



TUI BLUE

Insula Alba

# BLUE SPA





ELEMIS is the pioneering British skincare and spa brand that treats over 6.5 million people each year and has the single largest influence on trends and developments in the global skincare and spa industry.

The successful combination of powerful natural ingredients, cutting-edge formulation technology and proven clinical trials has enabled ELEMIS to bring to market some of the most influential anti-ageing skincare products and professional spa therapies the beauty industry has ever seen.

**PERSONALLY PRESCRIBED.  
THE EXPERIENCE IS EXCEPTIONAL;  
THE RESULTS ARE REAL.**





At **BLUE Wellness Club**, we have created for you a unique range of services each dedicated to your total well being.

The serene, zen atmosphere of this intimate club is enhanced by glowing candles and soft music. At **BLUE Wellness Club**, science and beauty come together, creating a new standard of preventive and restorative care. The Club offers four treatment rooms, one spa suite unique for couples.

Our diverse blend of treatments has been carefully selected and includes massage, facial and body, reflexology, aromatherapy, body wraps, facials, hair salon and nail salon.

## CONTENTS

ELEMIS FACE HANDS-ON THERAPY	5
ELEMIS HANDS-ON FACE THERAPY	7
ELEMIS MEN	7
ELEMIS MASSAGE THERAPY	9
ELEMIS BODY THERAPIES	11
ELEMIS HANDS & FEET	12
SPA PACKAGES	13
SALON SERVICES	15
SPA ETIQUETTE	16



# ELEMIS FACE HANDS-ON THERAPY

## ANTI-AGEING

### **ELEMIS Pro-Collagen Age Defy**

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin.

The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourishes, younger looking skin.

**60mins · 130€**

### **ELEMIS Superfood Pro-Radiance**

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements; Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant - stress-free and lit up with good health.

**60mins · 115€**

### **Peptide4 Skin Synchronizing Booster Facial**

Recover Like Clockwork, with this express facial treatment empowered with the ELEMIS Peptide 24/7 range.

Peptide4 products work around the clock to help keep skin in sync, ensuring each vital process carried out to optimum effect. The result? Skin that looks well-rested, radiant and beautiful, 24/7.

**30mins · 55€**

## EYES ADD-ON TREATMENT

### **Feast Your Eyes**

Give puffy eyes their marching orders with this instantly reviving eye treatment. A warm Rosewood compress, and intensive eye mask rehydrate, soothe and lift, while you zone out with a de-stressing hand & arm massage.

See the world through new eyes.

**15mins · 40€**



# ELEMIS HANDS-ON FACE THERAPY

## SKIN SOLUTIONS

### **ELEMIS Sensitive Skin Soother**

Fragile skin needs special attention. A subtle, calming massage technique is used to help reduce the appearance of redness and strengthen the top layer of a delicate skin, protecting against daily stresses. The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are dramatically restored. Moisture levels are boosted. Skin is left supremely calm and confident.

**60mins · 100€**

### **ELEMIS Anti-Blemish Mattify and Calm**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

**60mins · 110€**

## ELEMIS MEN

### **ELEMIS High Performance Skin Energiser**

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration, whilst steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax. Finally the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalised skin for a vibrant and energised result.

**60mins · 110€**





# ELEMIS MASSAGE THERAPY

## ELEMIS Deep Tissue Massage

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

As effective as an hour's stretching, but so much more nurturing.

**30mins** · 60€ | **60mins** · 120€ | **90mins** · 140€

## ELEMIS Garden of England Rose Restore Relaxing Massage

Take a walk in an English garden with this lavishly hydrating body massage. The unique Life Elixirs Essences that have been designed to be used in this extremely relaxing massage, will bring everything back to the potency of modern aromatics. Each Essence has been designed for a different mood, enabling this massage to be tailored to your needs. You may choose one of the following Life Elixir Essences:

**Calm:** a soothing blend, helps you to find your inner peace.

**Clarity:** an uplifting blend, helps you to invigorate your sense of self.

**Fortitude:** an empowering Blend, makes you feel grounded and strong to the core.

**Embrace:** a serene blend, to ignite your senses.

**Sleep:** a deeply relaxing blend, to let your mind and body restore itself.

**60mins** · 90€ | **90mins** · 120€

## ELEMIS Peaceful Pregnancy Massage

This unique pregnancy massage is profoundly nurturing and tranquil. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby.

Only nurturing aromatics are imparted - along with wisdom, empathy and respect.

**75mins** · 130€

## ELEMIS Frangipani Head & Scalp Massage with Hair Treatment

This scalp massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. We can either make you float like a butterfly or sting like a bee. You choose.

Added bonus the amazing Frangipani Monoi Hair & Scalp Mask.

**45mins** · 75€



## BODY TIGHTEN & RE-SHAPE

### **ELEMIS Targeted Toning Tightener**

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed.

Choose a localised treatment: Arms, Hips & Thighs, or Abdomen

**30mins · 80€ | 90mins · 160€**

# ELEMIS BODY THERAPIES

## ELEMIS EXOTIC WRAPS & SCRUBS

### **ELEMIS Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani**

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East.

