

ibiza
balance

PRIVATE SPA SERVICE

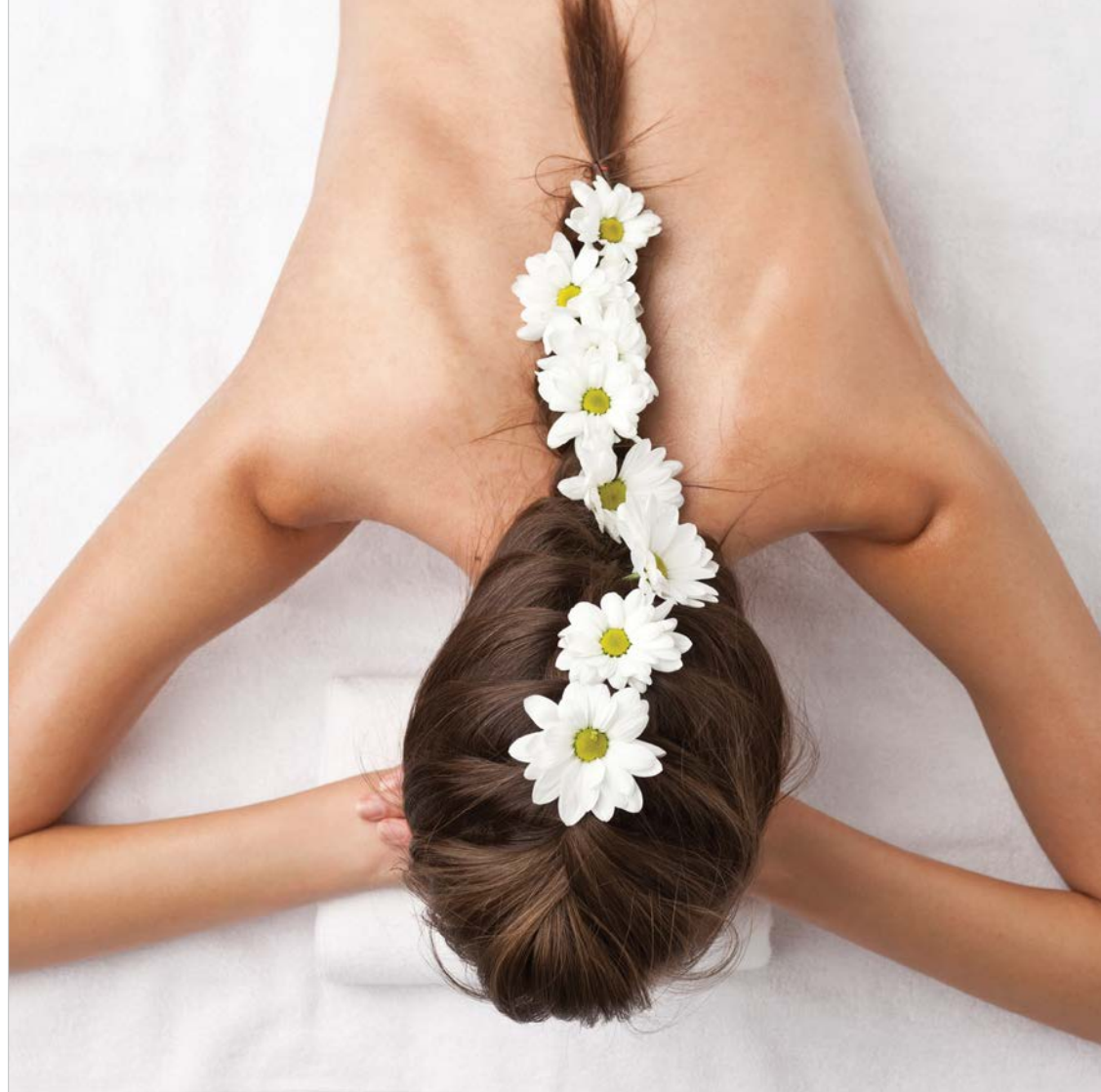


Private Spa Service

On Ibiza, we're blessed with our own little corner of Balearic bliss that's home to an abundance of natural beauty and energy. It's the perfect place to revitalise body and mind, and our highly-trained health experts are on hand at any time to help you embrace the sense of calm the island instills, in the comfort of your own surroundings. Our team provides a full range of rejuvenating bodywork, massage and beauty treatments, including everything from personal training and yoga exercises to medical services and detox programs. We specialise in developing a bespoke plan just for you, which means you're free to reset body and mind at your very own White Isle wellness retreat.

