



PULA SUITES BOUTIQUE RESORT

Spa & Wellness

Natural beauty · Relaxation within reach

FACIALS · BODY · MASSAGES · RITUALS



Organic facial treatments

Care rituals combining manual, sensory and electro-aesthetic techniques.

Ecologic Mini Facial • 35 min.**49 €**

Designed to deliver maximum results in a short time.

Ecologic Signature Facial • 65 min.**85 €**

A classic European facial with a relaxing face massage combining traditional techniques with Eastern-inspired methods to oxygenate the skin and awaken the senses.

Pula Premium Facial • 80 min.**99 €**

A deep-cleansing, anti-ageing treatment combining manual and electro-aesthetic techniques with highly concentrated natural regenerating creams and serums.

FACIAL EXPERIENCES

Oriental Facial with Hot & Cold Stones • 65 min.**89 €**

Combines hot and cold stones, blending ancient techniques with Western methods to leave the skin looking healthy and radiant.

Anti-Stress Facial with Chamomile & Mimosa • 65 min.**85 €**

A complete holistic manual facial that hydrates and relaxes the skin. Ideal for those seeking an in-depth beauty treatment in a state of calm and well-being.

Facial treatments

Soothing After-Sun Treatment · 20 min 39 €

A therapy designed to soothe and rehydrate the skin after prolonged sun exposure.

Tired Eyes Treatment with Eyebright & Aloe · 54 €

35 min.

A treatment to relieve tired, puffy eyes. Traditional methods are combined with advanced electro-aesthetic techniques to refresh the eye area and reduce crow's feet, dark circles, puffiness and expression lines.

Revitalising Marine Plant Treatment · 35 min. 54 €

A rejuvenating treatment also suitable for loss of firmness and dehydrated, dull skin. Electro-aesthetic techniques are combined with an extra-concentrated Marine Plant Serum enriched with vitamins C and E. It helps stimulate circulation and skin oxygenation, making it ideal for special occasions when you want to look especially radiant.

Natural body treatments

BODY EXFOLIATIONS

Mediterranean Citrus & Olive Stone Peeling · 45 €

35 min.

A medium-intensity natural body exfoliation that removes dead surface skin cells, leaving the skin renewed, soft and smooth, with nourishing benefits and the freshness of citrus fruits. Ideal for preparing the skin before any body treatment.

Oriental Peeling with Ayurvedic Spices & 49 €

Apricot · 35 min.

An aromatic apricot-kernel exfoliation with a stronger intensity to remove dead skin cells and leave the skin soft and clean.

Balinese Lulur with Lotus & Frangipani · 35 49 €

min.

A gentle body exfoliation with rice powder and a subtly exotic fragrance. Ideal for delicate and sensitive skin.

Moroccan Black Olive & Eucalyptus

49 €

Exfoliating Treatment • 35 min.

An authentic ancestral recipe inspired by Moroccan Sahrawi tradition, combining the active properties of black olive, argan and eucalyptus. Moisturising, antiseptic and emollient, it refreshes, softens and deeply cleanses the skin.

BODY WRAPS

Detox & Repairing Green Tea Wrap • 35 min.

49 €

Ideal as a sculpting, repairing and detoxifying treatment and to help relieve muscle and joint discomfort thanks to its warming effect. Recommended twice a week.

Remineralising & Slimming Seaweed Wrap • 35 min.

49 €

A remineralising, anti-cellulite and moisturising mask made with fucus seaweed and spirulina, bringing the benefits of the sea directly to the skin.

Moisturising Rhassoul Wrap with Rose & Geranium • 35 min.

49 €

The ideal complement to a black-soap treatment or oriental peeling. A gentle, moisturising wrap that leaves the skin luminous and revitalised thanks to its intense hydrating action.

Massages

Head & Face Massage • 20 min. A face and head massage to clear the mind and promote relaxation while nourishing the skin.	35 €
Tired Feet & Legs Massage • 20 min. • Localised A stimulating massage to relieve tired legs after long periods standing or sitting, helping activate circulation and ease feelings of heaviness.	32 €
Back, Neck & Shoulder Massage • 20 min. • Localised A classic massage to relax the neck, shoulders and back.	35 €
Relaxing Mint Massage • 50 min. • Full body A classic relaxation and wellness massage to balance body and mind.	65 €
Swedish Massage with Almond Oil • 50 min. • Full body The quintessential European massage, caring for the skin and circulation while helping firm and tone the body for an overall sense of well-being.	65 €

SPECIALISED MASSAGES

Detox Massage with Grape Seed, Lemon, Ivy & Marjoram • 20 / 40 min. An organic oil combined with anti-cellulite massage techniques applied to the areas that need it most, helping tone and firm the body and reduce the appearance of orange-peel skin.	39 / 55 €
Deep-Release Rosemary Massage • 20 min. localised / 40 min. A back massage tailored to your needs, designed to soothe tired or aching muscles and relieve muscular tension.	43 / 65 €

MASSAGES

Personalised Sports Massage • 20 min. localised / 40 min.

