unprecedented sensory experience.

105 minutes

145€

### ETERNAL LIFTING EXPERIENCE

#### LIFTING EFFECT FACIAL

Firming facial treatment with powerful regenerating and anti-aging active ingredients. SCENS FACELIFT MASSAGE, the muscles of the face become more relaxed, the skin recovers radiance and the shape of the face regains definition and firmness.

105 minutes

145€



# MASSAGES

## MASSAGE CALM WITH NATURE

This massage is a real luxury of beauty, health and well-being. A unique experience with an exclusive facial and body ritual, which, together with the innovative **SWAYWAVER**® (the world's first floating treatment bed, which allows you to move weightlessly in a three-dimensional space), creates a unique sensation of movement, which allows treatment techniques that until now were only possible in water.

Corporal and facial

*Duration 120 minutes*

165€

Facial and back

*Duration 90 minutes*

140€

Corporal

*Duration 60 minutes*

105€

## WINE THERAPY MASSAGE

Wine is not only enjoyed with taste and smell, but we offer you this magical treatment done with grape lees, that are natural antioxidant properties that have an anti-ageing and detoxifying effect on the skin, followed by a massage. At the end, you will enjoy the excellence of a glass of our wines.

*Duration 60 minutes*

90€

*Duration 90 minutes*

105€

## HOT STONE MASSAGE

By channelling energy points and stimulating with the warmth of the stones we bring energy and vitality. They help to combat pain, relax and help to fall asleep as well as revitalise and stimulate the bloodstream.

*Duration 60 minutes*

105€

## MASSAGE FOR CHILDREN

*Duration 30 minutes*

45€



### BALINESE MASSAGE

This massage technique is indicated to combat stress. It relieves tension of the deep tissues and improves blood circulation, combining different techniques, from stretching, acupressure and kneading. Using the hands and arms of our professionals we achieve therapeutic and healing reflexology effects.

*Duration 60 minutes*

105€

*Duration 90 minutes*

115€

### BAMBOO CANE MASSAGE

Especially suitable for people who practice sport to relax muscle tension. Specific work on the back, neck and limbs, indicated to prevent injuries and optimise muscle performance.

*Duration 60 minutes*

105€

*Duration 90 minutes*

115€

### WELLNESS MASSAGE

Massage indicated to release stress and relieve mental and emotional tension. The stressed body relaxes and stress disappears.

*Duration 60 minutes*

85€

### ÀNIMA WELLNESS EMBLEMATIC MASSAGE

Receive, feel, enjoy, enjoy, get excited and share an experience where you will receive, in a natural way, sensations and smells where we will awaken your senses with a facial and body massage with a regenerated, healthy, safe and ready to live skin..

*Duration 120 minutes*

165€



# CHIROMASSAGES

## MANUAL LYMPHATIC DRAINAGE MASSAGE

Therapy that works on the lymphatic system, improving fluid retention, tired legs and post-operative oedema. It is highly recommended in programmes to lose volume while stimulating and boosting the immune system.

*Duration 60 minutes*

80€

## SPECIFIC MESSAGES FOR THE HEALING OF THE BODY

Massages focused on reducing contractures, increasing circulation and eliminating pain with the aim of achieving a complete state of relaxation and relieving tension.

*Duration 30 minutes - Localized areas*

65€

*Duration 60 minutes*

85€

*Duration 90 minutes*

105€

# PHYSIOTHERAPY

## PERSONALISED THERAPEUTIC MESSAGES

We use other therapeutic massage techniques to treat different pathologies:

- Sports injuries
- Headaches and migraines
- Stiff neck

Pre-competition, in-competition and post-competition massages.

Inter-weekly massages and stiffness:

- Contractures
- Withdrawals of pòsits
- Scars
- Sprains
- Suction cups
- Contusions
- Fractures
- Stretching
- Moxibustion

*Duration 30 minutes - Localized areas* 65€

*Duration 60 minutes* 85€

*Duration 90 minutes* 105€

## ENERGETIC THERAPIES

### EMOTIONAL SENSITIVE MESSAGE

Personalised body massage with soft, slow and deep movements, working with Reiki rituals and Tibetan flight. Recommended for fibromyalgia and people with a lot of stress. Body and mind connected and with a very deep relaxation.

*Duration 60 minutes* 85€

### METAMORPHIC TECHNIQUE

Gentle massage performed on the feet, hands and head, releasing emotional tensions, achieving relaxation and peace in a natural and spontaneous way.

