

SENSE® A ROSEWOOD SPA



## A SENSE *of* PLACE <sup>®</sup>



Founded as Mayrit, by Muhammad I of Córdoba in the 9th century, during the era of Al-Andalus, the city took its name from the Arabic word 'mayra' meaning - water as sustenance and the giver of life.

At Sense Spa we have the honour of reviving some of the ancient Spanish health and beauty rituals from the Muslims and Berber cultures as far back as the 9th to the 11th century as well as introducing innovative and sustainable wellbeing experience of today.

### A SENSE *of* BALANCE

Inspired by tradition, our treatments combine time-honoured Iberian practices of healing with natural, sustainable ingredients, to create a sense of calm and balance within our busy modern lifestyles.

### A SENSE *of* INDIVIDUALITY

Reviving the lost remedies of Spain in recognition of our ancestors and appreciation for the native resources, each treatment is as individual as you.

# LOST REMEDIES



WE HAVE CURATED A SPECIAL COLLECTION OF REMEDIES TYPICALLY USED BY OUR SPANISH GRANDMOTHERS, OUR BELOVED 'ABUELAS'.

ACROSS THE IBERIAN PENINSULA WE HAVE A WEALTH OF AROMATIC AND MEDICINAL PLANTS THAT HAVE BEEN USED IN CUISINE AND HEALTHCARE FOR CENTURIES. FROM LOCAL BAY LEAVES TO MEDITERRANEAN LAVENDER, THYME, ROSEMARY, JASMINE, AND ORANGE BLOSSOM, WE USE THE INGREDIENTS THAT ARE RENOWNED FOR THEIR THERAPEUTIC QUALITIES AND AROMAS.

## BAY LEAF RITUAL

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*120 min*

This immune-boosting treatment uses healing Spanish bay leaves and Mediterranean ingredients, to nurture and nourish your skin, relax your muscles, and improve your circulation.

For millennia, bay leaves, rich in vitamins and minerals, have been valued for their remarkable medicinal benefits, helping with respiratory problems to reducing inflammation. Bay can reduce muscle & joint pain, tone and revitalise the skin, treat migraines, aid digestion etc. The ritual consists of a stimulating foot soak, body scrub and body mask where the main protagonist is bay leaf mixed with other powerful ingredients. The ritual is completed with a personalised relaxing massage using Quiromassage elements (a traditional Spanish massage technique) and our delicious bay infusion created by a sommelier specially for this treatment.

## MAYRIT HAMMAM RITUAL

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*60 min*

A hammam ritual inspired by the beauty secrets of the Berbers that will transport you to the Mediterranean orange fields. A thorough exfoliation using the traditional black soap and the Kessa glove, leaves your skin silky soft. The rhassoul mask, argan oil, shea butter and orange blossom water will purify, mineralize, and nurture the skin. Using gentle authentic Teksal movements (traditional Moroccan stretching technique) paired with the heat of the Hammam make your mind and body drift to a state of deep relaxation.



SENSE  
JOURNEY



## “EL RETIRO” SENSE JOURNEY

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*180 min*

This sensory journey, including a power walk through one of Madrid’s most iconic Royal parks, followed by a ritual spa treatment, will inspire and invigorate.

El Retiro is a UNESCO World heritage site, and one of Madrid’s most elegant parks. This urban ‘retreat’ dates back to the 17th century, when it was built for the Spanish Royal Family, part of the Buen Retiro Palace. It remains a precious botanic and architectural treasure, just 10 minutes’ walk from Rosewood Villa Magna.

This sensory journey begins with a guided power walk in the park, boosting your energy, oxygenating your body, whilst also enriching you with historical insights of El Retiro.

Returning to Sense Spa, enjoy a must needed revitalising leg and foot massage with organic aromatherapy, focusing on acupressure points, restoring a sense of balance and calm.

## JET LAG RECOVERY

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*90 - 120 min*

Our exclusive Jet Lag Recovery experience is a holistic treatment including a full body deep relaxing massage using organic aromatherapy products, as well as a facial massage that focuses on the key areas for wellbeing. This rejuvenating therapy will relieve stiff muscles after travel and help you regain balance following a long-haul flight.



