

Spa & Wellness



Silentia

The pleasure of living
without haste

Welcome
to Silentia SPA,
*your heaven of peace
and connection.*



Silentia understands wellbeing from a holistic point of view. We take care of your health in all senses: physical, mental, emotional and spiritual.

Reconnect with yourself and rediscover the pleasure of serene living. Release the rush and embrace silence. See, feel and live life from a different angle.



Face Facial Care

Rose Illuminator Extravaganza

30 min.	58 €
50 min.	100 €
Facial Ultrasound	+ 19 €
Ultrasonic Peeling (face, neck and décolleté)	+ 19 €

Brightening effect with a deep moisturising effect for all skin types. Tones and restores the skin's radiance. Rose extract retains moisture, leaving the skin smooth, soft and shiny.

Ultra Moisturising Aloe Vera, Fig and Orchid Extract

45 min.	80 €
90 min.	125 €

Fuse the rehydrating and moisturising benefits of aloe vera in perfect synchrony with orchid extract. The duo of the two exclusive masks smoothies, firms and improves the evenness of the skin.

Gold and Champagne KO BI Do Global Anti - Aging Experience

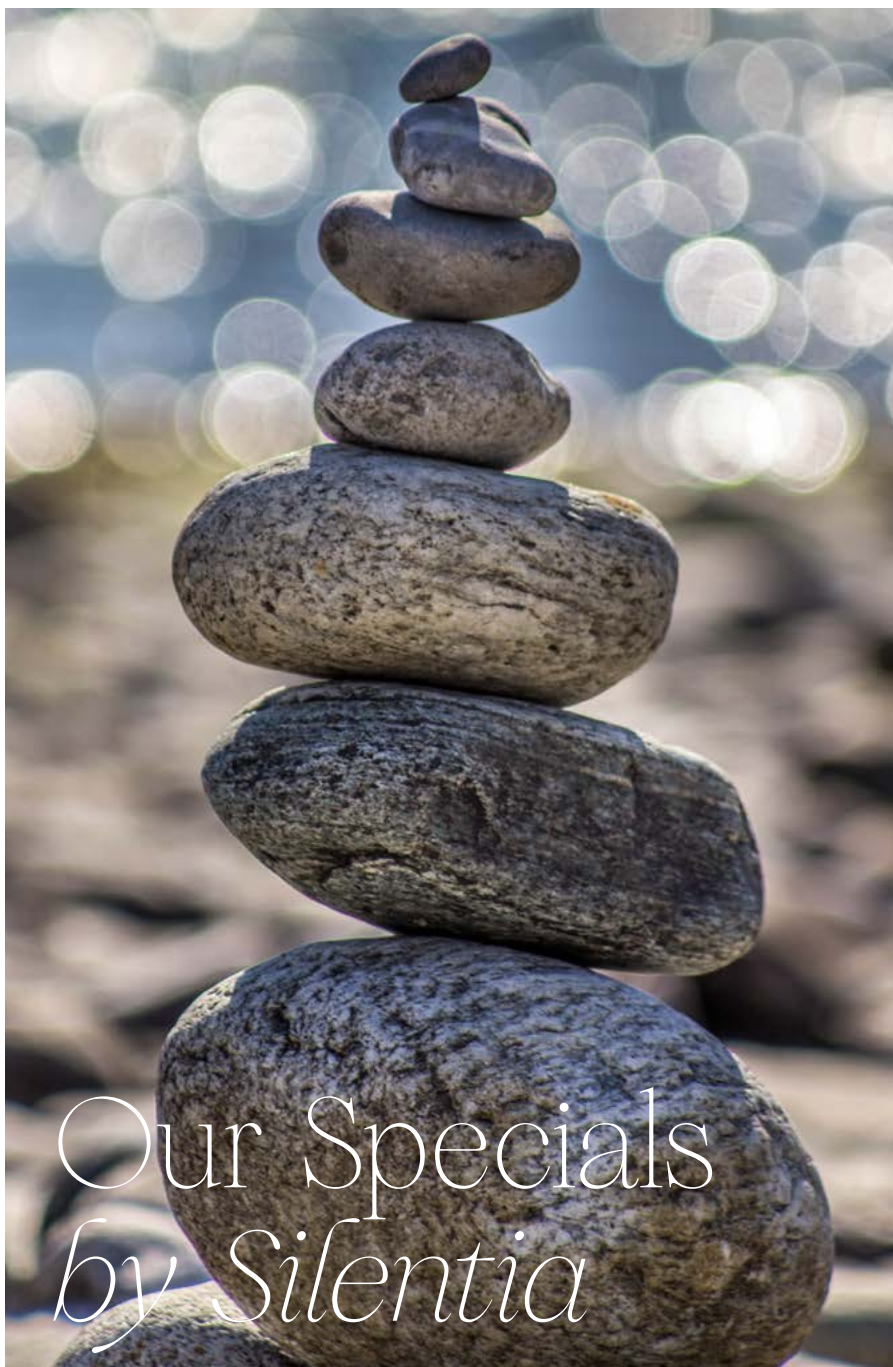
50 min.	110 €
80 min.	139 €

Be amazed by the ancestral Japanese technique Ko Bi Do. Repairs, firms and activates collagen in facial tissue.

La Crème de la Crème Facial Cleaning by Ringana

30 min.	65 €
60 min.	115 €
80 min.	139 €

Silentia Spa distinguishes by a product committed to excellence and freshness without artificial preservatives. Through high-value ingredients we generate wellbeing in harmony with nature, it's combined with advanced aesthetic high technology.



Pinda and Hot Salt Spheres "Assal" Massage

40 min.
80 min.

90 €
150 €

Aromatic massage with authentic spheres and pindas of Himalayan salt, thought for relieving muscular pain, relaxing the deep tissue and bringing vital energy into the body. The warmth of the Himalayan salt pindas activates blood circulation, reduces inflammation and brings balance to the body's electromagnetic field.

Balancing massage with hot and cold Jade gems

40 min.
80 min.

90 €
150 €

An authentic experience with marine aromas, rich in minerals and trace elements, combined with plum and argan antioxidant oil.

