

NATARAYA

day spa & wellness

# Namaste! Merħba!

Nataraya Day Spa & Wellness in Mellieħa has set the benchmark for extraordinary luxury day spa experiences. Our singular focus is on creating a tranquil haven for you to rejuvenate your mind, body, and spirit.

We have proudly designed the first Inclusive Spa Menu in Malta! Every treatment can be done regardless of one's age and gender, whereas each of our Couple Packages is crafted to suit all relationships. EVERYONE is welcome!

Using only the finest organic ingredients, our therapeutic treatments renew wellness and encourage complete relaxation. Whether you're looking for some 'me time', planning a spa party, or thinking of a couple's treatment, our highly qualified spa professionals will guide you through a journey created especially for you.

From our indoor pool, chromotherapy hydro bath, and beautifully appointed treatment rooms, to our serene relaxation lounge and surroundings, Nataraya Day Spa & Wellness provides a sanctuary in the North of Malta, for you to enjoy peace and tranquillity.

It's so much more than a treatment. Nataraya is an unforgettable experience in the heart of Mellieħa with divinely restorative results.





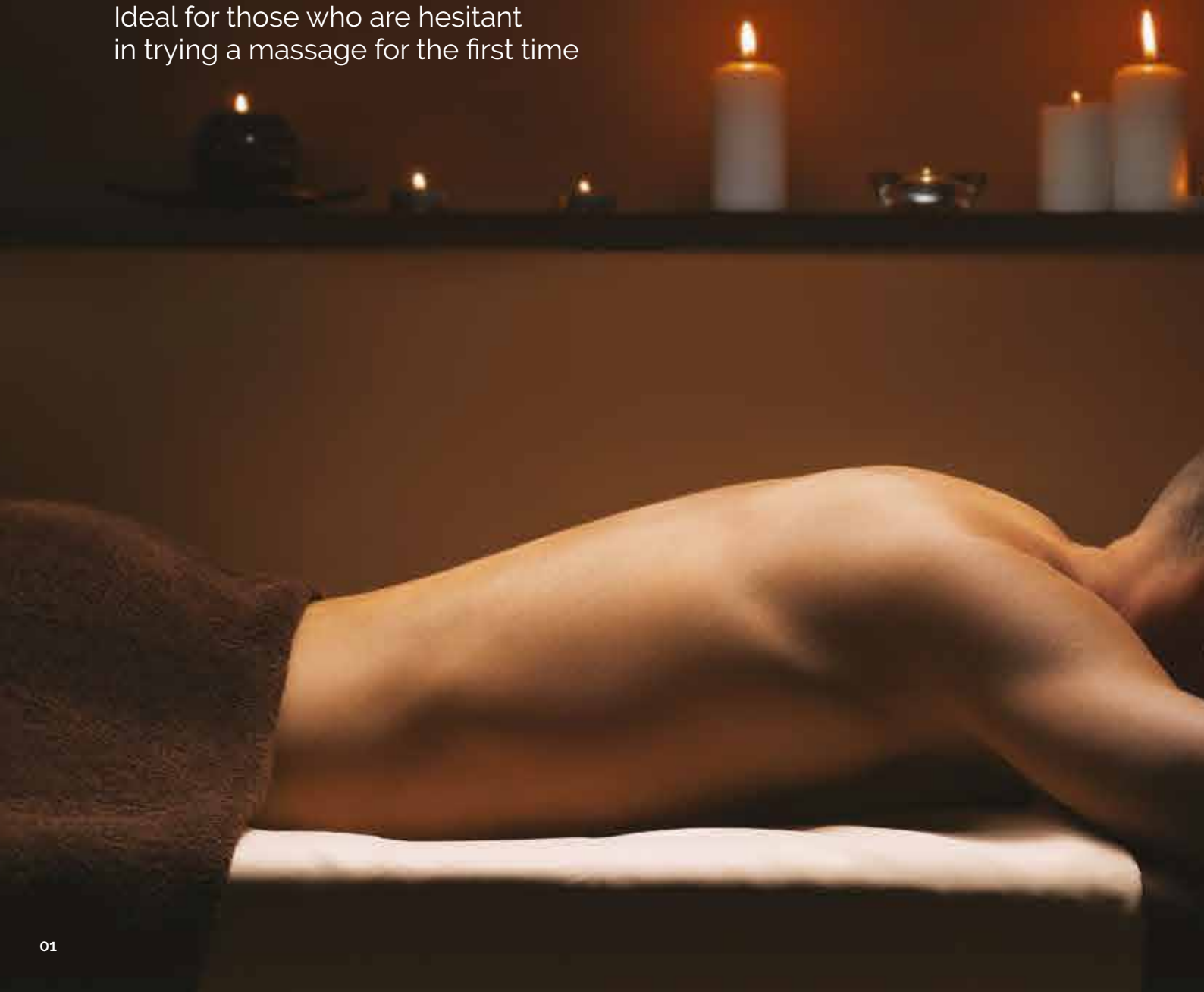
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# The Classics

