

*The Body Camp*

MALLORCA

TREATMENT & THERAPY

———— MENU ————

# MASSAGE

## THE SIGNATURE

### BODY CAMP MASSAGE

Relax and melt away stress and relieve muscular tension with a luxurious 60 or 90 minute massage.

1 Hour • €150 | 90 Mins • €200

## SPORTS

Deep pressure to release stress and tension from those sexy muscles.

1 Hour • €175 | 90 Mins • €250

## CHIROPRACTOR OR OSTEOPATH THERAPY

A holistic approach to healing that will relieve problems with the bones, muscles and joints.

60 Min • €175

## MYSTIC HEALING

Embark on a journey of self-discovery with a combination of energy healing and astrology to bring balance into all areas of your life; physical, emotional and spiritual.

60 Min • €300

# THE GAME CHANGERS...

Our game changer teams are global leaders in their fields of practice, hand-picked in each location for an experience you won't forget....

## REFLEXOLOGY

Reflexology is a type of therapy that uses gentle pressure on specific points along your feet to ease stress, and release internal blockages.

60 Min • €175

## REIKI

Deeply spiritual healing to rebalance your emotional energy.

60 Min • €175

## COMBO

Blend of reflexology and reiki. Ancient chinese medicine complimented with spine and joint mobilization, and fascia release to stimulate your body's own healing response.

1.5 Hours • €250

## FACIALS

### 3D HYDRA FACIAL

Choose from Age defence or radiance facial

60 Min • €200

### DERMAPLANNING + PEEL

Including Algae recovery mask

60 Min • €200

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## VANDA'S BESPOKE FACIAL

Created by Vanda, this facial combines a vast range of fully branded beauty products hand picked (including divine french brand Yon-ka) with Vanda's own unique and instinctive styled blend of oils.

### 7 SENSES SOUL ACTIVATION

1 hour • €250 | 90 min • €300

## HEALING FORMULA FACIAL

This treatment treats not only the face but also the body using pressure points to first release tension on the hands, shoulders and feet, and after using sound therapy with an ancient tibetan bowl helping remove blockages through the body.

75 min • €300

## PRIVATE TRAINING CLASSES

### PRIVATE TRAINING CLASSES

1 hour

One person €150

Two people €200 | Two + €250

### PRIVATE CHEF CLASSES

1 hour

One person €150

Two people €200 | Two + €250

TO BOOK ANY TREATMENTS OR FOR MORE INFO

Please ask your camp manager

Available every evening exclusive to the body camp

*The Body Camp*

MALLORCA

Find us on:



@THEBODYCAMPOFFICIAL