Body wellness Care

Wonders of East
and Mediterranean



Route of Delights

100 min.

169 €

Relaxation - Renewal - Synergy

Welcome ceremony
Hydrotherapy with orange and neroli flower oil
Peeling orange and neroli flower
Hot and cold Jade gems massage (face and body)
Moorish tea ceremony

Travel to Shivalik

120 min.

189 €

Couple price

359 €

Deep detox with Pindas Himalayan Salt Spheres,
lavender, rosemary and bergamot

Welcome ceremony
Private Sauna
Bio Massage exfoliation with Es Trenc Flower Salts
Rhassul body wrap
Draining Massage with Pindas and "Assal" Salt Spheres
Moorish tea ceremony

Spice Route

100 min.

169 €

Patchouli, amber, intense, oriental, relaxing, Mediterranean

Welcome ceremony
Natural exfoliation with seeds (argan and apricot kernels)
Enveloping massage with quartz crystal oil "Tiger's eye" to release tensions
Express facial treatment for cellular regenerating
Moorish tea ceremony

Ritual Journey to the “Island of the God “

2 h 30 min. per person 235 €
Couple price 415 €

Welcome ritual
Private sauna session
Silk and gold peeling
Hydromassage with salt flowers and Mediterranean aromas
Enveloping massage with rose quartz oil and shirodara bowl
Personalised facial ceremony by Silentia Spa
Healthy meal
Bottle of Cava

Optional Services:

Check if our VIP treatment room for couples is available so you can enjoy this moment together after your treatment, toasting with a glass of cava and chocolates, 80 € per hour.

Hammam Ceremony

70 min. (*without Rhassul wrap*) 100 €
100 min. (*with Rhassul wrap*) 149 €

Relaxation ceremony in the Hammam to leave the stress of everyday life behind.

The ceremony includes Black Soap exfoliation with kessa mitt, followed by a purifying rhassul wrap, and we continue with a foam massage on the hot stone to finish the ceremony.

“Mimmas” Caprice Ritual

90 min. per person 155 €
Couple price 295 €

Pamper yourself and spend unforgettable moments in our place of peace and harmony.

To choose: two therapies from our experiences in the “Mimmas” VIP treatment room with beautiful views to the salt lakes. Spa circuit included.