43 / 65 €

A deep manual massage often incorporating stretching and physiotherapy techniques. Designed to relieve discomfort and pain in deep muscle tissue, prepare the muscles for intense exercise or help release chronic post-exercise muscular stress. Ideal for cyclists, golfers, hikers and more.

Mother-to-Be Almond Massage • 20 min. localised / 50 min. full body

39 / 69 €

Soothe tired muscles with this special treatment for mothers-to-be. Safe prenatal massage techniques help stimulate circulation and relieve swollen legs and ankles. The treatment can be adapted to any stage of pregnancy.

Children's Massage • 20 min.

39 €

A gentle, relaxing massage designed especially for younger guests to enjoy their own spa experience.

ORIENTAL MASSAGES

Firming Bamboo Massage • 20 min. localised / 50 min. full body

39 / 69 €

A firming and draining massage combining manual techniques with natural bamboo canes and Ecologic aromatic Grape, Lemon & Marjoram Oil. It helps sculpt the body and relax the mind.

Signature Hot Stone Massage • 20 min. localised / 80 min. full body

45 / 99 €

Hot volcanic stones and cool chakra gemstones are placed on key energy points while the warm stones glide over the body in a traditional holistic massage using your choice of Ecologic Cosmetics oil to relieve stress and soothe aching muscles.

RITUALS

Indian Head Massage • 40 min.

59 €

A neck, face, head and back massage inspired by Ayurvedic tradition, including stimulation of marma points and specific techniques. Relax with a warm application of Ayurvedic oil.

Ayurvedic Abhyanga Massage • 80 min.

99 €

A massage designed to stimulate the body's energy pathways and support detoxification. Following Ayurvedic tradition, it uses warm tri-dosha oil with Ayurvedic spices, suitable for all constitutions. A true balm for body, mind and spirit.

Hawaiian Lomi Lomi Massage • 80 min.

99 €

A traditional Hawaiian massage with flowing, wave-like movements and gentle rocking, accompanied by Tiaré Flower oil for an unforgettable tropical experience.

Optional extra

20 €

Add 20 minutes to any massage.

Hands & feet

Pula Manicure • 45 min.

46 €

Care and pampering for your hands, including nail trimming, filing and buffing, cuticle care and the option of colour application.

Gentlemen's Manicure • 35 min.

36 €

Care and pampering for your hands, including nail trimming, filing and buffing and cuticle care.

Pula Pedicure • 55 minutes

56 €

Care and pampering for your feet. Includes nail trimming, filing and buffing and cuticle care, with colour application available at an additional charge.

Gentlemen's Pedicure • 45 minutes

46 €

Care and pampering for your feet, including nail trimming, filing and buffing and cuticle care.

Spa programmes

Combinations designed for a more complete wellness experience.

Welcome Ritual • 55 min

Ecologic Mini Facial • Masaje de Espalda, Cuello y Hombros (20 minutes)

69 €

Detox Treatment • 55 min

Repairing Green Tea Detox Wrap • Masaje Reafirmante Localizado con Cañas de Bambú (20 minutes)

75 €

Mediterranean Experience • 70 min

Mediterranean Citrus & Olive Stone Peeling • Remineralising & Slimming Seaweed Wrap

79 €

Journey to Morocco • 70 min

Moroccan Black Olive & Eucalyptus Exfoliating Treatment • Moisturising Rhassoul Wrap with Rose & Geranium

84 €

Mother-to-Be Relaxation • 80 or 110 min

Pula Pedicure • Masaje Dulce Espera (20 o 40 minutos)

79 / 105 €

Pula Spa Experience • 115 min

Ecologic Signature Facial • Masaje Sueco o Relajante a la Menta (50 minutos)

125 €

Head to Toe • 170 min

Ecologic Mini Facial • Mediterranean Citrus & Olive Stone Peeling • Pula Manicure • Pula Pedicure

165 €