Ideal for those who are hesitant  
in trying a massage for the first time





### **Back, Neck and Shoulder Massage**

Targeted for general relaxation, relief of muscular tension and improvement of the circulation

€35.00 ⌚ 30 mins

### **Traditional Swedish Full Body Massage**

This massage is exceptionally beneficial for the improving of circulation, the relaxing of tight muscles and an overall accomplishment of stress relief and unwinding

€50.00 ⌚ 45 mins | €60.00 ⌚ 60 mins | €85.00 ⌚ 90 mins

### **Customised Aromatherapy Massage**

Whether you love deep relaxation, to balance yourself or simply to detox and drain, rest assured that we have the perfect blend for you!

€55.00 ⌚ 45 mins | €68.00 ⌚ 60 mins | €92.00 ⌚ 90 mins

### **Deep Tissue Massage**

This massage's main goal is to release chronic tension from your body

€40.00 ⌚ 25 mins | €70.00 ⌚ 55 mins

### **Warm Lava Stone Massage**

This ritual actively promotes muscle ease, relief of tense muscles and holistic full body relaxation, with the use of lava stones

Back Massage €40.00 ⌚ 30 mins

Full Body Massage €75.00 ⌚ 65 mins



# Nataraya's Superior Body Massages

Dive into a deeper relaxation state

## **Soothing Scalp, Head and Neck Treat Massage**

This treatment will hydrate the scalp and will improve the overall upper body flexibility after alleviating head, neck, and arm muscular stiffness, leaving you totally relaxed and uplifted

€37.00 🕒 30 mins

## **Foot & Leg Peppermint Rub Delight**

Combining both a relaxing massage and a refreshing cleansing exfoliation for your feet. Starting off with a massage for your legs, followed by a peppermint and almond scrub that hydrates and deep cleanses the feet, closing with a Full Feet Massage

€55.00 🕒 45 mins





### **Anti-Stress Aroma Signature Blend Full Body Massage**

The combination of a classical full body massage, infused with a special preblended mix of essential oils, intended to induce both balance and harmony. A mix of citrus aromas, lavender and Ylang-Ylang will collectively calm and anti-stress your mind

**Single Treatment €76.00** ⌚ 60 mins

**Double/Couple Treatment €135.00** ⌚ 60 mins

### **Coconut and Tiare Flower Luxurious Massage**

A heavenly treat for hydration and extreme relaxation!

Benefit from the essential coconut properties with a warm deep relaxing coconut oil Full Body Massage, and a pure Coconut Pulp Scrub for your feet.

A rich signature Tiare flower moisturization will be the finishing touch, aimed for deep hydration and nourishment of dry skin

**€115.00** ⌚ 80 mins

### **Blissfully Extended Full Body Massage**

An unforgettable, holistic experience, which starts off with a Cleopatra Scalp Massage and Nourishing Treat, followed by a Signature Gemstone Face Massage and a soothing Hydra Flower Face Treatment.