Exclusive
Men
Care

Facial Treatment

30 min.	58 €
50 min.	95 €

Deep facial cleansing to pamper male's face with an instant velvety smooth effect.

Foot and Hand Care

Manicure

40 min.	40 €
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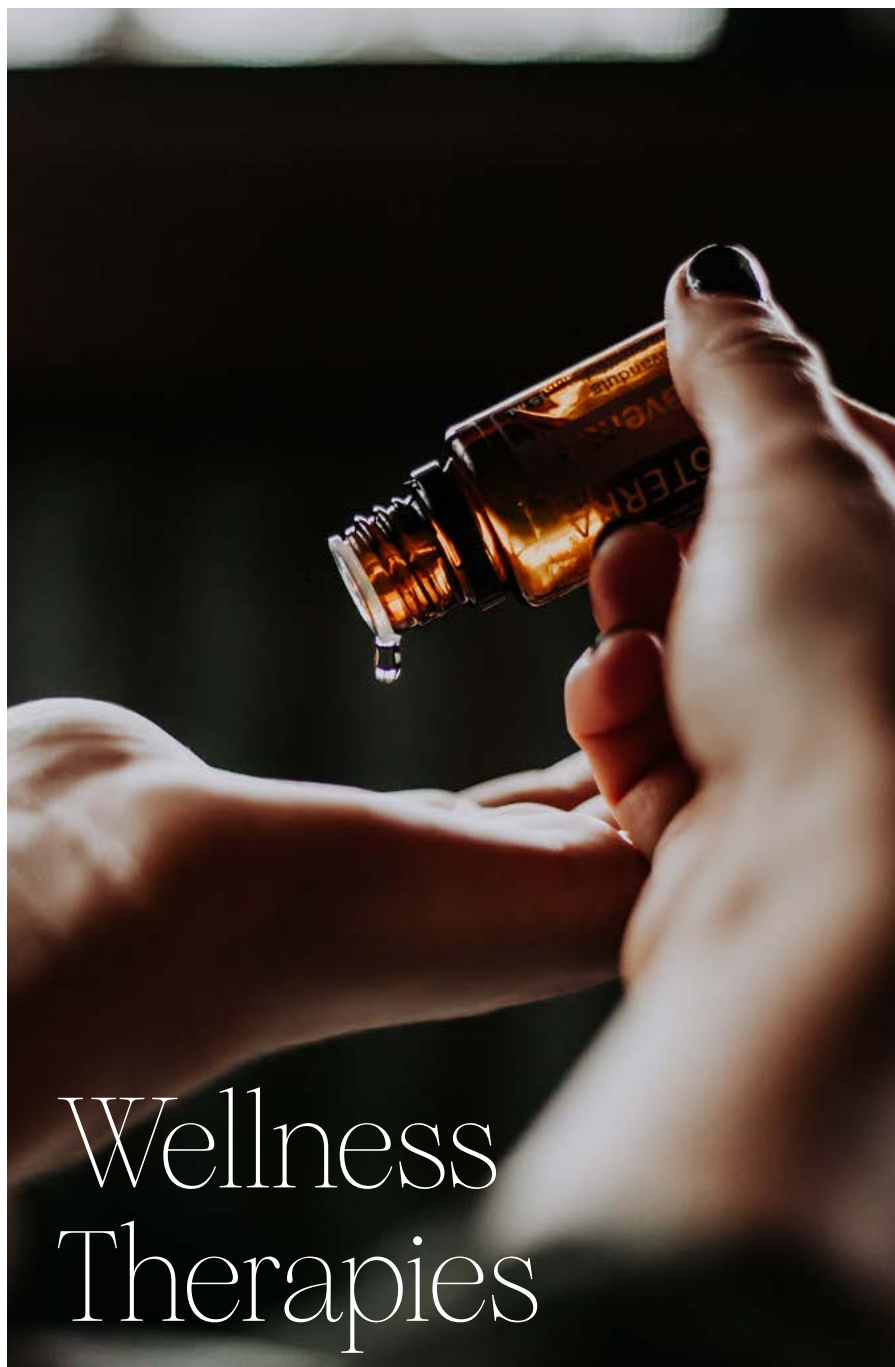
Pedicure

45 min.	45 €
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King's Wish

60 min.	120 €
Toning hydromassage bath	+20 €
Express facial care	+35 €

Excellent time for HIM after an intense day of physical activity. Starting with a refreshing foot ritual, followed by a classic full body massage, decreasing muscle contractions and increasing relaxation of body and mind.



