



WELLNESS SANCTUARY

SON BRULL



WELLNESS SANCTUARY

Son Brull offers an extraordinary connection with nature and its energies, surrounded by centenary olive trees, in the Sierra de Tramuntana.

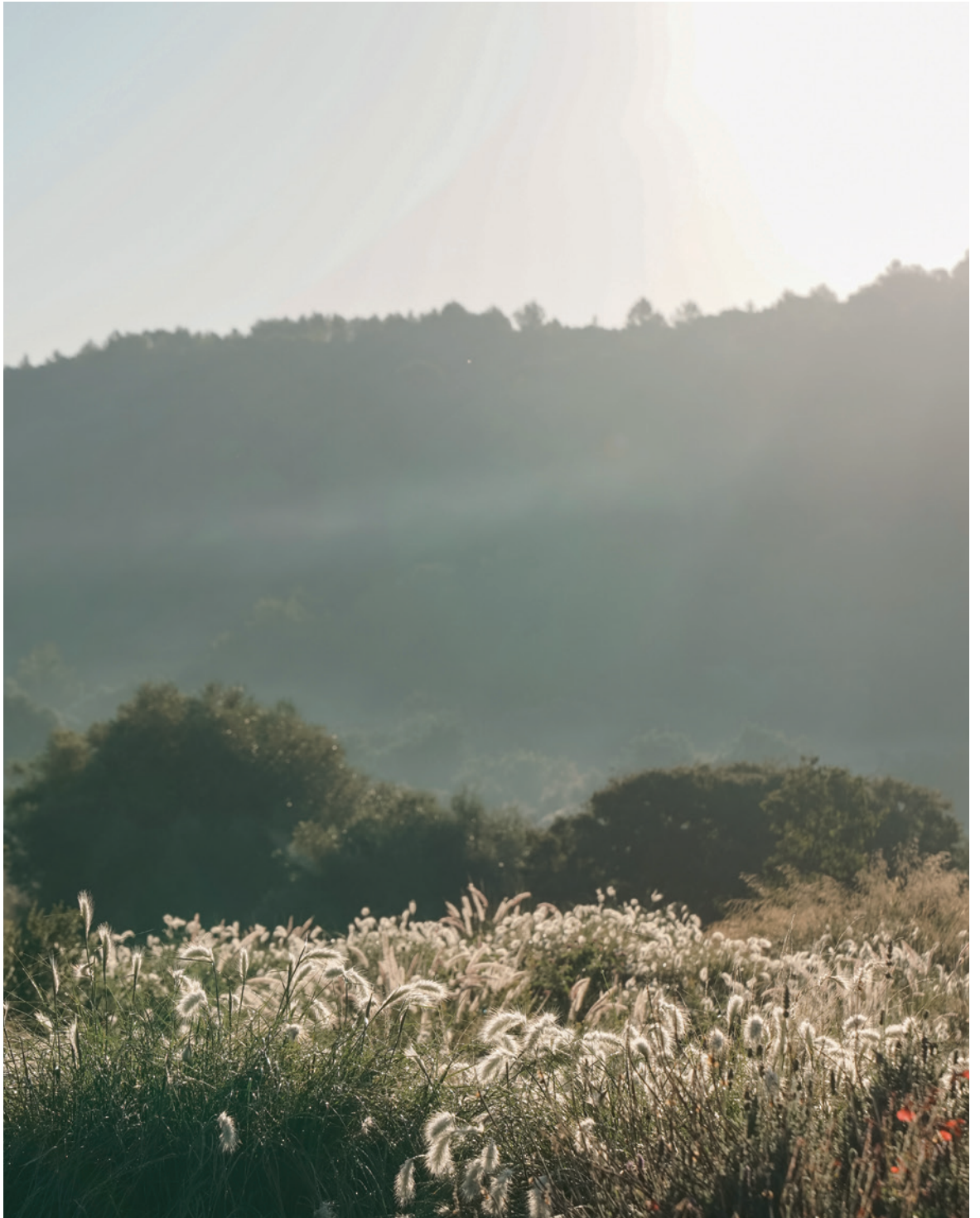
The history of the place transmits the spirituality of the Jesuits who built this monastery in the 18th century, turning Son Brull into an ideal retreat for meditation.

Mediterranean nature provides us with the active ingredients that are the highlights of all our treatments.

Enter an oasis of serenity, where avant-garde architecture blends with the natural beauty of the surroundings. Treatment rooms with vineyard views, relaxation areas, Spa circuit, yoga room and gym.