The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

**60mins · 90€**

### **ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

**40mins · 55€**

## ELEMIS DETOX & RE-SHAPE

### **ELEMIS Thousand Flower Detox Wrap**

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

**60mins · 120€**

### **ELEMIS Aroma Spa Ocean Wrap - Cellutox**

This seaweed treatment detoxifies and deep cleanses the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. Excellent for improving the dimpled appearance of cellulite and reducing fluid retention. A warm seaweed body mask combined with a detoxifying blend of Juniper and Lemon essential oils is applied to the body, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.

**75mins · 130€**



## ELEMIS HANDS & FEET

### Garden of England Rose Restore Hand Treatment

Hand massages are alarmingly relaxing. And this is the last word in conditioning, restorative, anti-ageing hand treatments. Targeting age spots and dryness, you'll waft out with the softest little paws and a blissed-out smile on your face.

30mins · 40€

### Best Foot Forward

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Hot wax softens and smoothes to leave feet as supple and fragrant as a Rose.

30mins · 40€

# SPA PACKAGES

## TARGETED DETOX FOR FACE & BODY

3 Days · 470€

### Day 1

- ≈ Intensely Cleansing Salt Scrub 40'
- ≈ Cellutox Aroma Spa Ocean Wrap 75'

### Day 2

- ≈ Thousand Flower Detox Wrap 60'
- ≈ Targeted Toning Tightener 90'

### Day 3

- ≈ Targeted Toning Tightener 30'
- ≈ Superfood Pro-Radiance Facial 60'

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## TARGETED DETOX FOR FACE & BODY

5 Days · 790€

### Day 1

- ≈ Intensely Cleansing Salt Scrub 40'
- ≈ Cellutox Aroma Spa Ocean Wrap 75'

### Day 2

- ≈ Superfood Pro-Radiance Facial 60'
- ≈ Targeted Toning Tightener 90'

### Day 3

- ≈ Thousand Flower Detox Wrap 60'
- ≈ Targeted Toning Tightener 30'

### Day 4

- ≈ Cellutox Aroma Spa Ocean Wrap 75'
- ≈ Targeted Toning Tightener 30'

### Day 5

- ≈ Body Nectar Nourishing Wrap 60'
- ≈ Pro-Collagen Age Defy Facial 60'

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## PRE & POST SUN SPA EXPERIENCES

### After Sun Face & Body Relief

- ≈ Body Nectar Nourishing Wrap 60' ≈ Sensitive Skin Soother Facial 60'

120mins · 170€

### Pre-Tanning Face & Body Prep

- ≈ Intensely Cleansing Salt Scrub 40' ≈ Peptide4 Skin Synchronising Booster Facial 30'

70mins · 120€





# SALON SERVICES

## Waxing

Full leg .....	45€	Back .....	25€
Half leg .....	30€	Chest .....	25€
Full arm .....	25€	Lip .....	10€
Half arm .....	25€	Chin .....	10€
Under arm .....	20€	Brow-waxing & shaping .....	15€
Classic bikini .....	25€		

## Manicure · Pedicure

Classic nail polish change (hands or feet) .....	15€	Gel color (feet) .....	50€
French nail polish change (hands or feet) .....	20€	French Gel color (hands) .....	45€
Classic · French Manicure .....	30€ · 35€	French Gel color (feet) .....	55€
Classic · French Pedicure .....	35€ · 45€	Nail Art per nail .....	2€
Gel color (hands) .....	40€		

## Spa Hair Salon

Wash & cut (short hair) .....	15€	Blow dry (short hair) .....	18€
Wash & cut (long hair) .....	25€	Blow dry (long hair) .....	25€
Hair treatment (short hair) .....	15€	Hair color .....	50€
Hair treatment (long hair) .....	20€	Hairstyling (short hair) .....	30€
Hair mask (short hair) .....	10€	Hairstyling (long hair) .....	40€
Hair mask (long hair) .....	15€	Men's hair cut .....	20€



# SPA ETIQUETTE

## HOW TO SPA

### **Who will assist me selecting a treatment?**

The Spa reception or the Guest Relation of the resort is available to assist you with your spa service selection, including the sequence of treatments.

### **“Upon your arrival”**

We kindly request that you arrive 30 minutes prior to your treatment, to complete your health assessment form and take time to relax by using the Thermal suite.

### **“Don’t forget”**

All jewelry should be removed before the treatments so make sure to leave yours in the safety deposit in your room before entering Spa.

## INSULA ALBA RESORT & SPA

### **“Stay hydrated”**

We recommend that you do not sunbathe after any massage/body waxing or treatment for at least 6 hrs.

### **“It’s easy”**

To pay for your treatments - just charge them to your room and relax until it’s time to go home. Cash and credit card payment is also accepted.

### **“If you can’t make your Spa moment...”**

Don’t worry, just give us 12 hrs. notice for individual treatments and 24 hrs. notice on packages that you want to cancel, otherwise 50% of the treatment price may be charged to your account.

No shows 100% of the treatment price will be charged.

### **“How to make a reservation”**

Please come and find us or dial our Spa reception on Ext.554 with any queries or for any further assistance you require.

We highly recommend that you book in advance to ensure you secure your preferred time and treatment.



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