The package is then completed with a tranquil and relieving Full Body Massage for the ultimate well-being enhancement

**€115.00** ⌚ 80 mins



# Body Beauty & Skin Care

## Exfoliation and Wraps

### **Skin Polish - Body Scrub & Moisturisation**

Specifically identified on your body needs, the body exfoliating treatments help to keep your skin, silky soft and smooth by physically scrubbing away and removing dead skin cells. A range of signature body scrubs will be offered during your consultation, focusing on your desired treatment outcome

**Back Scrub €40.00 ⌚ 25 mins**

**Full Body Scrub €59.00 ⌚ 40 mins**

### **Signature Tailor-Made Full Body Wrap**

The very best way to detox, tone and hydrate your body depending on one's individual needs, all aimed for a healthier looking, and better appearance.

The wrap includes a relaxing Head Massage and a Full Body Exfoliation and Moisturisation

**€72.00 ⌚ 60 mins**







## Long Haul Journeys

### **The Hawaiian Grand Escape**

#### *Hydrate and Indulge*

This ritual is a pleasurable caress, guiding you towards a world free of stress and agitation. Relaxed, the body will savour a pure moment, in an atmosphere embellished by the scent of the Tiare flower and coconut. This journey begins with a Coconut Pulp Full Body Scrub and Wrap, followed by a relaxing Full Body Massage

€150.00 🕒 100 mins

### **Exotic Sensations Getaway**

#### *Tone and Radiate Positivity*

This mysterious ritual speaks of warmth and life. Totally invigorating, it will energise your being, making you feel happy, in your own skin. This signature journey includes a Full Body, Exotic Fruit Extracts Toning Exfoliation, Self-Heating Seaweed and Cocoa Bean Full Body Wrap, and ultimately an energising Full Body Massage

€150.00 🕒 100 mins

### **A Journey To The East**

#### *Detox and Revive*

With warm gestures, this ritual allows the body to rid itself of toxins enabling the skin to become more radiant. The body is restored to a feeling of well-being as in the Oriental tradition of purification. The journey will start off with an Argan and Peppermint Detoxifying Full Body Scrub, Stimulating Pepper and Seaweed Full Body Wrap, and ending with a remarkable Full Body Massage

€150.00 🕒 100 mins



# Thalasso Body Rituals

Embrace the  
benefits of the sea  
and its extensive  
marine life



## Circulation Enhancers & Boosters

### **Heavy Legs SOS**

#### *Refresh and Instant Relief*

A combination of a scrub, a draining massage and a gel mask will boost one's microcirculation and help combat heavy legs. It decongests and provides instant relief, allowing the legs to recover their shape, lightweight feel, and vitality, leading to an immersed feeling of long-lasting freshness

€49.00 🕒 45 mins

### **Marine Mud Back Treatment**

#### *Beneficial and Recharging*

Following a Purifying Scrub, a Marine Mud Back Wrap is applied. While your body will be receiving all its benefits, enjoy a Soothing Head Massage, to help release all neck and head tension. The final step in this treatment will be an Express Back, Neck, and Shoulder Massage for that delightful intense relaxation

€67.00 🕒 60 mins

## Contouring and Toning

For a more evident effect, we suggest combining both treatments together

### **Shape Up Express**

#### *Be in love with the shape of you*

This innovative treatment offers an immediate sculpting effect through a specialised restructuring massage with authentic sculpting pearls which roll and melt over the skin to deliver their precious content of caffeine, menthol and algo-slim to detoxify and help you shape up

€50.00 🕒 40 mins

### **Three-In-One Marine Slimming Treatment**

#### *Sculpt, Detoxify and Firm*

Your body is generously exfoliated, followed by a wrap, targeted to sculpt, detoxify, and firm loose skin. The abundance of minerals will stimulate the slimming process which visibly, will redefine your contours right from this first treatment