Our Team

At Ibiza Balance we're dedicated to providing comprehensive care and guidance, so your personalised program will combine both traditional and recently-developed therapies and treatments, with both Eastern and Western influences. Our team of highly-qualified therapists travel all across the island to bring a range of services to your door. Whether it's an indulging facial or a fitness program designed to get you fit in time for summer, our complete portfolio of services ensures your every need is met by a committed, professional team whose sole aim is to help you on the path to wellness.



Ibiza Balance Massage & Relax

Take a day off from daily life with an Ibiza Balance massage.



Detoxification Massage

60 minutes.....€120

The aim is to release toxins and increase blood circulation. Boost your immune system and restore your body's natural balance with a combination of deep fascia work, stimulation of organs and reflexology. It is used as a treatment for bloated abdomen, skeletal muscle immobility, pain resulting from unhealthy life habits.

Deep Connection Massage

60 minutes.....€130

This massage is about presence and attention, a fusion of various massage techniques around the world. The intention is to move the energy through the touch of the physical body, creating an energy field where the body is invited to relax in such a deep way, that there is a transformation at many levels.

Ibiza Balance Signature Massage

75 minutes.....€180

A holistic massage developed by Ibiza Balance professionals, this massage includes a range of Western and Asian techniques. Therapeutic pressure is applied to create a unique and personalised massage experience just for you.

Ibiza Relax Massage

60 minutes.....€120

This truly relaxing treatment includes thumb pressure and skin rolling combined with stretching, followed by a session of head, neck and face acupressure. A healing, medium pressure massage that soothes, relaxes and energises.

Balinese Massage

60 minutes.....€120

Works great for restoring vitality with big and rhythmical movements with the palm of the hand together with acupressure techniques to stimulate and energize the body.

Wood Therapy

60 minutes.....€130

This is a body contouring treatment to firm and mold the localized fat, toning and reducing cellulite and flaccidity by using essential oils with reducing properties together with the wooden accessories that adapt to the different areas of the body.

Ayurveda Massage

60 minutes.....€120

Warm sesame oil is drizzled all over your body to relax body and mind from toes to top. This treatment helps to detoxify, stimulate lymphatic system, purify the body, restore your skin health and balance body-mind.

Foot Reflexology

60 minutes..... €120

Relieves tension through pressure applied to reflex points on the feet, which are connected to every part of the body, including glands and organs. This treatment can improve circulation and help promote the natural function of related organs.

Shiatsu

60 minutes.....€140

This holistic Japanese therapy applies finger and palm pressure to the body's meridians and includes stretches and other massage techniques. The result is physical and mental balance encouraged by the proper flow of qi – our life energy.

Pregnancy Massage

60 minutes.....€120

This specially designed prenatal treatment accommodates all stages of pregnancy after the first trimester. Consisting of relaxing acupressure and stretching, it improves blood circulation to the legs and feet. This is followed by a full body massage done in a side position.

Renata França Massage

60 minutes.....€140

This sculpting massage applies vigorous, fast and firm movements along the whole body. This technique presents surprising results, as it was conceived to model adipocytes, giving the body a new shape

Traditional Thai Massage

60 minutes.....€140

Acupressure unblocks trapped energy from the body's meridians and releases tension. It includes intensive stretching of all major muscle groups and the mobilisation of joints. No oil is applied to the skin so please wear comfortable clothing.

Ibiza Balance Bodywork & Therapy

Take action now to respond to your body's needs.

Deep Tissue & Sports Massage

60 minutes..... €140

This massage works with strong pressure techniques and stretches. Ideal for chronic stiffness and soreness, it releases areas of congestion, loosens muscle tissue, releases toxins and promotes circulation of oxygen. The therapist adapts the treatment to personal needs and can target specific areas.

Cupping Therapy & Deep Tissue Massage

60 minutes..... €150

Cupping therapy is an ancient form of alternative medicine in which we use special cups on target areas to create suction. The treatment invigorates local circulation of qi and blood in the area being treated, resolving swelling, pain, and tension, as well as loosening connective tissue. It's followed by an intensive deep tissue massage to release stiffness and soreness.

EXPERIENCE OUR SIGNATURE TREATMENT
MOBILE OR AT SPA BOTAFOCH

Lymphatic Drainage Vodder

60 minutes..... €140

Smooth, rhythmical stroking movements encourage natural drainage of lymphatic vessels, reducing cellulite, water retention and swelling of tissues.

