



PULA SUITES BOUTIQUE RESORT SPA TREATMENTS

ORGANIC FACIAL TREATMENTS

Cleansing Rituals

Ecologic Mini Facial - 35 minutes **49€**

Designed to generate maximum results in minimum time.

Ecologic Signature Facial Cleanse - 65 minutes **85€**

Classic, European facial cleanse. Includes a pleasant face massage that combines traditional methods with oriental techniques, oxygenating the skin and stimulating the senses.

Pula Premium Facial Cleanse - 80 minutes **99€**

Deep cleansing and anti-aging treatment that blends manual and electro-aesthetic techniques with natural creams and highly concentrated, regenerating serums.

Facial Experiences

Hot & Cold Stone Facial Cleanse - 65 minutes **89€**

Incorporates hot and cold stones combining ancient techniques with western methods, to provide a healthy and radiant appearance.

Anti-Stress Facial Cleanse with Mimosa & Chamomile - 65 minutes **85€**

A complete, holistic, manual facial treatment, that hydrates and relaxes the skin. It is ideal for those who wish to take care of their image with a calming and deep treatment. Helps induce a state of well-being and relaxation.

Facial Treatments

After-Sun Calming Treatment - 20 minutes **39€**

Designed to soothe and rehydrate the skin after prolonged sun exposure.

Eyebright & Aloe Vera Tired Eyes Treatment - 35 minutes **54€**

A treatment that combines manual methods with electrotherapy techniques to care for, soothe and pamper the eye contour area. Ideal for puffy, swollen eyes.

Tratamiento Reactivador con Plantas Marinas - 35 minutes **54€**

Rejuvenating effect treatment. Suitable to help fight flaccidity and to treat dehydrated and devitalized skin types thanks to the application of electrotherapy, added to the richness of the ingredients of our Marine Plant Serum. Enriched with extra concentrated Vitamins C and E, this treatment helps activate blood flow and provide oxygen to the skin. Ideal to prepare skin for a special event.

NATURAL BODY TREATMENTS



PULA BOUTIQUE RESORT | Ecologic Cosmetics & Spa Solutions
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Body Scrubs

- Mediterranean Scrub with Citric Fruits & Olive Kernel - 35 minutes** **45€**
A medium intensity, natural exfoliating treatment to remove dead cells from the skin leaving it soft, smooth and firm. Enjoy a renewed and refreshed feeling thanks to its added nutrient intake and all the freshness of citrus. Recommended to prepare the skin for all body treatments.
- Oriental Scrub with Ayurvedic Spices & Apricot - 35 minutes** **49€**
Aromatic and spicy, apricot kernel exfoliation. This high intensity scrub helps remove dead cells and leave the skin soft, clean and supple.
- Lotus & Frangipani Balinese Lulur Scrub - 35 minutes** **49€**
Gentle, delicate body exfoliation of exotic fragrance and subtle intensity that removes dead cells from the outermost layers of the skin. Ideal for the most delicate and sensitive skin types.
- Moroccan Black Soap & Eucalyptus Exfoliating Treatment – 35 minutes** **49€**
Authentic and ancient Moroccan Sahrawi traditional recipe, that retains the active properties of black olives, argan and eucalyptus; a perfect and unique blend. Moisturizing and emollient with antiseptic properties, to refresh, soften and deep cleanse your skin.

Body Wraps

- Green Tea Detox & Repairing Body Wrap – 35 minutes** **49€**
The penetrating effect of heat from the green tea helps to improve muscle and joint ailments. It also helps sculpt and detoxify our body. For optimum results, apply twice in one week.
- Seaweed Remineralising & Slimming Body Wrap – 35 minutes** **49€**
Remineralising and slimming body mask and wrap. Both the fucus and spirulina algae work together in perfect harmony to fight against fluid retention and cellulite, bringing the best from the sea, directly to your skin.
- Rose & Geranium Rassoul Body Wrap – 35 minutes** **49€**
An ideal to complement to our Black Soap or Oriental Scrub treatment, this Rose and Geranium wrap is delicate and moisturizing. Skin feels radiant and full of life due to its highly moisturizing properties

Traditional Massages

- Head & Face Massage - 20 minutes localised** **35€**
Relaxing facial and head massage that invites you to unwind and relax your mind while nourishing and moisturizing your skin.
- Tired Legs & Foot Massage - 20 minutes localised** **32€**
Stimulating massage for tired legs and feet, especially suited after hours of standing or sitting. Helps activate circulation, relieving that feeling heaviness.
- Back, Neck & Shoulder Massage - 20 minutes localised** **35€**
Classical relaxing massage designed to relieve the discomfort of back, neck and shoulder tension.
- Mint Infused Relaxing Massage - 50 minutes full body** **65€**



Classical and subtle massage, performed using a natural, evening primrose oil with a touch of mint, from. Enables you to enjoy a deep state of relaxation and well-being.

Swedish Massage with Almond Oil - 50 minutes full body **65€**
Traditional European massage that cares for your skin, blood flow and tone. Helps firm and moisturise, creating an overall sense of wellbeing.

Specialised Massages

Detox Massage with Grapeseed, Lemon, Ivy & Marjoram - 20 min. / 40 min. **39/55€**
An organic oil is combined with anti-cellulite massage techniques, applied to the most needed areas of your body, to tone and firm. It also helps reduce the orange peel effect.

