

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.