ESSENTIAL  
SKIN CARE



## ROSEWOOD SIGNATURE EXTREME 360°

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*90 min*

Developed to maximize the skin's beauty by acting on the most sensitive areas of the face, this treatment is designed for mature, dehydrated, tired and dull skin in need of an extreme solution to fight the signs of aging. In addition to an eight-step skin care ritual to assist in the skin's recovery, it includes a specialized bio-collagen treatment mask and back and scalp massage. This is a true pro-aging experience from start to finish.

## THE BESPOKE ESSENTIAL SKINCARE

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*60 - 90 min*

Our Essential Skin Care Ceremonies are customized to suit individual needs and skin conditions. Whether you are looking for softening and hydration, refreshing and toning, detoxification and purification, brightening and spots reduction, or a return to youthful-looking skin, your expectations will be achieved.

## WELL-AGING

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*60 - 90 min*

Discover our unique approach to 'well-aging', creating harmony with the passage of time. This sensory experience, stimulates the limbic system as well as using natural ingredients such as green carrot, pomegranate and turmeric root to promote cellular rejuvenation. Our therapists will perform the geometric or lymphatic massage based on the needs of the skin and reveal a firmer and glowing complexion.





# SENSE OF BODY



## THE GROUNDING RITUAL

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*90 - 120 min*

A truly holistic approach to wellbeing, combines breathwork to soothe the nervous system, the ancient healing art of acupressure, and therapeutic touch to reconnect mind and body. To rebalance the central nervous system, rhythmical massage is performed at a slow and mindful pace focusing on the back, abdomen and feet, with your choice of organic aromatherapy oils, encouraging a deep state of relaxation.

The 2-hour ritual also includes the use of Gua Sha stones on the face, together with elements of reflexology, to stimulate collagen production and support lymphatic drainage thus completing this head-to-toe body ritual.

## BEAUTIFULNESS

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*90 - 120 min*

The notion of time will vanish whilst the mind and body surrender to a deep state of relaxation. Enriching the skin with active ingredients of spirulina, a creamy body polish is performed accompanied with soft movements using handcrafted luffa natural sponges filled with an exquisite, moisturising 'Beauty Elixir'.

Followed by a relaxing massage incorporating breathing techniques combined with slow and intentional movements to create awareness of the present moment.

The 2-hour ceremony also includes hydrating facial to nourish and restore the skin.

## THE BALANCING RITUAL

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*90 min*

Designed with women in mind, this proactive approach to wellbeing is truly holistic. The ritual focuses on the back of the body, face, and feet, commencing with an aromatherapy foot bath and guided breathwork. Cold Stone Massage Therapy, Gua Sha, Reflexology and Lymphatic Drainage are also part of this unique and purposeful therapy designed to encourage alignment and balance when going through hormonal change at any stage. It is especially beneficial in case of painful periods or flushes.



SENSE OF  
MESSAGES



## VILLA MAGNA SIGNATURE MASSAGE

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*90 -120 min*

This therapeutic deep-tissue massage, using organic aromatherapy essential oils, targets muscle pain, and releases stiffness. A combination of occidental and oriental bodywork techniques helps to reset both your muscles and your energy.

## INTUITIVE MASSAGE

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*90 -120 min*

Your therapist will listen to your concerns and preferences and create the perfect massage to suit your body's needs and encourage circulation, tense release and total relaxation.

## BALANCING STONE THERAPY

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*90 -120 min*

Experience deeper muscle relaxation with this rebalancing therapy.

