



WELLBEING MENU



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Discover a curated selection of treatments designed to restore balance, awaken senses, and enhance your wellbeing. Couple massages are available upon request and subject to availability. Gym is open 24 hours.

Reservations
info@nobishotel.es / +34 871 555 800
WhatsApp: +34 623 17 12 93

Please note that cancellations or changes require 24 hours notice.

RELAXING MASSAGE

A soothing full-body massage designed to help you unwind from your daily routine. This treatment melts away physical and mental tension, promoting deep relaxation in a calm and peaceful setting.

50 / 80 / min - 125 / 185 €

DEEP TISSUE MASSAGE

An intensive massage that uses firm pressure to target deep layers of muscle. This treatment helps release accumulated tension, improve circulation, and restore flexibility, ideal for relieving both physical and mental stress.

50 / 80 / min - 135 / 195 €

COMPRESSION PANTS

Boost circulation and reduce fluid retention with Compression Therapy. Our advanced compression pants stimulate blood flow, aid lymphatic drainage, and support detox, helping prevent cellulite and promote healthier-looking legs.

10 / 20 / 40 min - 20 / 30 / 40 €

INFRARED SAUNA

Experience our full-spectrum infrared sauna, combining near-, mid-, and far-infrared wavelengths to warm your body from within. Enjoy a deep, detoxifying sweat at the cellular level, while the surrounding air remains cool and comfortable.

Available complimentary during your stay in our spa.

Nobis Hotel

PALMA