Wellness Therapies

Crystal oil massage *by Silentia*

25 min.	58 €
50 min.	99 €
80 min.	135 €

Relieve stress and rebalance your energy by choosing one of the following Silentia aromas (amethyst, tiger's eye, rose quartz, black agate).

Celebrate your Birthday massage

70 min.	139 €
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Pamper yourself on this special day at the Spa with views to the salt lakes. Choose between rejuvenating or balancing therapy. After your treatment, enjoy a glass of cava and chocolates in our garden.

Celebrate anniversary massage

Couple price 60 min.	249 €
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We celebrate with you and your partner your anniversary with an ancestral Balinese massage.

Check if our VIP treatment room is available to enjoy this moment with a glass of cava and chocolates while contemplating the views of the natural oasis of our private garden. Price per hour €80.

Circulatory Renovating Treatment

80 min.	135 €
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Permit your mind and body to relax deeply while salts, seaweed and minerals detoxify and balance blood flow.

"Vodder" Draining Technique

60 min.	89 €
90 min.	128 €
Pack 6 sessions 60 min.	502 €

Enjoy a pleasant and healthy circulatory technique that reduces fluid retention and drains toxins, improving the lymphatic system. The gentle oil-free technique activates micro circulation and reduces the appearance of cellulite.

Prenatal Massage

40 min.	68 €
70 min.	98 €

Gentle prenatal treatment, ideal for alleviating muscular aches and pain, improving circulation and enhancing relaxation.

Amma Massage "Indian Head"

40 min.	70 €
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A relaxing head, face, neck and shoulders massage with warm coconut oil to release the cranial muscles, allowing the energy to flow freely.

Indian Ayurvedic Energising Massage

60 min.	115 €
90 min.	159 €

Inspired by ancient Indian tradition, this empowering massage uses warm oil, and fast and slow movements to relieve stress and tension in muscles.

Balinese Massage

50 min.	105 €
80 min.	143 €

Dive into a world of tranquillity with this ancient Balinese massage ritual with a Lotus balm. Traditional Balinese techniques, combined with gentle stretching movements, energise your senses to alleviate muscle tension.

Relaxing Polynesian Lomi-Lomi Massage

60 min.	115 €
90 min.	155 €

Inherited from Polynesian healers, this massage uses deep pressure with long and continuous movements with the forearms. The aromas of the tiaré flower guide you through this experience, providing immediate relief and immersive tranquillity.

Reflexology

40 min.	60 €
60 min.	98 €

Reflexology is an ancient method of self-care in which reflex points on the feet are stimulated, that are connected to different parts of the body, organs, muscles or bones. Feel your whole body balanced and revitalized as fatigue and stress disappear.

Deep tissue massage

30 min.	85 €
50 min.	130 €

This full body massage is the best option for those who prefer a firmer pressure. Feel muscle tension released and with greater mobility.

Sports massage

30 min.	92 €
50 min.	140 €

A therapeutic technique that releases tension patterns in your body.

Swe -Thai Massage

85 min.	155 €
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A delightful fusion on a massage table combining Thai and Swedish massage techniques.

Anti-cellulite treatment

40 min. (1 zone)	85 €
Pack of 5 sessions	398 €

A personalised treatment with manual techniques to reduce cellulite. It can be combined with advanced beauty technology to achieve a fast and long-lasting result.

Reiki Therapy

50 min.	70 €
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Pamper yourself with a Reiki session, a practice that promotes healing through methods rooted in the Eastern spiritual tradition.

"Harmony Duet" 4 Hands Ayurvedic or Balinese Massage

60 min.	198 €
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Massage performed by two therapists, four hands, in perfect harmony and fusion from far eastern techniques.



Quick
Therapies
by Silentia

To enhance your Body
and Face Care experience

Body Peeling

30 min.

