

A hand is shown touching a coarse, light-colored fabric curtain. The background is a blurred natural scene with warm, golden light. The text is overlaid on the left side of the image.

ànima

OLER del MAS

*Well-being with soul
in a unique place*



Welcome to Ànima Wellness

A holistic space created to reconnect with yourself through conscious **beauty and integral well-being**.

At Ànima Wellness, we believe that self-care is not a luxury, but a way of self-love.

That's why we offer **transformative experiences** that combine **high-end natural and vegan cosmetic treatments** with holistic techniques and sensorial rituals. We use **noble, eco-friendly biocosmetics suitable for celiacs**, with formulas based on phytoactives that nourish the skin, soul, and spirit.

Every detail is designed so that you don't just come here for a treatment... but to **breathe, pause, and return home within yourself**.

Welcome to your moment of well-being.



Treatments with soul, purposeful goals

At Ànima Wellness, we combine manual, energetic, and aesthetic therapies to offer you what your body and your current moment need.

- **Balancing** - To harmonize body and mind
- **Purifying** - To release toxins and renew your energy
- **Firming** - To tone and revitalize the skin
- **Regenerating** - To deeply nourish and rejuvenate

Each treatment enhances the body's natural recovery process, as well as the skin and the mind, thanks to the power of high-end professional cosmetics and our unique way of caring for you.

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FACIAL
TREATMENTS
WITH A SENSORY
BODY RITUAL

BIO DETOX – 75 min | 120€

Does your skin need to breathe? This detox ritual by Dulkamara is like a **nature bath** for your face. With the phytoactive power of **bamboo** and **aromatherapy**, your skin is oxygenated, freed from impurities, and regains its natural glow.

To complete this purification journey, we incorporate harmonizing body movements that amplify the detox effect, helping you also release internal tension. You'll leave feeling like your energy has been reset, with **fresh, radiant, and glowing skin**.

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BIO KALM – 75 min | 120€

If your skin is easily irritated, this treatment feels like a **soothing hug**. With a **neuro-sedative massage** and the soft caress of brushes, this ritual reduces redness, soothes sensitivity, and restores peace to your skin.

This moment of well-being includes delicate body gestures that help calm the nervous system and invite heartfelt breathing. Thanks to **Dulkamara's dermo-soothing micronized rice and bamboo**, your face regains **balance, freshness, and a porcelain finish**.

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BIO LIFTING – 75 min | 130€

The secret to firm, plump, and radiant skin is right here. This natural lifting treatment by Dulkamara combines a firming massage with **organic bamboo silicon, centifolia rose, and centella asiatica**, activating collagen and elastin production.

To enhance its toning effects, we accompany the treatment with body maneuvers that stimulate circulation and vital energy, making the renewal noticeable beyond the face. You'll feel your skin become **firmer, more youthful, and luminous** with that “new skin” effect we all love.

ETERNAL LIFTING EXPERIENCE – 105 min | 145€

What if we told you that you could **lift your skin and your mood** in one treatment? This firming facial is a **luxury experience for your skin**. Using the **LE LIFT** massage technique by **SÇENS**, we reshape the facial contours and awaken your skin's **natural glow**.

To make it even more transformative, we include body maneuvers that activate circulation and provide a full lifting sensation. You'll walk out with an instant lifting effect that will make you feel spectacular.

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HIGIÈNE PARFAITE – 75 min | 120€

Nothing beats **clean, luminous skin** to make you feel radiant. This deep facial cleansing is like a **complete reset** for your skin: it removes impurities, erases the effects of pollution, and leaves your face **fresh and balanced**.

We accompany the treatment with relaxing gestures on the neck and back to boost the detox effect and calm the mind. All done with the softness of **SÇENS organic and vegan** ingredients that pamper your skin without aggression.

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ELIXIR REPAIR EXPERIENCE – 105 min | 155€

Your skin deserves **ultra-reparative care** too. This treatment nourishes, regenerates, and revitalizes deeply, restoring **strength and elasticity** to the face, neck, and décolleté.

Combined with a body ritual that stimulates cellular regeneration and emotional rest, it becomes a true balm for your entire being. The **RENEW** massage, **Le Masque Ultra Riche**, and **L'Elixir** make your skin glow from the inside out.

HYDRA DEFENSE SÇENS - 105 min | 145€

If your skin feels thirsty for hydration, this SÇENS treatment is the **answer you've been waiting for**. With a combination of **natural and organic** ingredients, it revitalizes and deeply nourishes the skin, protecting it from stress and environmental factors.

