

# SEASKIN LIFE

*Ecoluxury Mediterranean  
Modern Wellness  
for*



# SEASKIN LIFE

*Mediterranean Modern Wellness*



*Mediterranean Essence  
applied to Holistic Medicine.*



# ECOLUXURY MEDITERRANEAN MODERN WELLNESS

*Unique and unforgettable experiences.*

Monument Hotel presents a new concept of Holistic Care from SEASKIN Life "**Ecoluxury Mediterranean Modern Wellness**".

A Wellness space that breathes the Mediterranean essence with a personalized Spa Menu for increase the vibrational frequency of body, mind, and spirit, bringing awareness to the Ritual of well-being and health.

SEASKIN Life exclusively brings the most advanced cosmetic technology fused to the ancestral knowledge of traditional medicines, creating protocols, rituals, and unique experiences for the essential care of the skin and health.

Its formulas are the perfect synergy between Apitherapy, Phytotherapy, and Hydrotherapy, together with a deep knowledge of Aromatherapy, as a catalyst for global Well-being.

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*SeaSkin Life Cosmetics and rituals  
are the perfect synergy between  
Mediterranean essence, the botanical power,  
the vitality of the sea, the secrets of the hive,  
and a slow lifestyle.*



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# HOLISTIC EXPERIENCE WELLNESS MENU

*Each Treatment is designed and personalized  
especially for you.*

We create experiences that go beyond the five senses.  
We seek the root of "how I feel" and then release the emotional  
and mental state that influences the radiant and healthy  
appearance of your skin.



# FACIAL TREATMENTS

**SEASKIN LIFE**

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# FACE GLOW MADE TO MEASURE

BY SEASKIN LIFE

*Face Glow tailored made, includes cleaning, exfoliation, superfood mask and facial massage according to skin type and objective to be achieved.*

## *1. Relax*

Ideal for sensitive skin. It provides total relaxation and a deep feeling of well-being, which calms the skin, body, and mind. Gentle cleansing based on Chamomile extracts that helps reduce redness and regenerating oils for radiant skin.

## *2. Detox*

Deep cleansing treatment, balances the oiliest skins or those with a tendency to accumulate impurities. The SeaSkin Life detox facial mask removes the most resistant impurities and has an antioxidant and regenerating action.

### *3. Energy*

Ideal for dull and suffocated skin. Provide extra antioxidants to your skin and counteract premature aging as well as the first signs of aging. Improve the metabolization of collagen and the regeneration of cells, with this hydrating and energizing treatment for the face, neck, and décolleté.

### *4. Glow*

Ideal for reduces the appearance of fatigue and wrinkles. Get dazzling, rejuvenated, and radiant skin, thanks to the pure and active botanical ingredients that provide hydration, regeneration, and tone. Restore firmness and elasticity to your skin.

### *5. Sun & Renew*

Ideal for the summer or after sun. Calm's the skin and restores its natural vitality, as well as radiance. Help's prolong tanning and reverses signs of premature aging caused by excess sun exposure.

#### **DURATION**

30 min. 85€ / 60 min. 150€ / 90 min. 195€ / 120 min. 250€

# FACE GLOW THE EXPRESS ONE

BY SEASKIN LIFE

*Express facial, adapted to all skin types. Purifies and restores the skin to its luminous tone and radiance in a few minutes. Ideal for those who have little time.*

**TIEMPOS**

30 min. 85€

## FACIAL ESPECIALS

### *Mediterranean Lifting*

MERY ESCUIN

*Energetic Facial Treatment* to obtain the best results according to the needs of your skin. By choosing precisely the massage techniques as well different facial *Gua Sha*'s, this treatment is ideal for all ages. It provides a visible improvement in the quality of the skin, a deep cleaning, a sculpted and relaxed face, and a lot of luminosity.

• 90 min. 195€

### *Kobido Facial Japanese Lifting*

MERY ESCUIN

Discover the most sophisticated natural lifting treatment available. The KOBIDO facial massage, whose lineage has more than 540 years of history, allows us to raise facial features again and restore glow and youth to your face. Includes Energy Drainage.