*Duration 60 minutes* 85€



# CARE FOR PREGNANT WOMEN

## MASSAGE

Personalised treatment where we use ecological and natural products, with which you will alleviate the discomfort to the areas that are most affected during the pregnancy, protecting, caring for and toning the skin of the face.

*Facial / Duration 60 minutes*

80€

*Corporal / Duration 90 minutes*

105€

*Facial + Corporal / Duration 90 minutes*

145€

## RITUAL "GOODBYE STRECH MARKS"

Treatment indicated to reduce, soften and/or prevent the appearance of stretch marks. We treat recent stretch marks, pinkish and white stretch marks. We regenerate and renew the tissue providing elasticity with the latest generation products.

*Duration 60 minutes*

85€



# LOVE IN THE WELLNESS

## RITUALS FOR COUPLES TO ENJOY

### BAMBOO CANE MASSAGE

Through the combination of phyto-ingredients and a method with Bamboo canes we will work on the circulatory and lymphatic system, feeling a relaxing sensation with a decontracting effect.

*Duration 90 minutes*

230€

### FACIAL AND FULL BODY EXPERIENCE

Let yourself be carried away by a state of deep relaxation while purifying and draining all your organism. You will feel the lightness and a great physical and emotional well-being that our D-tox massage will provide you.

*Duration 90 minutes*

260€

### ÀNIMA WELLNESS EMBLEMATIC MASSAGE

Receive, feel, enjoy, get excited and share an experience where you will discover, in a natural way, sensations and smells that will awaken your senses. We will do it through facial and body massage with regenerated skin, healthy, safe and ready to live.

*Duration 120 minutes*

315€

### ORGANIC & VEGAN RITUAL

#### BODY MASSAGE + FLASH FACIAL TREATMENT

Wonderful, ultra calming and comforting ritual using Baobab, Lavandin and Bergamot oils, specifically designed to awaken and stimulate the senses and provide brightness and vitality to the face and relaxation and well-being to the body.

*90 minutes*

250€





# BEAUTY EXPERIENCES

## SPA-OPI HAND TREATMENT

Integral hand care: exfoliation, anti-oxidant treatment that reduces hand blemishes, followed by an aromatherapy moisturising. A luxury for the hands!

30€

## SPA-OPI FEET TREATMENT

Moisturise, treat and repair with a bath salt treatment, thermal mask, anti-oxidant treatment and aromatherapy hydration massage. An experience of well-being!

39€

## OPI SEMI-PERMANENT MANICURE

38€

## OPI SEMI-PERMANENT PEDICURE

42€

## INFINITY SHINE MANICURE

32€

## INFINITY SHINE PEDICURE

38€

## MALE MANICURE

22€

## MALE PEDICURE

40€

## CHILDREN'S MANICURE

Hand care with fun decorations.

15€

# BEAUTY STYLING

## EYELASH LIFTING AND COLOUR

The lift manages to curve the natural eyelashes from the root, enhancing the beauty of the look and the colour, adding a lot of intensity to the look.

<i>Lifting and colour of eyelashes</i>	45€
<i>Lifting</i>	38€
<i>Colour</i>	14€

## EYEBROW DESIGN

Our specialists design the eyebrows shape according to your anatomy

9€

## EYEBROW WAXING

6,50€

## UPPER LIP WAXING

4,50€

## BODY WAXING

<i>Armpits</i>	9,50€
<i>Half legs</i>	14€
<i>Full legs</i>	19€
<i>Groin waxing</i>	10€
<i>Brazilian waxing</i>	14€
<i>Arms</i>	12€

# Make-up

## DAY MAKE-UP

40€

With the aim of promoting beauty in a natural and subtle way.

## EXPRESS MAKE-UP

30€

Very natural, without standing out and in a short time.

## ELF MAKE-UP CLASS

2 hours, 75€

It is an advice to intensify the natural beauty, little tricks and tips to highlight the facial features. The image of each woman is worked on according to her own style and her activities and needs.

# Special events

## **Request for image consultancy with Teresa Domingo, stylist at Llongueras.**

- HAIRSTYLE AND MAKE-UP EVALUATIONS
- BRIDE AND GROOM AND PARTIES
- WEDDINGS
- COMMUNION
- PARTIES
- BEAUTY WORKSHOPS
- PERSONALISED BEAUTY AND HEALTH PROGRAMMES
- BEAUTY / FRIENDS DAY
- GUIDED MEDITATIONS
- IOGA
- PILATES
- PERSONAL TRAINER

Please contact us for more information  
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