It also includes a hydrating body ritual that helps balance the skin and relax the nervous system, making hydration feel like a full-body hug. You'll leave with **juicy, supple, and vibrant skin**.

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SOINS MILLE LUMIÈRE - 90 min | 155€

A tribute to your skin.

Because it deserves the best, this treatment is pure luxury in every application. An anti-aging ritual by Maria Galland that envelops the face with **two masks highly concentrated in actives**, delivering an instant rejuvenating effect.

This sublime experience is enriched with body touches that deeply relax, turning the moment into a sensory and rejuvenating journey. Skin becomes firmer, brighter, and softer... and you feel completely renewed.

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LIFTING ABSOLUE JEUNESSE - 75 min | 120€

Lifting effect at its finest.

This 100% manual treatment by Maria Galland redefines facial contours, smooths wrinkles, and restores lost firmness.

To boost this lifting effect, we work on key body areas with toning maneuvers that activate circulation and overall vitality. In just **75 minutes**, you'll feel your skin **lifted, sculpted, and firmed** with visible, natural results.



BODY
Treatments

BAMBOO CANES ANTI-CELLULITE DULKAMARA

1 session - 120€

Personalized program: 25% discount

Personal treatment packages available with discounted rates to enhance results.

Say goodbye to cellulite and hello to firmer, more toned skin.

This treatment combines the power of **purifying and firming active ingredients** with an intensive **bamboo cane** massage, which works deeply to stimulate circulation and improve skin texture. Additionally, the **clay wrap** helps reduce localized fat and prevents the appearance of stretch marks. From the **first session**, you'll notice smoother, firmer, and visibly more toned skin.

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WOOD THERAPY BODY SLIM SECRET SÇENS

360° body program

1 session - 120€

Personalized program: 25% discount

Personal treatment packages available with discounted rates to enhance results.

This treatment is a true natural body shaper.

Thanks to the combination of the **SÇENS WOOD THERAPY** technique, a slimming wrap, and the body oil **L'HUILE MINCEUR**, we achieve drainage, toning, and volume reduction—sculpting the silhouette in a harmonious way.

Your skin firmer, your body lighter.

A close-up photograph of a person's back being massaged. A hand is applying a thick, white cream or oil in a vertical stroke down the spine. Another hand is visible in the upper right, holding a small amount of the same substance. The background is dark and out of focus.

RITUALS & MASSAGES

RITUAL ORGANIC & VEGAN - SÇENS

75 min | 140€

Conscious beauty that embraces your face, body, and soul.

This full ritual is designed to offer you a unique sensory experience where beauty and well-being come together. It combines a **relaxing body massage** that releases tension, balances energy, and connects with deep breathing, with a **flash illuminating facial treatment** that revitalizes and awakens the skin's natural glow.

SÇENS' **organic and vegan** products, rich in natural actives and noble textures, caress the skin while the mind surrenders to calm.

A global experience that makes you feel radiant, present, and completely renewed.

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BIOACTIVE DETOX BAMBOO RITUAL

DULKAMARA - 90 min | 135€

A deep breath for your body and skin.

When your body asks for a “reset,” this ritual is the answer.

We begin with a **deep detox exfoliation**, freeing impurities and activating energy points that stimulate the **body's natural detoxification**.

Accompanied by a body massage using high-end organic cosmetic products, this ritual brings a sense of balance, lightness, and internal renewal.

To complete the experience, we add a detox facial cleansing that oxygenates and revitalizes the face, restoring its glow and freshness.

You'll leave with renewed skin, a lighter body, and completely transformed energy.

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BIO-DRAINING BAMBOO RITUAL

DULKAMARA - 60 min | 105€

A ritual designed to relieve symptoms of tired legs. It begins with an exfoliation using phytoactives, clays, and bamboo, followed by a massage with an emulsion rich in coffee and rosemary. This helps strengthen capillaries while boosting both blood and lymphatic circulation.

360° EXPERIENCE MASSAGE - DEEP TISSUE

Total disconnection, from head to toe.

A deep massage designed to **release accumulated tension and reset your muscular system**. The combination of essential oils such as **cannabis, arnica, patchouli, and clove** helps relieve **contractures, muscle pain, and emotional blockages**, offering a sensation of absolute well-being.

Treatment options:

- **30 min | 95€** - Focused massage for specific areas.
- **60 min | 130€** - Full-body massage for full relaxation.
- **90 min | 160€** - Complete experience including facial and body massage for deep relaxation and total relief

(Customized programs available based on your needs)

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ÀNIMA WELLNESS EMBLEMATIC MASSAGE - 90 min | 155€

A facial and body experience that transforms you.

