

VISIT US IN PALMA'S OLD TOWN

HEAT is just a stroll away from Nobis hotel.
Call us now to book your treatment +34 67 5731 920



heatbysophialie.com

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HEAT
BY SOPHIA LIE

OUR PHILOSOPHY

At HEAT, we've developed a transformative wellness experience grounded in three vital pillars: sweat, sculpt, recover. Working together, biohacking treatments help your body detoxify, optimize, and heal at the cellular level – to leave you glowing from the inside-out.

COMPLETE PRICE LIST

INFRARED SAUNA

Intro Offer 30 Min, Buy 1 & Bring a Friend for Free – 42 €

IR Sauna 30 Min
Single Session – 42 €

5 Sessions – 195 €
10 Sessions – 370 €

IR Sauna 45 Min
Single Session – 48 €
5 Sessions – 225 €
10 Sessions – 420 €

IR Sauna 60 Min
Single Session – 54 €
5 Sessions – 250 €
10 Sessions – 470 €

Bring a friend* to any session – 25 €
*The additional fee will be charged upon arrival.

LPG MASSAGE

Intro Offer: 3 Session 60 min LPG – 395 €

LPG Face 30 Min
Single Session – 79 €
5 Sessions - 359 €
10 Sessions - 689 €

LPG Body 45 Min
Single Session - 119 €
5 Sessions – 539 €
10 Sessions – 1039 €

LPG Body 60 Min
Single Session – 139 €
5 Sessions – 629 €
10 Sessions – 1209 €

LPG Body & Face 75 min
Single Session - 180 €
5 Sessions - 809 €
10 Sessions - 1559 €

MASSAGE

25 Min Neck & Back Massage – 79 €
50 Min Swedish Massage – 99 €
50 Min Deep Tissue Massage – 110 €

HEAT BODY SCULPTING

60 min Body Sculpting - 145 €
5 Sessions 60 min - 650 €
10 Sessions 60 min - 1260 €
75 min Body Sculpting - 165 €
5 Sessions 75 min - 740 €
10 Sessions 75 min - 1435 €

THE HEAT FACE WORKOUT

45 min Single Session – 119 €
5 Sessions – 536 €
10 Session – 810 €

COMPRESSION THERAPY

Intro Offer Compression Therapy 10 min -
Buy 1 & Bring a Friend for Free
10 Min Single Session – 29 €
20 Min Single Session – 39 €
40 Min Single Session – 45 €

CRYO FACIAL

Single Session – 19 €

CC COMBO (Cryo + Compression)

20 Min Single Session – 49 €

BUCCAL

(Intra-oral massage) Release tension and stress in the lower face and jaw by massaging the inside and outside of the cheeks, leaving you with a sculpted, refreshed look. 15 min – 50 €

PRX-T33

A minimally invasive skin treatment that combines trichloroacetic acid (TCA) with hydrogen peroxide. Designed to improve skin texture, reduce wrinkles, and rejuvenate the skin without causing peeling or downtime. 30 min – 195 €

PEELING + MASK

Removes dead skin cells through exfoliation, followed by a nourishing mask to hydrate and rejuvenate the skin. 15 min – 35 €

MICROCURRENT TREATMENT

Firms and sculpts the skin by stimulating facial muscles with electrical impulses, reducing visible signs of aging. 15 min – 30 €

SHOP HEAT COLLECTION

Sweat, sculpt and recover from anywhere with our line of exclusive products. Used between treatments or as a daily wellness ritual, the HEAT system is as easy as 1-2-3.