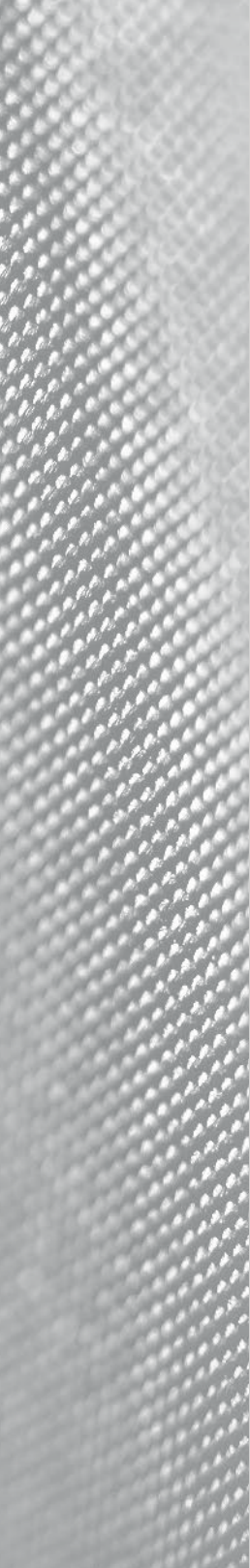
This contrast treatment features warm and cool stones placed on the body to relax muscles, calm the nervous system, whilst improving circulation, reducing muscular tension, eliminating toxins.

## SMOOTHING FOOT MASSAGE

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*60 min*

Pressure point and acupressure massage on the feet improves circulation and removes energy blockages throughout the body - a great way to relax the body and comfort the soul.



# THE FINAL TOUCH



## NAIL SERVICES

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Our hand and feet experiences include total nail care, cuticle removal and a polish application of your choice.

## WAXING SERVICES

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Our experts can also provide professional waxing from head to toe.

# SPA ETIQUETTE AND POLICES



## SENSE ETIQUETTE

Please be advised that it is good practice to shower before any treatment. Silence, peace & respect are part of our Sense spa philosophy. Please consider other guest's space & privacy. Please silence any electronic devices you might have before entering the spa facilities.

## SENSE ARRIVAL

In order to have adequate time to relax and complete the health questionnaire, we recommend that you arrive 20 to 30 minutes prior to your treatment. Late arrivals will affect the duration of your scheduled appointment.

## SCHEDULING & CANCELLATION

All treatments should be booked in advance to ensure availability. Our Sense spa host will be happy to assist you in choosing the right treatment and will need valid credit card information to confirm any bookings. If you wish to reschedule or cancel your booking, please be advised that we require 12 hours to accommodate your request, or two hours if the appointment is made on the same day. No-shows or last-minute cancellations will incur a 100% charge.

# SPA ETIQUETTE AND POLICES



## ATTIRE

Bathrobes, slippers and disposables are available at Sense spa for your treatment sessions.

## HEALTH CONDITIONS AND ALLERGIES

Kindly consult with your physician before taking any treatment or using our facility. If you have any allergies, please make sure to inform our Sense spa team at the time of booking.

## VALUABLES LOSS OR DAMAGE

Please secure your valuables. Sense spa will not be held responsible for any loss or damage during your visit.

## ENHANCED HEALTH & SAFETY MEASURES IN RESPONSE TO COVID-19

In line with government mandates, we have implemented additional health and safety measures to protect our guests in the wake of Covid-19. We invite you to contact Spa reception to learn more about the current measures in force and the conditions of access.





## LOST REMEDIES

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Bay Leaf Ritual	120 min	340€
Mayrit Hammam Ritual	60 min	190€

## SENSE JOURNEYS

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El Retiro	180 min	500€
Jet Lag Recovery	90 min   120 min	280€   370€

## ESSENTIAL SKIN CARE

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Rosewood Signature Extreme 360°	90 min	290€
The Bespoke Essential Skincare	60 min   90 min	195€   290€
Well-Ageing	60 min   90 min	195€   290€

## SENSE BODY

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The Grounding Ritual	90 min   120 min	280€   375€
Beautifulness	90 min   120 min	255€   340€
The Balancing Ritual	90 min	280€

## SENSE MESSAGES

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Villa Magna Signature Massage	60 min   90 min   120 min	210€   295€   395€
Intuitive Massage	60 min   90 min   120 min	190€   280€   375€
Balancing Stone Therapy	90 min   120 min	255€   340€
Soothing Foot Massage	60 min	170€

## FINAL TOUCHES

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Nails		
Classic manicure	60 min	120€
Classic pedicure	60 min	120€
Express nails	30 min	60€
Nail polish application		60€
Semi-permanent soak-off		60€

## HAIR SERVICES

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Hair Straightening / Hair Drying	195€
Makeup	235€
Skin Care Preparation	90€
Hairstyle and Make up	345€
Barber service	75€