This is more than just a massage – it's a full ritual that caresses your face and body, **awakens the senses**, and brings you back to your essence.

Through regenerative techniques and personalized maneuvers, the skin is revitalized, tensions are released, and inner energy is rebalanced.

Every touch, scent, and texture has been designed to bring you to a deep and authentic state of well-being.

Receive, feel, be moved... and leave with a glow and calm that radiates from within.

BALINESE MASSAGE

Let yourself go, return to calm.

Inspired by Balinese tradition, this massage combines **stretches**, **acupressure**, and **deep kneading** to release tension and improve circulation.

The **perfect and enveloping pressure** from our therapists' hands and arms will lead you into deep relaxation, unblocking the body and reaching the soul.

Options:

- 60 min | 120€ - Body ritual
- 90 min | 145€ - Full ritual with facial integration

-

VINOTHERAPY MASSAGE

Antioxidants that caress body and face.

Wine isn't just for tasting and smelling: this ritual offers a sensory experience with **grape lees** and their powerful natural antioxidants. The treatment begins with a body exfoliation and continues with a deep massage using grape seed oil that **nourishes and revitalizes the skin**.

An invitation to relax, take care of yourself, and enjoy the regenerative power of vinotherapy.

Options:

- 60 min | 105€ - Body version
- 90 min | 125€ - Full ritual with facial integration

WELLNESS MASSAGE – 60 min | 105€

Goodbye stress, hello inner peace.

Your mind is rushing, your body feels it... and we're here to help you **pause and breathe.**

This massage is designed to **relax body and mind**, releasing emotional blocks and relieving tension.

A deep, restorative body massage that also includes gentle facial maneuvers to enhance the feeling of holistic harmony.

A complete experience that **embraces you inside and out.**

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HOT STONE MASSAGE

60 min | 125€

Pure energy and calm

When your body needs **rest and balance**, this massage is the answer.

Using the **heat from volcanic stones**, it melts away deep tension, improves circulation, and brings a **total sense of relaxation**. Ideal for relieving stress, combating insomnia, or simply giving yourself a moment of absolute peace.

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SOINS SUPRÊME ÉNERGISANT MASSAGE

60 min | 130€

Recharge your energy and awaken your vitality.

This body massage is a real boost of balance and stimulation for both body and mind. Its enveloping movements release tension, reactivate circulation, and awaken every cell in your body.

If you need an energy lift, this is your treatment. You'll leave feeling renewed—ready to take on the world.

SOINS SUPRÊME RELAXANT MASSAGE 60 min | 130€

The calm your body needs.

A warm, deep, and enveloping massage designed to immerse you in a state of total relaxation. It releases built-up tension, calms the mind, and restores a peaceful energy flow.

If your body is asking for a break, this treatment is like a gentle hug that restores your balance.

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BAMBOO HAND TREATMENT DULKAMARA - 60 min | 75€

Your hands, your calling card.

Give them the care they deserve with this **nourishing and rejuvenating** treatment. An exquisite blend of **aromatic plants** hydrates deeply, stimulates cellular regeneration, and **prevents aging**. It also works on pigmentation, restoring an even tone and a **soft, velvety** texture. Beautiful, well-cared-for hands, always ready to shine!

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BAMBOO FOOT TREATMENT DULKAMARA - 60 min | 75€

Total rest for your feet.

Your feet take you everywhere—it's time to pamper them!

This treatment with **phyto-ingredients and essential oils** softens the skin, improves circulation, and relieves **heaviness and fatigue**. In addition to oxygenating and toning, it will leave you with a total sense of rest—like walking on clouds.

Happy feet, relaxed body.

CHILDREN'S MASSAGE - 30 min | 55€

Small hands, big sensations.

The little ones also need to **relax and disconnect**. This gentle massage, adapted to their age, helps calm them, reduce stress, and improve sleep. **A moment of well-being that connects them with their inner peace.**

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Enhance your treatment by adding complementary techniques for deeper results and well-being:

ACUPUNCTURE - 35€

Stimulates energetic balance and supports the body's self-regulation.

FOOT REFLEXOLOGY - 45 min | 75€

Activates the body's reflex zones through the feet, helping release tension and improve internal functions.



COMPASSIONATE TOUCH IN HEALTHCARE

NEURO-SEDATIVE FACIAL AND BODY MASSAGE 75 min | 135 €

At Ànima Wellness, we understand that there are moments when the body and soul need deeper and more mindful care.