• 90 min. 195€



# CORPORAL TREATMENTS

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# CORPORAL MASSAGE AROMATHERAPY EXPERIENCE

BY SEASKIN LIFE

*We recommend attending 30 minutes before your treatment to  
prepare and relax your mind and body in our saunas.*

*Choose your unique experience to achieve the desired result.*



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### DE-STRESS MASSAGE

Mediterranean essence on your skin. Live a sensory experience through a relaxing body massage with aromas of Orange and Sandalwood.

### DETOX MASSAGE

A detoxifying and circulatory body massage with aromas of Grapefruit and Lemongrass, purify your skin in a unique way.

### SPORT ENERGY MASSAGE

Feel this vigorous massage that helps activate the energy in your body, ideal for relieving tension and return to your natural balance.

### GLOW MASSAGE

A highly hydrating and rejuvenating massage with aromas of Lavender and Rosewood especially indicated to achieve the best natural antiaging.

**DURATION:** 30 min. 85€ /60 min. 150€ / 90 min. 195€

# MASSAGE & SCRUB AROMATHERAPY EXPERIENCE

BY SEASKIN LIFE

*We recommend attending 30 minutes before your treatment to prepare and relax your mind and body in our saunas.*



Indulge yourself with a corporal scrub that revitalizes and smoothes your skin with your Massage.

This treatment fuses the sea salt flower Posidonia from the island of Menorca and the purest land in your body, to live a unique experience.

**TIEMPOS:** 90 min. 195€

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# HOLISTIC VEGAN MASSAGE SMELL THE PLANET

BY SEASKIN LIFE

*This Ayurvedic massage provides an energetic renewal to  
achieve inner harmony and balance.*



**SUN MASSAGE:** Provides Energy - Strength

**MOON MASSAGE:** Provides Love - Peace

**EARTH MASSAGE:** Provides Present state

**DURATION:** 60 min. 150€ / 90 min. 195€

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# MEDITERRANEAN RITUALS



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## *Ritual Detox + Body mask Detox*

You will enjoy a relaxing aromatic massage under the warm exfoliation, which will leave your skin soft and hydrated. Includes a scrub and body mask, Detox Massage of 50min and Facial Instant Glow of 30min.

- 120 min. 250€

## *Ritual Cacao Lagoon Paradise*

This Ritual includes the facial and body and will transport you to paradise on earth. Cacao Lagoon Paradise mixes 100% organic Cocoa, essential oils, and Almond oil on your skin. Includes body scrub, cocoa wrap, facial, and relaxing massage to complete this unique experience.

- 120 min. 250€

## *Ritual Mum to Be Massage*

Relaxing massage of 90 min and facial express of 30 min. Enjoy a delicate facial and body ritual with soft aromas of Lavender, Rosewood, and a synergy of rich vegetable oils created for the care of the skin of the future mother that provides elasticity, hydration, nutrition, and emotional well-being.

- 120 min. 250€



# ADDS ON

*Complement the Holistic Well-being Experience by adding one or more of the following treatments.*



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*Tension Relief a shoulders, face and scalp massage.*

• 60 min 90€

*Feet Reflexology.*

• 30 min. 60€

## GENERAL INFORMATION

### SCHEDULE FOR TREATMENTS

Monday to Sunday from 12 am to 20 pm. Book by appointment at the Hotel Reception or an email to: [wellness@monumenthotel.com](mailto:wellness@monumenthotel.com)

### CANCELLATION POLICY

Please notify us 24 hours in advance of any change or cancellation of the treatment. Cancellations notified after 24 hours of your treatment will be charged in full. It's necessary to provide your credit card number to make the reservation.

### DIGITAL DISCONNECT

Our Wellness space invites you to disconnect and calm, so please put your phone in silence.

### ARRIVAL AT THE WELLNESS

We recommend attending 30 minutes in advance to use the sauna space and then decide together with the therapist the treatment that best suits your needs.

### HOME CARE

To continue with our philosophy and holistic and integral care, all the products used in our Wellness space are available in our Wellness Boutique, including lifestyle objects.

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Unisex luxury eco-cosmetics	Daily use
Made entirely in Spain	Hypoallergenic
Pure active ingredients	Toxin-free
100% organic	Without parabens
D.O Spain	Without silicones
Fresh and natural	Without colorants or aromas
Unadulterated	Not tested on animals
Effective in its results	