



totally
chilled
perfectly
Pampered

Are therapeutic beauty treatments more than skin deep? We get laid back at a luxury Spa to find out.

Your holiday is the perfect excuse to treat yourself and indulge in some 'me time'. Whilst your mind takes advantage of the sunshine and gorgeous Menorcan scenery, it's important that your body receives some much needed attention by indulging it at a local Spa Resort.

Now, I wouldn't be a very good reporter if I didn't practice what I preach and merely wrote about these therapies without experiencing them for myself: so, in the name of good journalism, I bit the bullet and surrendered my body to the spa gods.

"I bit the bullet and surrendered my body to the spa gods"

After picking from the large range of treatments on offer including: Mud Wraps, Hydro massage, Reiki and Aromatherapy (to name just a few), I decided to start with a Seaweed Wrap. The treatment involved covering the whole of my body in seaweed and then wrapping me up in a thermal blanket to allow the detoxifying properties of the seaweed to be absorbed. Sounds smelly, but it's actually a really pleasant experience and I left with my skin feeling softer and my waist looking slimmer.





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Everyone knows life is sweeter with chocolate, so I decided I would also have to sample 'Chocolate therapy'. The treatment was split into two parts: first I was given a revitalising facial that promised to hydrate my skin and rid me of any wrinkles. Then I was treated to a toning massage which, with the help of the chocolate, is said to stimulate endorphins and create a feeling of euphoria and deep relaxation. The treatment smelt delicious and I was

tempted to lick a dollop off myself to taste it, but much to my disappointment I was told that eating the chocolate was not part

"I decided I would have to sample Chocolate therapy"

of the therapy. Afterwards I felt positively rejuvenated, and of course, I smelt divine!

But don't take my word for it, why not stir your senses and choose from a large range of treatments on offer at selected hotels all over the island each designed to relax your body and soul.

Whether you opt for an Indian head massage, oxygen facial, or indulge yourself with the ultimate in guilt-free pleasures, Chocolate therapy, you're sure to come away feeling totally chilled and perfectly pampered.

i Put yourself in the hands of the experts at hotel spas in...

Cala Galdana
Son Xoriguer
Punta Prima
Sant Tomas
Calan Bosch
Port Ciutadella