This facial and body ritual was created to accompany people who are experiencing physical, emotional, or energetic vulnerability.

Through a **neuro-sedative massage**, we gently work the entire body and face with integrative and respectful movements that calm the nervous system, help manage pain and sensitivity, and offer a deep sense of peace and safety.

More than a treatment, it's a therapeutic embrace that fosters inner reconnection and full rest.



Exclusive
SWAYWAVER[®]
RITUAL

CALM WITH NATURE MASSAGE – SWAYWAVER®

Float, breathe, let go... A unique experience of weightlessness and deep relaxation.

- Performed on the **SWAYWAVER® bed**, the world's first floating massage table, this treatment envelops you in a three-dimensional sway that mimics the movement of water. A soothing, immersive sensation that releases tension from the body and calms the mind into a state of absolute well-being.

- **Benefits:**

- **Floating and weightless sensation:** Relieves muscle tension and unblocks energy.

- **Three-dimensional movement:** Stimulates circulation and relaxes the nervous system.

- **Unique sensory experience:** Leads you into a deep state of rest and revitalization.

Treatment options:

- **Full Body & Facial:** 120 min | 175€
- **Facial & Back:** 90 min | 155€
- **Full Body:** 60 min | 140€

Let go. Flow. Be free.

A close-up, warm-toned photograph of a massage therapist using two long, smooth wooden massage tools (possibly bamboo or cedar) to work on a client's back. The therapist's hands are visible, holding the tools with a firm grip. The client is lying face down on a massage table, covered with a white sheet. The background is softly blurred, showing another person lying on a table, suggesting a professional massage studio setting. The lighting is soft and directional, creating a serene and therapeutic atmosphere.

MUSCLE RELEASE & THERAPEUTIC MASSAGE

THERAPEUTIC MASSAGE (QUIROMASSAGE)

Your body asks for it—here's the solution.

This massage is designed to **reduce contractures, activate circulation, and relieve pain**, helping you regain mobility, balance, and well-being. A deep manual treatment that releases tension right where you need it most.

Treatment options:

- 30 min | 75€ - Focused work on specific areas.
- 60 min | 105€ - Full-body treatment to deeply release tension and relax.
- 90 min | 120€ - Full experience for total and profound relief.

Your body will thank you.

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BAMBOO STICK MASSAGE

Energy and power for your body.

Especially designed for **athletes and active people**, this massage works deeply on the **back, neck, and limbs** with bamboo sticks, helping to **relax muscles, prevent injuries, and improve physical performance**.

A must for anyone who wants to move without limits.

Options:

- 60 min | 120€ - Specific body treatment
- 90 min | 145€ - Full ritual with facial integration

MANUAL LYMPHATIC DRAINAGE MASSAGE

60 min | 110€

Lightness, well-being, and detox.

If you're experiencing **swelling, heavy legs, or fluid retention**, this massage is for you.

Using gentle, rhythmic movements, we stimulate the **lymphatic system** to help eliminate toxins and improve circulation. **Ideal for volume-reduction programs and boosting the immune system.**

A feeling of **total lightness and wellness** from the very first session.

A woman is lying on her side on a massage table, eyes closed, in a relaxed state. A therapist's hands are visible, one resting on her lower back and the other on her arm. The therapist has a large, ornate tattoo on their upper arm. The scene is softly lit, creating a calm and therapeutic atmosphere.

ENERGETIC & HOLISTIC Rituals

Deep treatments to harmonize body and mind.

Rituals that combine **acupuncture**, **reflexology**, and **vibrational techniques** to enhance inner beauty, balance energy, and awaken your most authentic well-being.

HOLISTIC RITUAL “ROOTS OF LIGHT”

90 min | 145€

Renew from the roots, shine from within

A journey of **deep regeneration** that begins with a **purifying foot bath** and reflexology to unblock energy flow. It continues with **facial and body acupuncture** to firm the skin and revitalize the whole system. The ritual ends with **gua sha**, **acupressure**, and **sound meditation** to guide you into a state of absolute renewal.

You'll leave with a new light in your eyes.

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HOLISTIC RITUAL “VITAL ESSENCE”

75 min | 135€

Release, balance, and revitalize

This ritual is a gentle **caress for body and soul**. It starts with an **energetic massage** to dissolve physical and emotional tension, followed by a **detox lymphatic drainage** and a **rebalancing acupuncture session**. Essential oils and manual techniques activate circulation, leaving your **skin luminous and full of life**.

