

S O F I A  
O A S I S  
W E L L N E S S & S P A

*Wellness as an Art*





I felt time slow to a stop as the massage started.

I was delighted by flavours, scents and sensations  
that completed a universe exclusively devoted to pleasure.

I was taken upon the shoreline through millenary therapies.

Because as long as that moment lasted.

I was the only one that mattered.

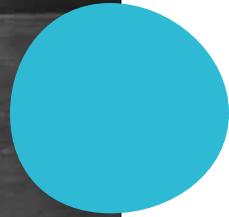
Stop living, start dreaming.

*That's my Oasis.*

If you're looking for an escape, SOFIA OASIS WELLNESS & SPA is the answer, with a range of options that'll pervade your senses and transport your mind and body to a faraway place of bliss.

Oasis is our definition of wellness from an authentically Mediterranean perspective.

Surrender to the exclusive treatments and rituals offered by expert therapists.



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## SIGNATURE OASIS

### OASIS DELUXE

Ritual designed exclusively by Oasis.  
This combination of massage techniques relaxes the muscles and soothes mental fatigue.

50' | €160 | 80' | €210

### OLAS DEL MEDITERRÁNEO

Drift away on the ocean waves with this enveloping, rhythmic massage and its unique aroma. Relaxes, tones, and alleviates muscle tension.

50' | €150 | 80' | €195

### FOUR HANDS

Two therapists work in synchronicity, using different simultaneous body massage techniques. Your body and mind will enter an almost meditative and relaxed state.

50' | €280

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## SIGNATURE RITUALS by Natura Bissé

### DIAMOND EXPERIENCE ROSE MASSAGE

An exclusive and sophisticated treatment that is ultra-nourishing and rejuvenating for the body and face, using products made with damask rose from Morocco. The treatment includes exfoliation with diamond dust, which as well as leaving your skin glowing and incredibly nourished, firm and silky, will also transport you to a deep state of relaxation and wellbeing.

110' | €245

### ROYAL CITRUS EXPERIENCE

Revitalises, improves the density of the skin and protects the skin tissue of the face and body thanks to its innovative and antioxidant ingredients and the benefits of vitamin C.

105' | €220

### 3

## BODY MASSAGE

### THAI

This Asian technique releases tension and restores elasticity through rhythmic pressure and precise stretches.

50' | €150 | 80' | €195

### HOT STONES

Massage with oils and hot volcanic stones to balance the body, mind and spirit.

50' | €140 | 80' | €185

## BODY MASSAGE

### DEEP TISSUE

A strong therapeutic massage for the whole body, focusing on particular areas to work the deepest layers of muscle, relaxing the areas of greatest muscular tension and relieving pain.

50' | €140 | 80' | €185

### ANTI-STRESS HAIR & FACE

Relax your facial expression along with hair stimulation and nutrition.

50' | €140

### BIO RELAXATION

Relaxing massage to help lower stress levels and improve circulation. Promotes a sense of inner calm. Time just for you!

50' | €140 | 80' | €185

### REFLEXOLOGY

Relieve tension and restore balance through finger pressure on the energy points on your feet.

50' | €140 | 80' | €185

### FUTURE MOTHERS

A tender massage for mothers-to-be. Relaxes, improves blood circulation, softens and pampers the skin.

50' | €140 | 80' | €185

## FACIAL BEAUTY AND COSMETIC TECHNOLOGY

### NATURA BISSÉ

#### DIAMOND EXPERIENCE ENERGY FACIAL

An energising treatment, designed to treat tired or damaged skin. Redefines the face's contours, restores elasticity, unifies the tone and visibly improves the texture.

75' | €180

#### 3D COLLAGEN SHOCK

Restore your skin's firmness with this powerful rejuvenating and regenerating treatment. Based on three types of collagen of different molecular weight, it treats different layers of the skin for a complete rejuvenation treatment.

75' | €140

#### CITRUS VITA-ESSENCE

Ideal for restoring the luminosity and firmness of the skin through a relaxing citrus aromatherapy experience. The extraordinary antioxidant properties of vitamin C can repair even the most damaged skin to reveal a fully hydrated and revitalised face.

50' | €120

#### O2 RELAX

Restore tone and vitality with this purifying treatment. Thanks to the release of pure oxygen molecules, toxins stored in the pores are removed. For skin with signs of dehydration and dullness.

50' | €120

#### EYE MASK

An infusion of active ingredients that relaxes, calms, and revitalises this delicate area. This refreshing mask will give life back to your gaze and lend freshness to tired eyes. The ideal complement to any facial, or preparation for a special event.

15' | €30

## FACIAL BEAUTY AND COSMETIC TECHNOLOGY

### Mobilift M6® facial

World leader in Mécano-Stimulation®, featuring an extensive anti-ageing catalogue, including facials, neck, and neckline treatments. Visible results from the first session, although a personalised programme is recommended.

### Indiba® facial

Its patented, clinically-proven Proionic® System technology is the painless beauty system that offers amazing cosmetic results. Designed to create an anti-ageing lifting effect, it redefines facial contours and smoothes expression lines. Visible results from the first session, although a personalised programme is recommended.