Knot-Release Massage with Rosemary Oil - 20 minutes localised / 40 minutes **39/55€**
Deep massage tailored to your specific needs, ideal for decongesting fatigued muscles. Relieves pain and relaxes the muscular system.

Personalised Sports Massage - 20 minutos Localizado / 40 minutos **39/55€**
Manual, penetrating massage, applying physiotherapy stretches and manipulations. Designed to help alleviate discomfort and pain at deep muscle tissue level, both to prepare muscles for a session of intense sport or to help eliminate post-sport chronic muscle stress. Perfect for cyclists, golfers, hikers, etc.

Mother-to-be Massage with Almond Oil - 20 minutes localised / 50 minutes full body **39/69€**
Relieve fatigued muscles and give your baby a treat with this special and exclusive treatment for future mothers. Safe, pre-birth massage techniques are applied to activate circulation, calming swollen legs and ankles. The treatment can be adapted to any stage of this singular, nine-month journey.

Children's Massage - 20 minutes **39€**
Today, are the youngest family members are the stars. Gentle, relaxing massage for children to enjoy their own Spa experience.

Oriental Massages

Firming Bamboo Massage - 20 minutes localised / 50 minutes full body **39/69€**
A manual massage technique combined with the use of natural bamboo canes. Ecologic's aromatic Grapeseed, Lemon and Ivy oil is applied in conjunction with the bamboos helps drain, tone, firm and sculpt the body while relaxing the mind and soul.

Signature Hot Stone Massage - 20 minutes localised / 80 minutes full body **45/99€**
Warm, volcanic stones glide down your energy channels and precious chakra stones placed on key energy points, performing a traditional and holistic massage with an Ecologic Cosmetics' oil of choice, helping relieve stress and calm aching muscles.

Indian Head Massage – 40 minutes **59€**
Neck, face, head and back massage, following the traditional Ayurvedic protocol of activating our "Marma" points whilst performing specific manipulations. Relax with a warm blend of Ayurvedic oil.



Hawaiian Lomi Lomi Massage - 80 minutes **99€**
Traditional Hawaiian massage, where rhythmic, ocean-like movements of waves and subtle sways are accompanied with Tiare flower oil to complete an unforgettable tropical experience.

Hands & Feet

Pula Manicure - 45 minutes **46€**
Nurture and pamper your hands. Includes nail filing, polishing and cuticle care with the option of colour application.

Gentleman's Manicure - 35 minutes **36€**
Nurture and pamper your hands. Includes nail filing, polishing and cuticle care.

Pula Premium Manicure - 60 minutes **60€**
Includes a scrub, mask, wrap and relaxing foot massage with anti-bacterial Ecologic Cosmetics' Tea Tree moisturizer. Pamper your feet with nail cutting, filing, polishing and cuticle care with the option of colour application.

Pula Pedicure - 55 minutes **56€**
Nurture and pamper your feet. Includes nail filing, polishing and cuticle care with the option of colour application.

Gentleman's Pedicure - 45 minutes **46€**
Nurture and pamper your hands. Includes nail filing, polishing and cuticle care.

Pula Premium Pedicure - 75 minutes **75€**
A warm foot bath is followed by a scrub, mask, wrap and relaxing foot massage with anti-bacterial Ecologic Cosmetics' Tea Tree moisturizer, combined with pampering for your feet. Includes nail cutting, filing, polishing and cuticle care with the option of colour application.

Waxing

Hair removal for specific body areas, using warm and hot olive oil wax:

Eyebrow Shaping	14€
Eyebrow Design	26€
Upper Lip	11€
Chin	11€
Half Legs	26€
Full Legs	36€
Underarm	20€
Bikini	26€
Brazilian Bikini	32€
Back	48€
Chest	42€
Abdomen	32€
Forearms	26€



SPA PACKAGES

Welcome Ritual (55 min)	69€
<ul style="list-style-type: none">- Ecologic Mini Facial- Back, Neck & Shoulder Massage (20 minutes)	
Detox Treatment (55 min)	75€
<ul style="list-style-type: none">- Green Tea Detox & Repairing Body Wrap- Localised Firming Bamboo Massage (20 minutes)	
Mediterranean Experience (70 min)	79€
<ul style="list-style-type: none">- Mediterranean Scrub with Citric Fruits & Olive Kernel- Seaweed Remineralising & Slimming Body Wrap	
Moroccan Voyage (70 min)	84€
<ul style="list-style-type: none">- Moroccan Black Soap & Eucalyptus Exfoliating Treatment- Rose & Geranium Rassoul Body Wrap	
Mother-to-be Pampering (80 o 110 min)	79/105€
<ul style="list-style-type: none">- Pula Pedicure- Mother-to-be Massage (20 o 40 minutes)	
Polinesian Journey (115 min)	125€
<ul style="list-style-type: none">- Lotus & Frangipani Balinese Lulur Scrub- Hawaiian Lomi Lomi Massage (80 minutes)	
Pula Spa Experience (115 min)	125€
<ul style="list-style-type: none">- Ecologic Signature Facial Cleanse- Swedish or Relaxing Mint Infused Massage (50 minutes)	
From Head to Toe (170 min)	165€
<ul style="list-style-type: none">- Ecologic Mini Facial- Mediterranean Scrub with Citric Fruits & Olive Kernel- Pula Manicure- Pula Pedicure	