Leave feeling lighter—more yourself.

HOLISTIC RITUAL “INNER LIGHT”

90 min | 135€

Elevate your natural beauty from the inside.

A facial and body ritual that fuses **firming acupuncture**, **cold jade stone massage**, and **facial reflexology** to deliver a natural **lifting effect**. Perfect to **rejuvenate the skin**, **reduce signs of fatigue**, and **balance your energy**.

An experience that illuminates your skin... and your essence.

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HOLISTIC RITUAL “SOUNDS OF THE EARTH”

75 min | 130€

Reconnect with your essence through sound and energy.

A holistic ritual that transports you into a deep state of **peace and balance**. It combines **acupuncture**, **vibrational massage with Tibetan bowls**, and **aromatherapy** to relieve stress, promote restful sleep, and restore vital energy.

Breathe, feel, vibrate... come back home, within yourself.



Well-being for PREGNANT WOMEN

PREGNANCY MASSAGE

Well-being for you, harmony for your baby.

Pregnancy is a beautiful stage, but it can also come with certain discomforts. This massage is specially designed to **relieve tension, improve circulation, and tone the skin** using specific, **natural and organic** products formulated for pregnancy care.

Options:

- **Body:** 60 min | 115€. Relax and care for the areas most affected by pregnancy-related changes.
- **Facial & Body:** 90 min | 155€. A complete treatment to regenerate, protect, and deeply nourish the skin.

A moment of calm and self-care to connect with yourself and your baby.



Love in the
WELLNESS

LOVE IN THE WELLNESS

A moment just for the two of you. A chance to disconnect from the noise and reconnect with what truly matters: **being together.**

At Ànima Wellness, we make it easy for you to enjoy a moment of shared well-being as a couple. **Choose the massage that appeals to you most**—just make sure both treatments are the same duration.

We'll take care of the rest: a magical atmosphere, enveloping aromas, and an experience that helps you disconnect in order to reconnect.

Because self-care is even better when shared.



BEAUTY & AESTHETIC RITUALS

THE ESSENCE OF ÀNIMA

In addition to our rituals and treatments, at Ànima Wellness we also offer a selection of **beauty and personal care services** to complete your experience:

- Manicure and pedicure (for women and men)
- Lash lift and tint
- Event and special occasion makeup
- Waxing (for men and women)

Contact us to check availability and personalized packages.



GET TO KNOW ME

I'm **Teresa Domingo Batlle**,
founder of Ànima Wellness.

With over 35 years of experience,
I'm a **stylist, creative director,**
and **image consultant**.

My passion is guiding you to discover your natural beauty and enhance your image with authenticity and elegance.

There's a part of me in every detail of our space.

And now, you'll see me too—so you know who you're sharing this journey with.

GIFT Vouchers



Cànchua
2023

ANALISI DE LA VINO	
ANALISI DE LA VINO	
Alcohol	12,5%
Aciditat	5,2 g/l
Sucres	0,8 g/l
Proteïnes	0,5 g/l
Color	12,5
Viscositat	1,2
Temperatura	15°C
Humiditat	75%
Pressió	1,2
Velocitat	1,2
Altitud	1,2
Latitud	1,2
Longitud	1,2
Temperatura	15°C
Humiditat	75%
Pressió	1,2
Velocitat	1,2
Altitud	1,2
Latitud	1,2
Longitud	1,2

75cl 12,5% vol

Per a _____
Per al servei _____

EXPERIÈNCIA ÀNIMA WELLNESS

Deixa't transportar a un viatge de serenitat
i en connexió amb la natura

Ànima Wellness - Ofert del Mar - Cala d'Agulles - 172 km - 08541 Mataró

Valid fins _____

Savias de
bambú

Crema
facial
hidro-nutrient

Some gifts aren't things. They're moments, experiences, emotions.

With our **Gift Vouchers**, you can give the gift of well-being, beauty, and a meaningful pause to someone you love... or to yourself.

Presentation options:

- **Holistic Box:** Includes small thoughtful details | 10€
- **Premium Box:** Includes a bottle of wine from our estate + aromatherapy candle | 40€
- **Digital delivery:** Also available customizable PDF.

You can choose a specific value or select a particular experience: rituals, massages, facial or body treatments... **everything is giftable.**

To request your voucher:

Write to us on WhatsApp, by email, or purchase directly through our website.



ànima

OLLER del MAS

We're here to care for you and help you reconnect
with your essence.

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