

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

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FACIAL RITUAL MADE TO MEASURE

BY SEASKIN LIFE

Choose your unique experience to achieve the desired result.

1. Firm & 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.

2. Calm & 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.

3. Detox & Purifying

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.

4. Antioxidant & 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.

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€

KOBIDOH RITUAL

JAPANESE LIFTING

Discover the most sophisticated natural lifting treatment available. The KOBIDOH 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.

The Ritual has healing sounds of Quartz Bowls that take you to an internal meditative state. The sounds are a carrier wave of intention, in this case, for balancing emotions and bring the mind to a state of calm, raising our frequency and singular Beauty.

Includes Energy Drainage.

- 90 min. 195€

AUTHOR FACIAL RITUALS

Mediterranean Lifting

MERY ESCUÍN

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€

Sky - Earth

MIRANDA FACIALES

This Ritual restores the personal and own internal balance, connecting the upper and lower extremities of your body. Prepare yourself to enjoy an organic + energetic facial treatment that combines facial acupuncture and facial therapy, enhanced with SEASKIN Life holistic cosmetics.

• 90 min. 260€

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CORPORAL TREATMENTS

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CORPORAL RITUALS 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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1. Beoil Bar Aromatherapy

Aromatherapy focused on physical Well-being results.

• **DE-STRESS MASSAGE**

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

• **SPORT MASSAGE**

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

• **SUNALOE MASSAGE**

This Renewing massage is ideal for uniquely healing your skin with aromas of Lavender and the healing properties of organic Aloe Vera from Murcia.

• **SWEET JOY MASSAGE**

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

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

2. Smell the Planet

Raise the vibrational frequency.

100% PURE VEGAN INFUSED VEGETABLE OILS.



They provide an energetic renewal to achieve
inner harmony and balance.

- **SUN Elixir:** Energy - Strength
- **MOON Elixir:** Love - Peace
- **EARTH Elixir:** Present state

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

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MEDITERRANEAN RITUALS



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Seawave Detox Massage

This unique experience fuses the flower of Salt from the Posidonia Sea of the island of Menorca with the purest land on your body. You will enjoy a relaxing aromatic massage under the warm exfoliation, which will leave your skin soft and hydrated.

- 90 min. 210€

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€

Barcino's secret

Enjoy a delicate facial and body ritual inspired by the ancient Roman baths, with soft aromas of Lavender and Rosewood, includes a deep cleansing of the skin with soft natural brushes, a relaxing massage, and a facial.

- 120 min. 250€



ADDS ON

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



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Sound bathing Ritual
energy cleansing with Palo Santo and Salvia.

Ideal to start any treatment or in situations where there's high energy loaded after periods of intense work. Balances the body-mind-soul and activates the vagus nerve to promote a pleasant rest, with the natural consequence of an increase in Well-being and calm.

- 20 min. 30€

Forest bath

Moment of deep relaxation and connection with the botanical and natural environment outside. Soft raisins with Eucalyptus leaves or seasonal flowers + application of 'green' Essential Oils at energy points.

- 20 min. 30€

FOOT REFLEXOLOGY / 20 MIN. € 30

BODY SCRUB + WRAP / 30 MIN. € 60

FACIAL REFLEXOLOGY / 20 MIN. € 30

GENERAL INFORMATION

SCHEDULE FOR TREATMENTS

Wednesday to Sunday from 11 am to 8 pm. Book by appointment at the Hotel Reception or an email to: 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	