49 €

Eucalyptus Black Soap Scrub with Kessa Glove
Sea Salt Scrub with organic oil infused with crystals
Lulur Balinese Scrub
Amber Patchouli Exfoliating Scrub
Silk Protein Exfoliating Gold Powder Scrub

Body masks and wrap

30 min.

49 €

Purifying Body Wrap with Rhassul from Marrakesh
Antioxidant Grape Wrap
Deep Moisturising Bio Karité (shea)

Hydrotherapy and Thalassotherapy

30 min.

49 €

Immerse in our waters and oils and experience deep relaxation.
Our professional hydromassage baths have been designed to induce a
sensation of wellbeing between body, mind and spirit. Choose between:

Winetherapy antioxidant bath
Remineralising seaweed bath
Relaxing bath with Mediterranean oils and salts



Hands and Feet Care

by Victoria Vynn

PURE

Deep hydration for healthy feet

50 min. 50 €

Show off ultra soft heels. Feel refreshed and relaxed again with multiple exfoliation, and foot and leg massages. Treatment does not include pedicure.

Shellac Manicure

65min 55 €

Shellac Pedicure

75min 65 €

Classic Pedicure

60min 45 €

Classic Manicure

50min 45 €

Shellac Remover

20 €

Application only

22 €

Waxing

Eyebrows or upper lip 7 €

Half arms 15 €

Complete arms 20 €

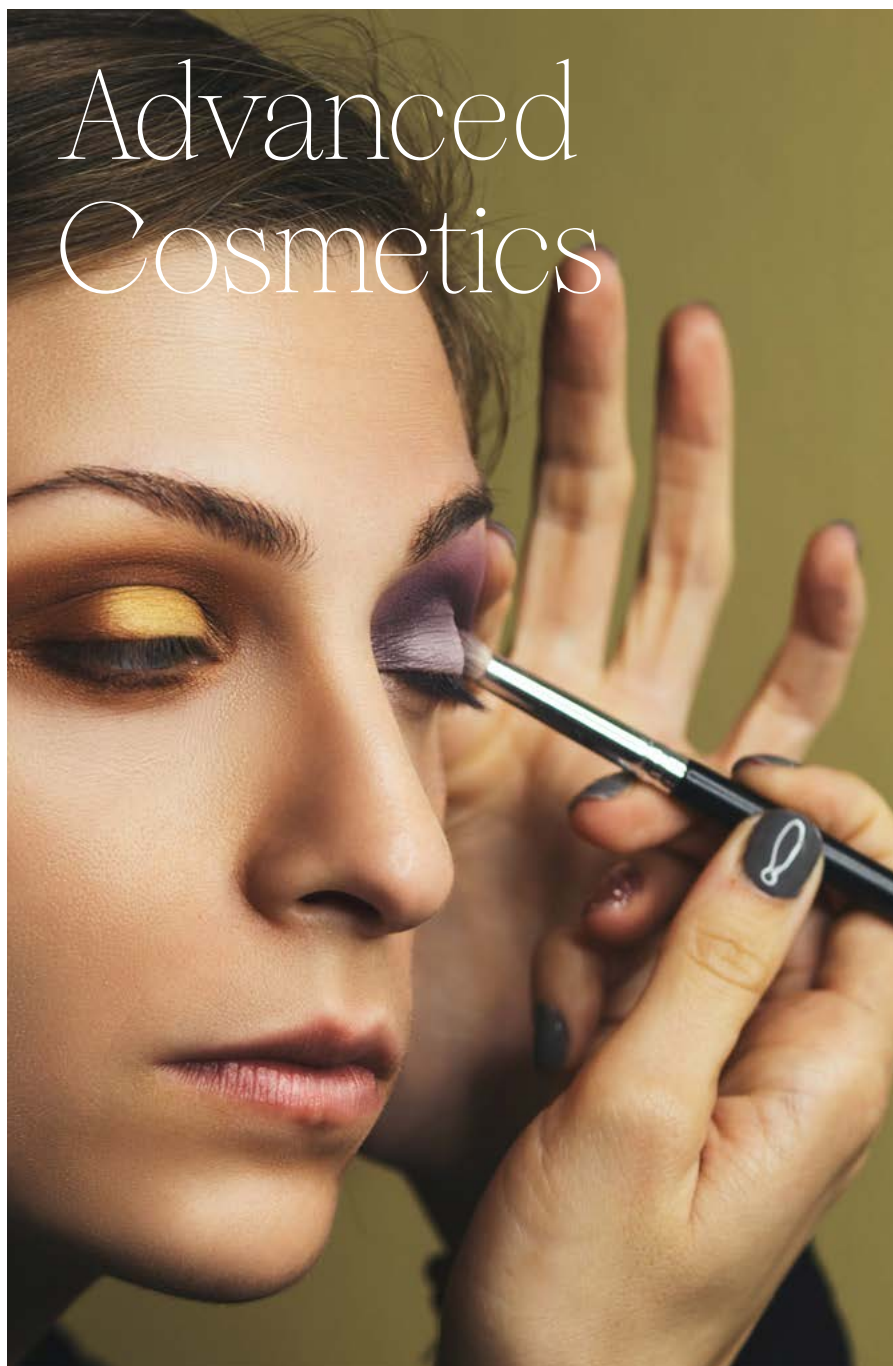
Half legs 25 €

Complete legs 55 €

Chest, abdomen or back 45 €

Bikini 35 €

Brazilian bikini 50 €



Advanced Cosmetics

Check the availability of our specialists in advanced aesthetics with guaranteed service and latest equipment.

Fibre optic diode laser depilation

Photo rejuvenation / for Her Pack and for Him Pack

Vacuum Therapy

Radio frequency. Single session or pack of 5 sessions

Microblading

Make-Up Classes

Group of friends, gift vouchers, women's meeting sessions, accompanied by a glass of wine, coffee or tea.

1 person
3 persons - 90 min.
5 persons - 90 min.

29 €
25 € / p.p.
23 € / p.p.



Magic
Nights in
Silentia Spa

Moon's magic

Hours 20:15 - 21:45h
Couple price

price by appointment
485 €

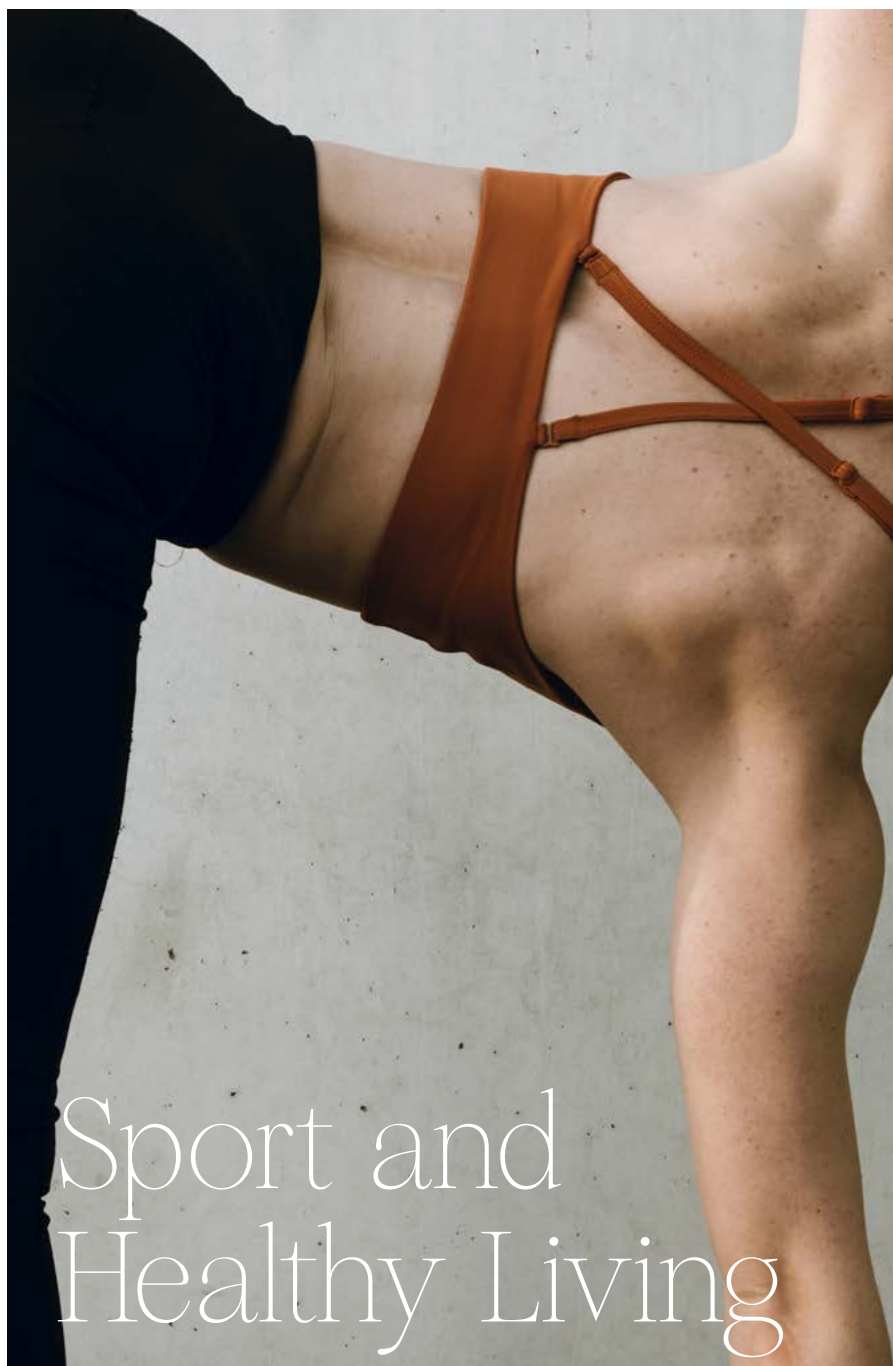
Exclusive use of the Spa
Bottle of Cava or Sparkling Wine
Fresh fruit and chocolate assortment tray