Welcome to your Mallorcan Wellness Sanctuary...



TREATMENTS

At Son Brull, we don't just offer treatments, we offer transformative experiences. Let our expert hands guide you on a sensory journey where stress dissolves, harmony is restored and you reconnect with nature.

**TREATMENTS ARE AVAILABLE TO BOOK DAILY
FROM 10:00AM TO 7:00 PM.**

Our Treatments

RITUAL SON BRULL
FACIAL SON BRULL SANCTUARY
MASSAGES
HAND AND FOOD CARE





Ritual Son Brill

Treat yourself to our most complete Ritual: an exceptional massage combined with the skin benefits of the best body and facial treatments associated with each season of the year.

DURATION OF THE RITUAL: 120 MINS.

SPRING

*Energy and vitality with the properties of the **almond tree**.*

- Silky smooth scrub and body mask.
- Deep and stimulating body massage.
- Hydrating facial care.

SUMMER

*Freshness and hydration with the properties of the **olive tree**.*

- Reconstituting scrub and body mask.
- Relaxing anti-stress body massage.
- Refreshing facial care.

AUTUMN

*Nutrition and regeneration with the properties of the **carob tree**.*

- Body massage with warm bags of herbs and carob.
- Regenerative scalp massage.
- Nourishing facial care.





Facial Son Brill

Keep your skin healthy and smooth with this individualized ceremony that adapts to your skin's preferences in each season of the year.

DURACIÓN OF THE CEREMONIAL: 60 MINS.

SPRING

Awaken the energy and firmness of your skin.

- Facial cleansing and purification ritual that prepares your skin.
- Facial acupressure massage.
- Antioxidant facial mask with orange and orange blossom.

SUMMER

Vitality, freshness and hydration.

- Facial cleansing and purification ritual that prepares your skin.
- Cold and firming effect facial massage.
- Fresh repairing mask with prickly pear and chamomile.

AUTUMN

Calm, balance and regeneration.

- Facial cleansing and purification ritual that prepare your skin.
- Anti-ageing facial massage.
- Warm soothing mask with carob and grape seeds.

COMPLETE YOUR EXPERIENCE BY ADDING:

- Back and shoulder massage for 30 min.
 - Nourishing mask for hands and feet for 30 min.
-



Massages

Created to make you live a holistic and personalised experience, using natural oils and balms together with the exceptional aromas of Mediterranean plants.

TOE TO HEAD

We start with a foot reflexology massage that allows us to then personalise the body massage that follows. We finish with a dedicated relaxation of a cranial and facial massage.

120 MINS.

VITAL ENERGY

Dry massage with clothes on and on a futon.
Manual pressure techniques and elements that work deep into the muscles, relieving tension and pain. Recommended after sports.

90 MINS.

SON BRULL SANCTUARY

Complete wellness and relaxation with a personalised body massage technique.

60 / 90 MINS.

FOR TWO

Enjoy a personalised massage in our double room.

60 / 90 MINS.

COMPLETE THE EXPERIENCE BY ADDING:

Assortment of chocolates and bottle of Cava Son Brull Brut Nature Reserva.



AROMARELAX

A massage that combines back, neck and shoulder massage with gentle facial cleansing, finishing with a purifying mask and foot massage..

60 / 90 MINS.

THERAPEUTIC

Massage in the area of your body that you need. Individualised and applying therapeutic techniques to obtain the desired result.

45 MINS.

HOT STONES MASSAGE

A time of calm for your body and mind. Warm sensory massage of stones with relaxing herbal aromas.

90 MINS.

FOOT REFLEXOLOGY

Stimulating the reflex zones in the sole of the foot balances the energy flow, improving the functioning of the lymphatic, renal and circulatory system.

60 MINS.

CRANIAL

Releases tension and improves your wellbeing. Pressure points and gentle manipulations on the neck, face, head and scalp.

60 MINS.

SPORT MASSAGE

Physical and muscular recovery are the goal of this deep massage, releasing tension and restoring energy.

60 / 90 MINS.

MUM TO BE *

** From 3 months to 8 months of gestation.*

Gentle massage to relieve tension and improve circulation, a special moment of well-being with your future baby.

60 MINS.

COMPLETE YOUR EXPERIENCE BY ADDING:

Body scrub for 30min.
Facial massage for 30 min.



Hand and feet care

Enjoy the beautiful views of our vineyards while we pamper, care and protect your hands and feet with the utmost luxury. Our range of vegan colours beautify your nails without damaging them.