€70.00 🕒 70 mins



# Mystic Gaia

Sacred rituals from around the world!  
These therapies require pre-booking since  
only qualified therapists can perform them

## Cupping Therapy Programme

An ancient form of alternative medicine which creates suction onto the skin, decompressing muscles, and connective tissue, enhancing blood circulation, boosting lymph function, and promoting healing process. The Cupping Therapy allows our specialised therapist to work directly on your personal needs, utilising the various techniques

### Back Cupping

🕒 30 mins

*Muscle Ease & Deep Tissue*

1 Session €47.00  
2 Sessions €79.00  
3 Sessions €112.00

### Thighs & Buttocks

🕒 30 mins

*Circulation & Lymphatic Booster*

1 Session €47.00  
2 Sessions €79.00  
3 Sessions €112.00

### Back, Thighs & Buttocks

🕒 45 mins

*All the Benefits in 1*

1 Session €62.00  
2 Sessions €105.00  
3 Sessions €148.00

*The Cupping Therapy often leaves a distinctive temporary circular discolouration on the skin where the cups have been placed*





### **Hands-On Reiki Therapy**

Reiki flows to the areas of need, soothing aches, discomfort, and supporting the body's natural ability to heal itself. Reiki natural healing comes in extremely handy to boost your energy when you feel drained, re-gaining your calm when you are anxious

€75.00 🕒 60 mins

### **Hilot Massage**

From the depths of the Philippines, using banana leaves, this massage will target the specific body areas, applying cupping on a customised way for your needs. This ritual increases flexibility and relieves tension from muscles and joints, leaving the whole body energised

€85.00 🕒 60 mins





# Ayurvedic Therapies

The world's oldest rituals  
and most complete system  
of natural therapies



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Available exclusively at the Nataraya Day Spa & Wellness within the Solana Hotel & Spa



### **Medicated Oil Ayurvedic Head Massage**

A truly unique experience! Ayurveda oils penetrate the scalp smoothly and transport the healing properties of nature, directly into the body cells, which stimulate hair growth, ease tension headaches while abating sinuses

€50.00 🕒 35 mins

### **Warm Herbal Oil Ayurvedic Back Massage**

During the Ayurvedic Back Massage, a special technique is performed to relax the back muscles with warm, medicated herbal oil. Our therapist will add pressure on various points of the back and spinal cord, which helps one to relax while stimulating the nervous system

€50.00 🕒 35 mins

### **Abhyangam**

This technique revolves around the use of a deeply relaxing warm oil as the Ayurvedic Full Body Massage targets nourishment to the tissues, cells, and energy channels. Furthermore, it transcends a deep relaxation onto muscles and restores calmness to the mind and the nervous system. Special hand-crafted organic oils from India are used to maximise the healing process according to the person's exigencies

€90.00 🕒 75 mins

### **Kizhi Kizhi**

A Kizhi is a poultice that is densely packed with herbal ingredients and heated in warm herbal oil throughout the treatment. The Kizhi is massaged over areas of the body where mostly required and its warmth, combined with the active ingredients of the herbs and oils, targets circulation, and reduces body stiffness and aches

€90.00 🕒 75 mins



# Earth, Water & Fire

Element rituals connecting  
with nature sensations





### **Seashells Massage**

A sensational and fulfilling massage, where natural sea conchs are glided over the body in a relaxing and destressing rhythm, offering absolute tranquillity. The most absolute of luxury!

€75.00 🕒 60 mins

### **Ritual Stick Massage**

Adhering to the ancient ritual, this full body treatment employs a natural massage stick, which helps promoting pressure, while massaging. The combination of massage techniques and the ritual stick pressure, lead to a deep state of relaxation and well-being.

An exquisite ritual that offers a sublime and unforgettable spa experience!

€75.00 🕒 60 mins

### **Organic Aromatic Candle Full Body Massage**

Feel the warmth and benefit from nature's purest treasures.