# 5

## BEAUTY AND COSMETIC TECHNOLOGY

### Sesión LPG Cellu M6 alliance

World leader in Mécano-Stimulation® this Lipomasage® helps to reactivate the release of stubborn, localised fat and the natural production of collagen and elastin. Stimulates the removal of waste products from the metabolism by activating lymphatic and blood circulation. Results from the first session.

A needs assessment and the creation of a personalised programme are recommended.

### Indiba® Session

The exclusive Indiba® Deep Beauty method reinforces beauty from within. Thanks to the Sistema Proionic® the tissue fabric regains elasticity, localised fat is reduced, the flow of oxygen between cells is improved, and micro-circulation is restored. Volume reduction, resulting in a reinvigorated, firmer figure.

Results from the first session. A needs assessment and personalised programme is recommended.

Please consult the list of specific treatments at reception.

## BEAUTY AND COSMETIC TECHNOLOGY

### DEAD SEA WRAP

A wrap in activated mud from the Dead Sea. A significant re-mineralising effect, thanks to the high mineral and oligo element content.

The skin relaxes and is oxygenated and rejuvenated. The therapeutic applications help to soothe muscular pain, rheumatism, arthritis, eczema and psoriasis.

50' | €120

### LYMPHATIC DRAINAGE

A gentle massage with a slow rhythm and repetitive movements, removing toxins and combating water retention by stimulating lymphatic circulation.

50' | € 140

### MODELLING MASSAGE

Deep massage, percussion and drainage techniques that improve muscle tone and the appearance of the skin.

50' | €140

### CITRUS SCRUB BODY PEEL BY NATURA BISSÉ

This treatment smoothes the surface of the skin thanks to highly-effective citrus exfoliating agents. Removes dead skin cells to reveal a protected and radiant skin.

50' | €120

## 6 TIME FOR YOU

### **BODY DETOX**

This ritual focuses on the full detoxification of the face and body. Combining a body peel followed by a Dead Sea wrap, we proceed to a lymphatic drainage that helps to mobilise the toxins and liquids within the body. Ending with the Natura Bissé O2 facial detox, we'll achieve a total re-set. Ideal for treating the oxidising damage of day-to-day life holistically.

170' | €360

### **TOTAL LIFT**

The objective of this ritual is to provide a re-firming boost for the body and face in one session. The body-modelling massage improves muscle tone and the appearance of the skin, followed by a 3D Collagen Shock facial by Natura Bissé and boosted with a firming 50-minute Indiba session on the area of your choice.

170' | €360

### **SILENCE YOUR MIND**

This ritual takes place in the Thai Suite, where your aromatherapy is personalised, inviting you to relax. On the tatami, a fusion of techniques is used along with breathing exercises. We finish with a head massage to leave you in a state of intense calm and serenity.

110' | €290

### **TOTAL ANTI-AGING FACIAL CURE**

The combination of a premium Mobilift facial with the application of the Citrus Vita-Essence facial by Natura Bissé will leave your face looking totally revitalised.

90' | €195



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### TRAVELLER'S ESSENTIALS

These rituals are designed to leave your body feeling tip-top after a trip, or prepare you for your return.

#### JUST LANDED

Feel great fast after a journey. An express body peel is applied, we remove tension and activate the legs and finish with a relaxing massage for the back, neck and shoulders.

80' | €220

#### JET LAG REVIVER

Over 90 minutes, we will treat your neck, shoulders and back, followed by an express reflexology session. We finish with an ultra-refreshing and moisturising facial. Designed for pre- and post-air travel.

90' | €250

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### GENTLEMAN'S EXCLUSIVE

#### STRESS RECOVERY

A relaxing massage for the whole body, followed by an anti-stress head massage together with personalised aromatherapy will reset your mental and physical state.

80' | €190

#### ANTI-AGING CURE FOR MEN

Restore the skin's firmness with this powerful rejuvenating and regenerating treatment boosted with a 30 minute Indiba facial application.

For men who wish to combat the signs of ageing.

80' | €170

#### PERSONALISED FACIAL

Together with your therapist, choose the treatment that best suits your needs and objectives.

To reveal a nourished skin.

50' | €120

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## INDULGE ON THE GO

Haven't got much time? Make sure you take care of yourself with these treatments designed for you to enjoy a moment of wellness in a quick, effective way.