Retreat "Pleasure of living without rush"

Half day in our peaceful heaven *Silentia Spa*
Price per person

180 €

Welcome drink
Spa access - 1h
Balinese Massage 50 min
3 delicious course dishes



Sport and Healthy Living

Private yoga class (1 hour)	40 €
Yoga group class	price on request
Personal Trainer	price on request

Gym

Monthly fee and 10% discount on all our treatments	120 €
Seasonal fee and 10% discount on all our treatments, 1 massage of 30 min and daily use of the Spa	650 €

Mind and Body Programme "*Silentia*"

Price	245 €
Includes access to the Spa 5 partial body massages (30 min) Yoga group classes	

Our facilities

- Hydrothermal pool
- Sauna
- Turkish bath/Hammam
- Sensation showers
- Frigidarium (cold water basin)
- Cold shower bucket
- Hydromassage
- Relaxation area with heated loungers
- Luxury treatment room for 2 persons with sauna and private terrace
- Massage and beauty cabin with private terrace and view to the salt lakes
- Two single cabins for deep relaxation
- Fitness room with wooden equipment of the highest quality, by NOHRD©
- Yoga room
- Outdoor relax area

Hotel guests have the entrance fee included.

- Spa Access for Residents 35 €
- Spa Access for external clients 40 €

Prices per person, incl. 21% VAT. Prices are subject to change without previous notice.

Contact (+34) 871 620 362
From the room 109
E-mail silentia.spa@hotelcoto.es

Please contact Silentia Spa & Wellness for more information

Opening hours 9:00 h - 20:00 h everyday

Your personal guide – *Silentia* *Spa & Wellness*

Upon arrival

We recommend that you book your experiences in advance. You can contact us from your room. Book as an external client: If this is the first time you visit us, please let us know when you make your reservation.

Check-in Spa Reception

For your convenience we kindly ask you to check in 15 min before the time of your therapy. While you wait and we prepare everything for you, we invite you to have an infusion or juice. For clients who do not show up at the agreed time, we are obliged to shorten the treatment by the corresponding duration.

Health questionnaires

The first time you visit us at Silentia Spa, we will provide you with a simple and confidential questionnaire. This allows us to create a personnel file to be able to offer you the right treatment and products.

Cancellation Policy

It is important to us that your experience is unique and exclusive. This way you could have the day and time that suits you best. If necessary we are happy to reschedule your treatment. As a courtesy to other guests and therapist, the full amount must be paid for all treatments cancelled less than 12 hours in advance.

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