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HEAT

BY SOPHIA LIE

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Nobis Hotel

PALMA

[heatbysophialie.com](http://heatbysophialie.com)

## DESTINATION WELLNESS

Exclusively for our guests, we are collaborating with HEAT by Sophia Lie, a leading wellness studio in Stockholm and Palma, on a range of bespoke, travel-friendly treatments designed to get you beach-ready in no time.

### IN-ROOM RITUALS

Kickstart your holiday with relaxing in-room wellness rituals.

#### POST-FLIGHT KIT

Hit reset with the ultimate rebalancing duo: the HEAT Ionic Dry Brush and HEAT All-Natural Electrolyte Powder - 95 €

### HOTEL SPA

Visit our ground floor treatment room and enjoy a relaxing massage or HEAT Face Workout, alongside a range of indulgent amenities that includes full-spectrum infrared sauna, dry sauna, and heated indoor pool.



### PRICE LIST

Read on for the list of treatments available on-site at Nobis Hotel Palma. If you are staying in one of our suites and prefer to enjoy your treatment from the comfort of your room, kindly inform us in advance.

Face Workout 45 min - 145 €

Classic Massage 60 min - 150 €

Classic Massage 80 min - 175 €

Classic Massage couple 60 min - 300 €

Classic Massage couple 80 min - 370 €

Deep Tissue 60 min - 165 €

Deep Tissue 80 min - 195 €

Couple Massage Deep Tissue 60 min - 350 €

Couple Massage Deep Tissue 80 min - 390 €

Compression Therapy added to any treatment - 35 €

Compression Therapy enjoyed separately 40 min - 45 €

Led Light Facial added to any treatment - 45 €

Led Light Facial enjoyed separately - 55 €

Electrolyte yourself with a hydrating drink up on arrival to your treatment - 9 €

### SIGNATURE TREATMENTS NOBIS HOTEL PALMA

Bespoke wellness treatments created exclusively for guests of Nobis Hotel Palma.

#### POST FLIGHT REFRESH

Face Workout in Compression Therapy and a Led Light Facial 60 min - 175 €

#### MAXIMUM CHILL MASSAGE

Restorative Massage 60 min Led Light Therapy on targeted areas - 175 €

### SIGNATURE PACKAGE HEAT

A short stroll away, the HEAT by Sophia Lie Palma Studio in Old Town offers an exclusively treatment for guests of Nobis Hotel Palma.

#### PRE BEACH GLOW UP

LPG Massage Face and Body 75 min, 30 min Infrared Sauna, 2 min Cryotherapy Face - 185 €

### BOOK NOW

For further information or to book your HEAT Palma Signature Package, please speed dial to the reception or call us at +34 871555800.