Acupuncture

60 minutes..... €140

Stimulation of Chinese medicine acupuncture points helps to restore flow of vital energy through the body's meridians. It's followed by deep tissue massage or cupping therapy to release areas of congestion. Effective for reducing back pain, migraine and burnout, as well as pelvic and back pain during pregnancy.

Craniosacral Therapy

60 minutes..... €140

A gentle hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

Physiotherapy

60 minutes..... €140

Restores movement and function when affected by injury, illness and disability. The treatment is focused on therapeutic movements and manual therapy to help improve flexibility of the muscles and joints. This form of therapy can help scoliosis, lower back pain, thoracic stiffness and other conditions.

Osteopathy

60 minutes..... €140

Osteopathy evaluates the whole body but focuses more on manipulation and structural alignment. This form of therapy improves the flexibility of the skeleton, organs and joints. Treatment can be targeted to focus on specific symptoms such as prolapsed disc, sciatica, neck pain, frozen shoulder, colon disease and other conditions.

Myofascial Release

60 minutes..... €140

This is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion.

Acupressure Massage Therapy

60 minutes..... €140

The therapeutic massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia. It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

The APA Method

60 minutes..... €140

The APA method is a complete session that brings in different types Sports Massage, Soft Tissue Therapy, Slimming Lymphatic Drainage and Joint Mobility to help you be and stay at your best.

Ibiza Balance Beauty

Enjoy our holistic facials based on natural oils and essential oils.

Ibiza Balance Facial Treatments

Face Cupping

60 minutes..... €130

This treatment increase blood circulation and stimulates the facial cells that are responsible for collagen production. In turn, it brightens the skin, minimize the appearance of scars, fine lines and wrinkles, and tone your chin, jawline, and neck by decreasing puffiness.

Kobido Facial

60 minutes..... €130

Japanese Kobido massage is an ancient technique that will non-invasively improve the oval of the face, firm the skin and smooth wrinkles. The treatment works on deep skin structures, muscles and fascia (facial muscles training). This is the most technologically advanced form of Japanese facial massage, which uses the most complex manual techniques.

Microneedling Face..... €140

Microneedling Face and Neck..... €170

Face Radiofrequency

60 minutes..... €190

Cellular regeneration by renewing dynamic cells and stimulating production of elastin and collagen, visibly improve skin quality.

Body Radiofrequency

60 minutes..... €210

Localized fat reduction, cellulite reduction, weight and volume loss, elimination of liquids and toxins.

Hydravacuum

60 minutes..... €220

Hydravacuum session consist in make up remove, chemical peeling, cleansing with hydravacuum machine, mask application and face massage.

Hydration Pure

60 minutes..... €130

This deeply effective treatment restores hydration in the skin through a bespoke combination of exfoliation, rehydration and regeneration using natural products. Skin is left nourished, supple and replenished after just one concise session, reducing signs of ageing and the daily stresses of life.

Facial Beauty Holistic

60 minutes..... €130

A specific practice designed and developed to bring beauty and well-being to your face. Through the use of 5 tools, your skin will be stimulated to become more radiant, healthy, and toned, while reducing wrinkles too.

Waxing

Bikini..... €50
Brazil..... €60
Half Leg | Half Arm..... €40
Full Leg..... €60
Back | Chest..... €60
Hollywood..... €70

Nail Care

Spa Manicure
45 minutes €80
Spa Pedicure
60 minutes €100
Spa Manicure & Pedicure
90 minutes €150
Express Manicure & Pedicure
60 minutes €100
Shellac Remove 20 minutes..€40
Shellac Colour 30 minutes....€50
Acrylic Nails
Full Set €120
Infill €100
Nail Art..... €10

Body Scrub

30 minutes €70

Eyes Open

Eyelash Refill..... €80
Eyelash Full.....€180
Eyebrow or Eyelash Tinting....€40
Eyebrow Shaping..... €15
Eyebrow & Eyelash Tinting
& Shaping..... €80
Eyelash Lifting & Tinting..... €110

Hair Styling & Make Up

Hair Cut Men.....€70
Hair Cut Woman & Blow Dry €120
Hair Cut Kids..... €60
Head Shaving..... €60
Barber..... €60
Colour..... from €90
Upstyles & Dry Styling.....€100
Hydrating Hair Treatment..... €90
Regenerating Hair Treatment.€90
Make Up.....€120
Wedding Make Up.....€240

ALL TREATMENTS CAN BE
PERFECTLY COMBINED
WITH ANY MASSAGE OF
YOUR CHOICE





Ibiza Balance Ayurveda

Make health and beauty part of your monthly ritual.