**FACIAL EXPRESS BY NATURA BISSE**

25' | €90

**BIO RELAXATION MASSAGE**

25' | €80

**RELAXING MASSAGE**

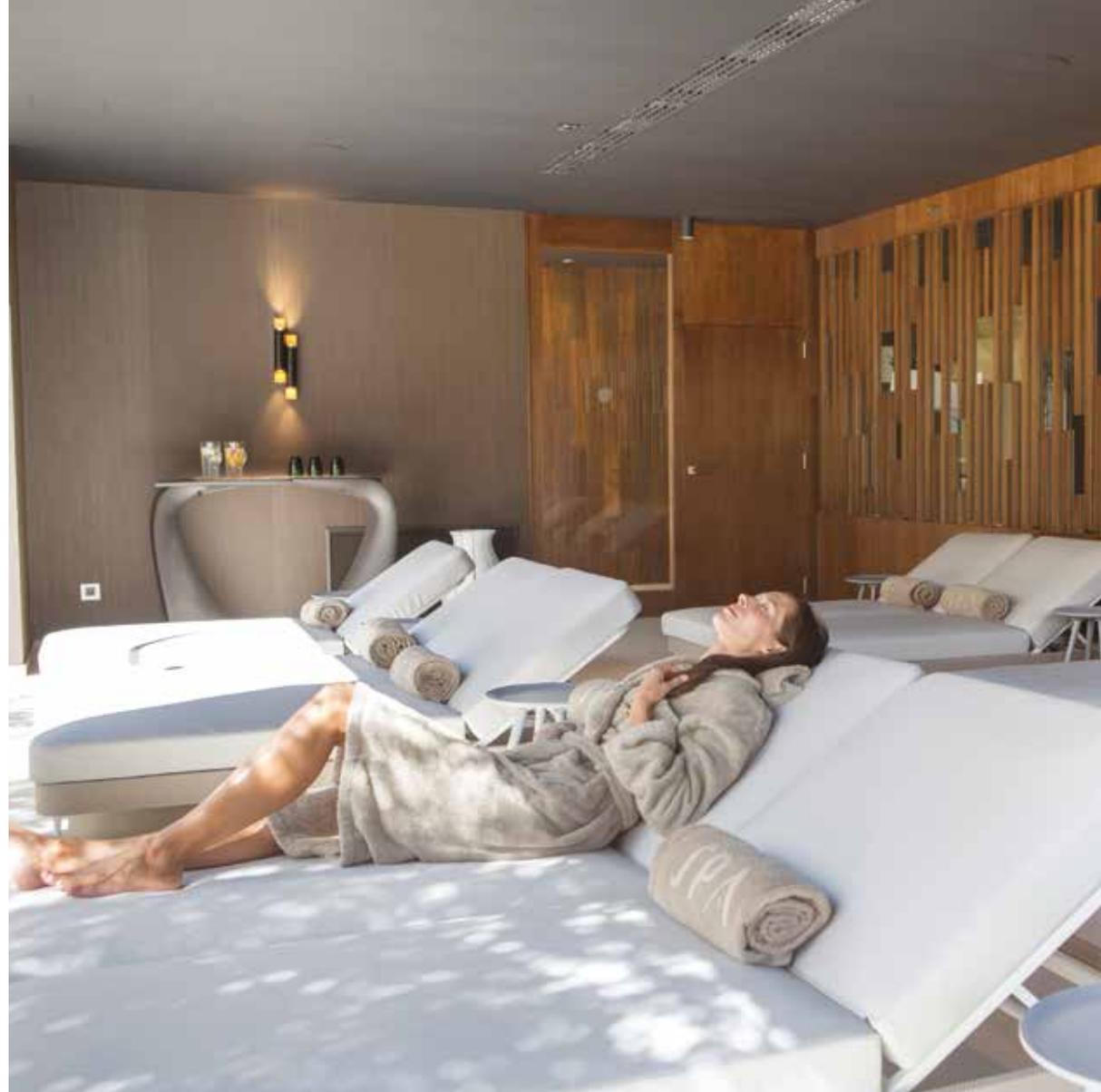
25' | €80

**HEAD, BACK AND  
SHOULDER MASSAGE**

25' | €80

**CITRUS BODY PEEL  
SCRUB BY NATURA BISSE**

25' | €70





## SOFIA OASIS WELLNESS & SPA TAG

The SOFIA OASIS WELLNESS & SPA team welcomes you to our wellness area. To ensure that all our customers may enjoy this oasis, you are kindly requested to talk quietly and avoid making noise. We inform you that mobile phones are not allowed in the Spa. Enjoy your moment.

### SPA EXPERIENCE

To enjoy the best possible service, we ask you to book your Spa circuit and treatments in advance. We would be delighted to recommend a personalised ritual for you. As part of your relaxation experience, we recommend that you arrive at the Spa 15 minutes before your appointment (and arrive wearing the robe from your room if you are staying with us).

### CANCELLATION POLICY

If you cannot attend your appointment, we ask that you let us know a minimum of two hours in advance. Otherwise, the cost of the treatment booked will be charged to you in full. Your treatment time will not be extended if you arrive late, since this will affect the treatments of subsequent clients.

### CONDITIONS

- Entry to the Spa circuit is not permitted for those aged 16 or under.
- Right of admission reserved.
- Please advise your therapist of any particular health condition, allergy or injury. If you are pregnant, ask your doctor about any risks associated with receiving the treatments.
- The centre accepts no responsibility for items lost or left behind in the lockers or inside the Spa during your visit.

### WELL-BEING

Our team aims to ensure you enjoy a unique experience, so we would appreciate your feedback and opinion about your time with us.



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