

Focus on Biomar Spa and Wellness Centre, Sa Coma, Mallorca.

Images by Geoff Williamson. Text by Geoff Williamson and Cati Febrer, Manageress of Biomar Spa. Also visit www.MallorcaGoldMine.com/LuxMallorca

Looking for pampered luxury ? Then consider a half day, day or weekend break at the Biomar Spa and Wellness Centre in Sa Coma on East Coast Mallorca. The Biomar Spa was built in 2003 by Protur Hotels and forms part of a luxury 5 star hotel complex. The large 3500m2 Spa facility includes three large pools with waterfalls, cascades and jacuzzis with two pools reserved for water treatments. In addition to the usual sauna and turkish bath facilities Biomar has some 30 treatment rooms, many with state of the art equipment. Biomar offers an almost infinite variety of treatments at the hands of a well trained team of dedicated therapists under the guidance of Cati Febrer, the facility manageress. The centre also incorporates a large well equipped fitness studio / gymnasium with a personal trainer in attendance. The images illustrate some of the treatments available.



Stones Massage

Standard Body Massage – firm pressure with oil and rhythmic movements of the therapists fingers to relax tense muscles and releave stress. **Stones massage** involves the use of heat retaining basalt / volcanic stones which have been pre-heated. The stones can be left on the



back to provide deep heat massage and are also used by the therapist to intensify the benefit of hand massage. The full body massage normally lasts for 90 mins and induces total body and mental relaxation.

Exotic Ceylan (thai silk scarf) massage. The initial phase of the treatment involves using the scarf in a series of gentle stretching exercises and subsequently for massage therapy. The stretching and massage are applied to the clients neck, arms, body, legs knees and feet. The treatment relaxes muscles and relieves general tension. The 90 mins treatment concludes with a body massage using a safron cream.

Exotic Ceylan (thai silk) Massage

Bulgarian Rose Face Mask. This natural aromatherapy product is popular as a face rejuvenation treatment. A wide range of alternative mask treatments are available to suit different skin characteristics.

Chocolate massage. The chocolate is applied as a massage to relax the muscles of the body. The treatment also hydrates the skin. The chocolate flavour stimulates the secretion of endocrins within the body which promote deep relaxation and a feeling of wellbeing. The chocolate can also be applied as a wrap with the body wrapped in plastic and maintained at a warm temperature. Seaweed, mud, grape, coffee and silk wraps are also available.



Rose Face Mask

Vichy water massage The therapist applies massage using oil whilst the client enjoys the relaxing benefits of the warm water jets. This 30 minute treatment is also available with four hands for added intensity.



Chocolate Massage



Jet Shower



Vichy Water Massage

Jet shower. This treatment is good for stimulating blood circulation and for the suppression of cellulite. **Cleopatra Milk Bath.** This 20 min therapy nourishes the skin in a relaxing ergonomic bath. Alternative treatments in-



Cleopatra Milk Bath

clude algae / seaweed, black grape, vanilla, chocolate pip, sea salt and essential oils. Each medium addresses specific skin requirements.

Harmonic Aquatic Therapy. The client, supported under the neck and knees in the warm 35 degree pool, enjoys slow rhythmic movement to the sounds of relaxing music. During the session the client is encouraged to stretch all parts of the body whilst in this buoyant state.

For further information on the treatments and facilities available at the Biomar Spa contact Cati Febrer or a member of her team on: -

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The Biomar Spa is part of the Five Star Protur Biomar Gran Hotel complex. For details of special offers on combined accommodation and spa treatments visit: -

www.proturhotels.com



Harmonic Aquatic Therapy

The demo (overprinted) images used in this draft feature on Biomar Spa and Fitness Centre can be viewed via the following web site: -

<http://www.mallorcagoldmine.com/LuxMallorca/Biomar.htm>

Demo images will be replaced for the final print version by high resolution clear images optimised to the size required.