Marma & Abhyangam Massage

60 minutes..... €120

This massage combines pressure points and active steps with hot oils, aims to activate energy, move any blockage or toxin in the body and helps to eliminate it. It improves the quality of the physical and mental body for the prevention and maintenance of good health.

Additional Treatments..... €20

To improve and personalize the experience, any of these options can be added to the Marma & Abhyangam Massage.

Pinda

Herbal stamps made up of a natural preparation of aromatic and medicinal herbs that are mixed with essential oils and heated by steam. These are applied to the body to enhance its soothing, hydrating, and detoxifying properties.

Udwartanam

Specially prepared herbal paste that gets massaged over the body. It is a treatment used to support weight loss or detoxification programs.

Garshan

The massage made with the help of pure silk gloves removes toxins, that accumulate in the fluid among the cells, stimulates circulation and lymphatic system.

Nasya

This treatment applies herbal oils through the nasal route and benefits disorders of ears, nose & throat. Nasya helps to lubricate the nasal passage, clean out mucous and sinuses, improves voice, mental clarity and vision.

Karnapooran

Warm medicated oil is gently poured into the ears. It lubricates the delicate filaments of the ear canal which sharpens hearing and removes impurities. It benefits disorders like sleeplessness, depression and stress migraines.

Facial Tools

Rose quartz suction cup and Guasha. Reduces inflammation, fluid retention, spots and wrinkles. Activates collagen.

Shirodhara

60 minutes..... €120

One of the most special treatments you can experience.

By pouring a flow of warm oil on the forehead, it works directly on the nervous system to provide a maximum feeling of relaxation and expansion.

Improves anxiety, digestion, memory, voice clarity.

Dosha Study

30 minutes..... €50

VATA, PITTA & KAPHA

According to Ayurveda, these three profiles govern the physical and mental state. A complete study will identify, which type has predominance and the therapist will proceed with recommendations of daily and nutritional routines, that help to balance the organism and improve health and quality of life.

LET US DESIGN YOUR
PERSONAL AYURVEDA
RETREAT, AND ROUND
IT UP WITH INDIVIDUAL
AYURVEDIC CUISINE

Ibiza Balance Yoga

Yoga is the ultimate search for harmony between mind, body and soul.

Ibiza Balance Yoga

Personal yoga lessons suitable for beginners and experienced yogis alike, with sessions tailored to your skill level and personal goals. Customised instruction can be adapted to fulfil a variety of aims, addressing physical limitations, developing a regular home routine or achieving a deeper and more intensifying practice.

Individual Classes

60 minutesfrom €120

Group Classes (max. 3 people)

60 minutes from €140*

*up to 3 people, +€20 surcharge for each additional person.

NEW - The AntiGravity Aerial Yoga & Fitness

An innovative practice suitable for everyone, inspired by Yoga, Pilates, GyroTonic and Calisthenics. Through the free movement in every single direction, supported by the AntiGravity hammock and combined with the zero compression inversion, it has profound and immediate physical and mental benefits.....€140

Hatha Yoga

The umbrella term to describe many of the most common forms of yoga. It moves the body slowly and deliberately into different poses to challenge strength and flexibility, while at the same time focusing and relaxation and mindfulness. An important aspect of this type of yoga is building core strength, which is key to good posture.

Vinyasa Yoga

Also known as flow yoga, power yoga or dynamic yoga. The movement is coordinated with the breath and movement to flow from one pose to another.

A Vinyasa class will leave you feeling energized and connected to your body and your breath.

Yin Yoga

A calm and slow form of yoga that focuses on the holding of poses for several minutes to achieve an extremely deep stretch- not just the muscles, but also of the connective tissues. A typical Yin Yoga class cycles less through as many poses as a typical Hatha or Vinyasa class, but will focus on going deep within each pose, and the use of the breath to stay in the poses is an important part of the class. You will leave this class feeling deeply relaxed and much limper.

Ashtanga Yoga

A vigorous and energetic form of yoga, moving from pose to pose continuously and dynamically. It's the dynamic form of Hatha yoga, is as well great physical therapy and good for expanding lungs and therefore the breath will be deeper and better. The breath is Ashtanga's mantra. When practicing Ashtanga yoga you increase stamina and strength, improve flexibility, muscle tone and joint mobility.