As the candle slowly burns, 100% organic plant wax and essential oils are gently poured onto your body, followed by slow, relaxing massage movements

€75.00 🕒 60 mins



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*at the Pergola*

Available exclusively at the Nataraya Day Spa & Wellness within the Pergola Hotel & Spa





# Aromatic Facial Skin Therapy

Enhance your sense of smell and honour your skin with natural based products formulated with pure essential oils, sourced from prime locations, around the world by the one and only Eve Taylor®

Eve Taylor® embraces over 50 years of experience, standing proud and never letting go of its three main principles when coming up with its beauty products; natural and prime quality, Paraben, and free of harmful chemicals, with products that are never tested on animals







## **Express Customised Facial**

*Ideal for a first-time experience*

This is a short beauty break, yet a complete tailor-made treatment nonetheless, that will enhance your daily cleansing routine

€35.00 🕒 30 mins

## **Harmonising Balancing Facial**

*Combination and Even Tone*

A facial that leaves a balancing effect on mixed skin with variable areas, thanks to readily absorbed moisture effects that hydrate the drier areas without leaving an oily feel to the entire face.

This proper oxygenation is in fact encouraged through essential oils such as those derived from geranium and basil

€42.00 🕒 45 mins

## **Clear and Clarify**

*Deep Cleanse & Balance*

Natural antiseptic sandalwood and Ylang-Ylang extracts, vitamins and antioxidants are the key ingredients in this treatment that help balance oily and clogged skin. This facial also naturally lifts impurities and acts against bacteria, which cause breakouts

€52.00 🕒 60 mins

## **Bio Delicate Facial**

*Soothe & Nourish*

An aromatic facial treatment that balances, calms and oxygenates the skin. Thanks to a blend of potent natural essential oils, nourishing plants, green tea and aloe extracts, this treatment is ideal to cool, soothe and reduce redness in the skin. This facial comes with a Relaxing Scalp Massage

€59.00 🕒 60 mins

## **Dynamic Resurfacing Facial**

*Pre-Mature Ageing, Mature Skin, Pigmentation & Brightening*

This advanced formula treatment increases epidermal cell turnover to defy the signs of ageing and uneven skin. It enhances the skin's natural protection and repairs factors, promoting better cell function, also improving the quality of skin tissue. This facial helps also to prevent biological ageing cells, extending the youth span of skin, reducing signs of ageing, not just wrinkles. This facial includes a Scalp and Anti-ageing Hand Massage

€62.00 🕒 60 mins



# Cutting-Edge Face Treatments from the Sea

The high concentration of mineral salts, trace elements, vitamins and amino acids found in seaweed, imbue products with the power to create beauty and well-being. Thalion<sup>®</sup>, beauty from the heart of seaweed



## **The Firming Eye Rescue Treatment**

### *Age Delay*

This professional, strength treatment infuses the delicate eye area with exclusive, proprietary surface-filling and firming technologies that instantly lift, firm, and visibly reduce the appearance of lines and wrinkles

€49.00 ⌚ 30mins

## **Perfect Tone and Contour**

### *Oxygenating and Rejuvenating*

Highly concentrated in minerals, trace elements and vitamins, this treatment, boosts the defence mechanisms of all stressed and suffocated skins, protecting them against external aggressions. The treatment includes an Arm Toning Massage

€65.00 ⌚ 60 mins

## **Face Lift Recovery Facial**

### *Plump and Firm*

Ideal for all skins in search of firmness and lifting, this comprehensive treatment helps recover skin elasticity. In the heart of this treatment, one finds a unique combination of active ingredients where the face is left plumped and reshaped. This treatment comes with an Anti-wrinkle and Firming Signature Manual Face-lift Massage

€70.00 ⌚ 60 mins

## **Luxurious Intensive Anti-Ageing Facial**

### *Best of Both Worlds! Anti-Wrinkle and Lifting*

An all-new, signature intensive anti-ageing face treatment that combats wrinkles and sagging skin. Its filling and smoothing action visibly reduces the signs of ageing, thanks to the use of customised restructuring 'Face Gym Lifting Massage', where wrinkles are left plumped, and the face toned, leaving the face recovering to its original youth texture and look. The facial includes a Signature Upper Back Massage, which renders this experience even more memorable