MANICURE SON BRULL SANCTUARY

Silky scrub, manicure with cuticle care, nail polish, mask and concentrate based on oil of prickly pear to hydrate and regenerate.

60 MINS.

PEDICURE SON BRULL SANCTUARY

Foot ritual with bath and scrub with orange and rosemary , pedicure, nail polish, wrap and foot massage with prickly pear oil regenerating balm.

60 MINS.

COMPLETE YOUR EXPERIENCE BY ADDING:

Foot reflexology massage for 30 min.

Gel / Shellac removal for 30 min.





SPA

Let us guide you on a journey of sensations. Take full advantage of your time at the Spa Son Brull following our recommendations ...

- 1 Stimulate your skin with a gentle body scrub with your kessa glove.
- 2 A session in the **steam bath** heats your body and softens the skin. Inhalation of steam purifies the respiratory tract.
- 3 A brief dip in the **cold water pool** stimulates circulation and tones the body.
- 4 It is important to hydrate your body. We invite you to drink the waters and infusions that we offer.
- 5 Let the water and bubbles massage your body in the **pool of sensations**.
- 6 Sit in the **relaxation area** and... do... nothing...
- 7 A **sauna** session. Constant dry heat increases blood flow and strengthens the immune system.
- 8 Again a brief dip in the cold water pool to contrast the heat of the sauna and activate blood circulation.
- 9 Finish by pampering your skin applying our body oil.

THE USE OF THE SPA IS FREE OF CHARGE FOR SON BRULL HOTEL GUESTS.

HOURS: OPEN EVERY DAY FROM 08:00 A.M. TO 8:00 P.M.

COURTESY: WE KINDLY ASK YOU TO HELP US MAINTAIN THE SERENITY OF SPA SPACES BY SILENCING YOUR MOBILE DEVICES AND RESPECTING THE RIGHT TO PRIVACY OF ALL CUSTOMERS.

AGE REQUIREMENTS: TO ACCESS THE SPA YOU MUST BE 16 YEARS OLD OR OLDER

DRESS CODE: THE USE A SWIMSUIT IS REQUIRED IN ALL THE FACILITIES.

HEALTH: THE USE OF THE STEAM BATH AND THE SAUNA ARE NOT RECOMMENDED FOR THOSE SUFFERING FROM CIRCULATORY DISORDERS, BLOOD PRESSURE THAT IS TOO HIGH OR TOO LOW, KIDNEY OR HEART PROBLEMS. THEY ARE ALSO NOT RECOMMENDED DURING PREGNANCY.



YOGA

Our Yoga sessions help you to have a more harmonious relationship with your body, to balance your mind and emotions, as well as to release stress, all of which contributes to you reaching a state of greater wellbeing.

GROUP CLASSES

Group classes are free of charge for Son Brull Hotel guests. We kindly ask you to sign up at reception in advance.

Every morning at 09:00.

Gentle session with conscious breathing, stretches based on Hatha Yoga and relaxation.

60 MINS.

PRIVATE CLASSES

We can offer our Yoga classes in private sessions of 60 or 90 minutes duration.





GYM

Exercise while enjoying the beautiful views through the orange trees of Son Brull with the most modern equipment.

THE USE OF THE GYM IS COMPLIMENTARY FOR SON BRULL

HOTEL GUESTS.

TECHNOGYM EQUIPMENT:

- Treadmill
- Exercise bike
- Elliptical fitness crosstrainers (EFX)
- Rowing machine
- Weight bench

HOURS: OPEN EVERY DAY FROM 07:30 TO 20:00 HOURS

ACCESS: TO ACCESS THE GYM YOU CAN USE YOUR ROOM CARD OR REQUEST ONE AT THE HOTEL RECEPTION.

COURTESY: ONCE YOUR SESSION WITH THE TRAINING MACHINE IS FINISHED, PLEASE USE THE HYGIENIC SPRAY THAT WE PUT AT YOUR DISPOSAL ALONG WITH THE DRYING PAPER TO LEAVE THE MACHINE IN OPTIMAL CONDITIONS FOR THE NEXT USER.

AGE REQUIREMENTS: TO ACCESS THE GYM YOU MUST BE 16 OR OLDER.





SON BRULL

— RURAL SANCTUARY —

Reservations

T +34 - 971 535 353 · www.sonbrull.com
info@sonbrull.com



Crta. Palma - Pollença, Km 50
07460 - Pollença - Mallorca



RELAIS &
CHATEAUX