

SPA & WELLBEING

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Pamper yourself

WITH OUR DEDICATED
WELLBEING TREATMENTS





Treatments

MASSAGE

FACIAL TREATMENTS

BODY RITUALS

CB[™]



Massage

HOLISTIC ANTI-STRESS MASSAGE

A serene and delicate massage with light pressure that dissolves accumulated tension. Slow, steady, and mindful movements calm the body and relax the muscles, enveloping you in a deep state of rest.

ACEITES ESENCIALES PARA ELEGIR

- Grape seed and orange
- Mint and lavender
- Apple and rosemary

ADDITIONAL OPTION

- Silk hand mask 25€

60 min 130 €

MOTHER-TO-BE MASSAGE

A massage specially designed to support pregnancy. Gentle movements release body tension, relax the mind, and improve circulation, relieving tired legs—offering a moment of well-being for the future mother.

60 min 120 €

MASSAGE WITH BASALT STONES

The warmth of basalt stones glides over the skin, relaxing muscles and calming the mind. A restorative and revitalizing treatment that relieves deep-seated tension, reduces inflammation, and encourages restful sleep.

60 min 140 € / 90 min 195 €

HAWAIIAN LOMI LOMI MASSAGE

A rhythmic massage that flows like the wind caressing the leaves. Long, firm, and controlled movements travel across the body using hands and forearms, releasing tension and enveloping you in deep relaxation.

ACEITES ESENCIALES PARA ELEGIR

- Coconut and vanilla
- Orange and cinnamon

60 min 140 €

QUIROMASSAGE

A therapeutic and revitalizing massage that relieves muscle tightness and accumulated tension. With deep and precise movements, it helps restore bodily balance and improve sleep quality.

60 min 135 € / 90 min 190 €

AYURVEDIC ABHYANGA MASSAGE WITH HERBAL PINDAS

A traditional Ayurvedic massage that harmonizes body and mind. Infused herbal oils and warm pindas awaken the senses, relax muscles, and restore inner balance.

60 min 140 € / 90 min 195 €

THAI-SHI AROMATIC MASSAGE

A harmonious blend of Thai tradition and the precision of Shiatsu from Japan. This deep Thai massage relieves muscle tension and restores body balance. Through pressure on key points and enveloping movements using hands, forearms, and elbows, each technique helps release, relax the body, and clear the mind.

ACEITES ESENCIALES PARA ELEGIR

- Mint
- Eucalyptus
- Rosemary

60 min 140 € / 90 min 195 €

INDIAN HEAD AND BACK MASSAGE

Rooted in Ayurvedic tradition, this massage focuses on the head, neck, and back to release built-up tension and localized pain. Precise movements dissipate stress, ease mental heaviness, and promote deep relaxation. A pause to renew the body, soothe discomfort, and restore energy.

ADDITIONAL OPTION

- Ayurvedic facial mask 20€

60 min 120 €



C+C CITRUS VITA-ESSENCE

Aromatic citrus ritual for glowing skin
A dose of luminosity and vitality for the skin.
With powerful antioxidants, this vitamin C treatment stimulates collagen, revitalizes, firms, and restores natural hydration, leaving the skin radiant and protected from sun exposure and premature aging.

FOR WHOM?

- Citrus aromatherapy
- Smokers
- Skin damaged by the sun
- Preventive and firming line
- Lightens spots
- Remodelling and anti-aging massage

BENEFITS

- 100% antioxidant and firming treatment
- Provides luminosity and revitalizes the skin
- Intensive hydration
- Soft and luminous skin

75 min 130 €

3D COLLAGEN

A firming treatment that works from the deepest layers of the skin. Its combination of collagens helps redefine facial contours, soften expression lines, and restore firmness, leaving the skin nourished and revitalized.

* Includes cranial and remodeling massage. Recommended for menopausal skin, undernourished skin, or pre/post-surgical processes.

90 min 165 €

DIAMOND LIFE INFUSION RITUAL

An innovative treatment that rejuvenates and revitalizes the skin in each session. Its intensive action provides firmness, luminosity, and smooths signs of aging... leaving the face renewed and radiant.

FOR WHOM?

- All skin types
- Anti-aging/lifting effect

BENEFITS

- Exceptional global rejuvenating action
- Luminous, revitalized and rejuvenated skin
- Fills in and prevents the formation of expression lines
- Cumulative results after each session

90 min 240 €

RENEW YOUR FACE WITH THE NATURA BISSÉ CURE

A deep cleansing ritual that revitalizes the skin from within. It purifies, detoxifies, and hydrates, providing all the benefits of an advanced facial hygiene treatment. A pause that frees the skin from stress and rejuvenates it, slowing down oxidation... leaving it fresh, luminous, and balanced.

75 min 130 €

Facial Treatments



BREEZE OF TRAMUNTANA

A purifying ritual inspired by the natural force of the Serra de Tramuntana. A combination of citrus essential oils, sage, and rosemary awakens the senses, while a deep massage releases accumulated tension. A detox treatment that renews body and mind.

120 min 265 €

WATER AND HEART

A sensory journey that restores balance and revitalizes the body through water and earth.

A deep tissue or relaxing massage designed to relieve muscle tension, followed by a treatment with marine algae and sea mud that deeply nourishes and renews the skin.

120 min 265 €

Body Rituals



Garden spa & Activities

DRY SAUNA • PLUNGE POOL
YOGA • BIKES • PRIVATE CLASSES

CB[™]



Garden spa & Activities

GARDEN SPA

DRY SAUNA

Minimal ambient humidity opens the pores, purifies the skin, and stimulates circulation. A breath of relief for the body, where the heat invites you to release and let go.

PLUNGE POOL

A thermal retreat surrounded by nature, with warm waters where the body adapts, rests, and reconnects. Alternating with the sauna and cold showers enhances the feeling of well-being and renewal.

ACTIVITIES

YOGA

Find your moment in our yoga sessions. Ask at reception for schedules. Free access for guests.

BIKES

Discover the surroundings at your own pace. Bicycles are available at the hotel, with routes designed to enjoy the journey.

PRIVATE CLASSES

All our activities can be enjoyed privately, guided by our personal trainers.

SCHEDULE

Spa Garden*:
7am to 9pm

Massages and treatments:
10am to 8pm

** To preserve the serenity of the space, access to the Spa Garden is exclusive to guests over 14 years old.*

CANCELLATIONS

If you need to cancel or modify your booking, please notify us at least 6 hours in advance.

For cancellations beyond this period or in case of a no-show, a 100% charge of the booked treatment will be applied.

Ca'n Beneit
ICONIC RETREAT

How to book

info@canbeneit.com

Tel. +34 871 811 871

or from your room dial 200 / 201