€84.00 ⌚ 85 mins





# Mama & Papa Luxurious Spa Treatments

Mum and dad deserve best. Skin nourishment and deep relaxation

## **Elemis Peaceful Pregnancy Massage**

*Post and Prenatal*

A Sensitive and Relaxing Full Body and Scalp Massage that hydrates and moistures the skin that has expanded to accommodate a growing baby. This treatment includes a Signature Maternity Head to Toe Full Body Massage, along with a Foot Refreshing Treatment, and a Facial and Scalp Hydrating Treat

€89.00 🕒 75 mins

## **Anti-Stress For Papa**

*Lead in to those sleepless nights!*

A relieving pressure point application on shoulders, neck, and head, followed by a distressing Full Body Massage, and a much rewarding cleansing and balancing face treat

€89.00 🕒 75 mins

## **Skinfood Organic Facial**

*Hypersensitive and Dehydrating – Ideal for Expecting Mums*

A deep, most delicate, and hydrating oatmeal, Camellia oil and aloe vera facial treatment that gently cleanses, while nourishing and calming the skin. This facial is ideal for those with ultra-dry, hypersensitive, dehydrated, or irritated skin including eczema and psoriasis. The facial includes a Soothing Hand and Arm Massage

€65.00 🕒 60 mins

## **Expecting Couple's Learning Package**

*Sharing is Caring!*

The perfect ambience for a bonding massage experience is created by our relaxing and soothing music along with the gentlest aromatic scents in our candle-lit room. Guided by our expert massage therapist, your loved one will learn and apply techniques for relief on the expecting partner's key spots, creating a special time of wellness and bonding for partners and their small bump of joy. We wrap this special package, with a Soothing Scalp Massage for both in our dedicated Couples' Room

€120.00 per couple 🕒 60 mins





# Hands and Feet Nourishing Treatments

Taking care of our best tools





### **Fingers Express File & Buff**

Fingernails shaping, cuticle tidying and conditioning

€25.00 ⌚ 20 mins

### **Toes Express File & Buff**

Toenails shaping, cuticle tidying and conditioning

€25.00 ⌚ 20 mins

### **Signature Spa Manicure**

An intensive, hydrating hand and nail treatment including nail filing and shaping together with a cuticle oil followed by a hand exfoliation, nourishing hand mask, moisturisation, followed by a Hand and Arm Massage

€42.00 ⌚ 60 mins

### **Signature Spa Pedicure**

Indulge in treating your feet, including grooming of the nails and cuticles, foot buffing and a refreshing foot exfoliation and mask, followed by an Energising Massage

€52.00 ⌚ 60 mins

### **File, Buff & Mani-Pedi Upgrades**

*The upgrades can only be taken as an add-on with either the File & Buff or the Mani & Pedi treats. Removal of previously applied gel polish is not offered*

Hand or Feet Nail Polish Application	€10.00
Hand or Feet Gel Polish Application	€20.00
Hand and Feet Nail Polish Application	€20.00
Hand and Feet Gel Polish Application	€40.00

### **Beautician's Offering**

Upper Lip Waxing	€7.00
Eyebrow Shaping	€10.00
Upper Lip and Eyebrow Shaping	€15.00
Half Leg Waxing	€20.00
Full Leg Waxing	€25.00
Eyebrow Tinting	€18.00
Eyelash Tinting	€18.00



# The Ultimate Indulgence

The complete experience in one package







Our  
Best  
Pick

### The Nirvana Experience

*The ultimate pampering of the body, skin, face, umami, mind, and soul combined in a unique tailor-made experience for yourself or in company of your peers, intended to wash all worries away. The package is ideal for someone who truly wants to reward oneself, or as a bonding group package*

- Prosecco welcome drink
- Private hydrotherapy session
- Customised Aroma Full Body Massage
- Selection of sweet and savoury nibbles
- Marine Full Body Exfoliation
- Detoxifying Full Body Wrap
- Tailor-made Facial
- Exclusive use of our Aromatic-fragranced Relaxation Room
- Access to all facilities
- Unlimited hot beverages, water & herbal teas

€250.00 🕒 300 mins+ **One free person with every 4 paying guests!**

### Namaste!

*Celebrate and unwind with your loved ones, in our exclusive multi-therapy room*

- Private hydrotherapy session
- Bottle of Prosecco to share
- Fruit platters to share
- Feet Scrub, Mask and Moisturising Massage
- Hand Scrub, Mask and Moisturising Massage
- Aromatic Express Customised Facial

€105 🕒 120 mins+ per person (Minimum number of Persons – 3 Adults)

### We are Young

*Ideal for anyone under 14 years of age*

- Hand & Feet Scrub and Moisturising Massage
- Relaxing Head Massage
- Mini Face Cleanse and Moisturisation

€40.00 🕒 45 mins



# Hydrotherapy & Relaxation Room Delight

Soak your stress away

## Exclusive Use of our Hydrotherapy Bath

One Person €20.00 🕒 30 mins

Additional €10.00 per extra joining person

## Spoil Yourself

*C'est la Vie!*

Glass of Prosecco	€4.00
Home-made chocolate truffles	€7.00
Seasonal fruit platter	€12.00







### **Romantic Upgrade**

*Do not disturb!*

- Two glasses of Prosecco
- Candle-lit room
- Rose Petal decorations

**€18.00 per couple**

### **Exclusive use of our Relaxation Room**

**€45.00 per every 60 mins (Maximum 4 persons)**

### **Strike the Instagram Pose**

- Exclusive use of the Relaxation Room for 1 Hour
- An array of hand-crafted sweet and savoury delights
- Unlimited hot beverages
- Home-made chocolate truffles
- Glass of Prosecco

**€25.00 per person (Minimum 2 persons)**

*Since the upgrades involve preparation, advanced pre-booking is necessary*



# Your Nataraya Journey





## Gift Vouchers

Gift Vouchers are available for any treatment or packages being offered at the Spa. Gift Vouchers are not refundable and must be presented at the time of booking

## Booking Information

For any Spa-related information, guidance or securing your spot at the Spa, please call us directly on (+356) 2280 1922 / 2289 4482. If staying with us at the Solana Hotel or the Pergola Hotel, use extensions 1922 and 4482, respectively. Alternatively, you can visit the Spa Consultation Desk, where you will be guided through our selection of treatments

## Medical Conditions

If you have undergone any surgery within the past 6 months, suffer from any medical condition, allergies, recently got tattooed, undergoing pregnancy or recently gave birth, please advise us at the time of booking

## Cancellation Policy

You can cancel your treatment any time given that there is a minimum of 24-hour notice. Bookings, which are cancelled within 24-hours can be either rescheduled or else, a full cancellation fee will apply

## Arrival

Spa guests are advised to arrive 15 minutes prior to their appointment, allowing ample time for the completion of a detailed spa consultation form, ensuring that the treatments booked are the most ideal for you

## Discretion

To maintain a peaceful atmosphere, we kindly ask you to turn off your phone and any other electronic devices, also keeping conversations at a whisper

## Gratuities

Gratuities are not added automatically to the Spa service booked; however, these remain very highly appreciated

## Loyalty Scheme & Facility Memberships

Want to turn your Spa getaway into a frequent self-pampering experience? Please ask our Spa Team for more information and you can start benefiting from special discounts or subscribe to our website [www.nataraya.com.mt](http://www.nataraya.com.mt)

## Your Opinion Matters

We aim to deliver a service of excellence to all of our guests. Your feedback means a lot to us!

Look us up on your favourite social media platform  tripadvisor®  





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## SOLANA HOTEL AND SPA

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**SOLANA**

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