Iyengar Yoga 2 people

60 minutesfrom €130

*up to 3 people, +€20 surcharge for each additional person.

A focus on the alignment of posture with an emphasis on anatomy. It is based on the traditional eight limbs of yoga, each pose tends to involve a long hold, which helps to develop your strength, stability and awareness.

You will align your mind with your body and it brings lightness in mind and bones.

Power Yoga

Increase stamina, flexibility, posture and mental focus. Like any other physical activity, it makes you sweat and toxins are released out of your body. It helps in burning more calories than any other form of yoga.

Power yoga also helps you in relieving stress and lowers your blood pressure as well.





Ibiza Balance Trainings

Ibiza Balance lets you experience the perfect active Ibiza getaway.

Ibiza Balance Personal Training

A personalised program designed to help achieve individual fitness goals; our aim is to help you reach your personal version of the best, so fitness beginners and those who exercise regularly are all welcomed. From increasing upper body strength to improving tone or developing long term fitness habits, our one on one instruction enables optimal results.

Individual Classes

60 minutesfrom €120

Group Classes (max. 3 people)

60 minutes from €140*

*up to 3 people, €20 surcharge for each additional person.

Functional Training

The essence is about a complete full body workout in one session, using the body's natural weight in all aspects of the training. Sessions including activities such as: jump, balance, strength, co-ordination, power, flexibility and general resistance. It's a workout that will improve your strength as well as cardio.

Boxing Pad Work

Boxing helps to reduce tension, increase endurance whilst working out the entire body to improve agility whilst losing weight & toning the body. Learn to throw punch combinations, slip and roll with foot work drills. After the training you will feel energised and strong.

Muay Thai Boxing

Is a martial art and combat sport that uses stand-up striking along with various clinching techniques. This discipline is known as the "art of eight limbs" as it is characterised by the combined use of fists, elbows, knees and shins. Everything you need for self defence. You will feel like a true warrior after training!

Pep & Punch

A mindful kickboxing class where you discover contact sports on a new level. This group session makes interaction between each other playful, pro-active, strong and self-assured. You will get into your mindful shape, release some anxiety & emotional blockages, while you gain more core-stability & learn more about your healthy boundaries.

Sport Conditioning

Train like an athlete through full body circuits using targeted resistance training. Build greater strength, power, speed, agility, co-ordination and balance. You will grow stronger in no time and won't get tired as easily.

Kettle Bell

Is a singular weight that resembles a ball with a handle. The shape and size of the kettle bell makes it a flexible piece of equipment to work all parts of the body. Using different exercises the kettle bell will not only help you increase strength and flexibility but at the same time strengthen your core & back. This is an excellent method for toning the body and weight loss.

Circuit Training

Body conditioning, that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. It targets strength building and muscular endurance.

Aqua Fitness

Water-based aerobic and body conditioning for any fitness level. Ideal for anyone with restricted mobility, rehabilitation, for general fitness and cross training.

Pilates

A range of precise movements designed to stretch and strengthen muscle without adding bulk. Pilates improves inner strength, increases stamina and is a powerful tool in achieving physical wellbeing.

PLEASE CONTACT US
FOR SPECIAL REQUESTS INCLUDING
BESPOKE PACKAGES FOR LARGE GROUPS
AND LONGER SESSIONS.



Ibiza Balance Kids

Happy children peaceful parents.

Kids Yoga

Yoga helps children to relax, relieve stress and anxiety, sleep better, improve emotional regulation, and enhances physical flexibility. Our lovely yoga teacher is available for private or group classes.

Single Classes (up to 2 kids)

60 minutesfrom €120

Group Classes

60 minutes from €140

*up to 3 kids, €20 surcharge for each additional kid.

Kids Swimming Classes

Ibiza Balance provides swim tuition and training in the privacy of your own pool with qualified, insured, experienced and friendly professional teachers. Under the guidance of specialised instructors, our private swim lessons cater to children of all levels and abilities, improving both skill and confidence.

Single Class

60 minutesfrom €120

*up to 2 kids, €20 surcharge for each additional kid.

Horse Riding

A beautiful experience based on the horsemanship technique that guides children to win trust and to connect with the horse before the horse riding begins.

Private classes are suitable for age 3+ upwards, as well to visit the summer horse camp for kids suitable for age 5+ upwards

Your little one will have tremendous fun, and as well horse riding develop social skills, and gradually build confidence in a safe environment.

Guaranteed the highlight of the holiday of your beloved ones.

Paint Artist

Let your little ones have their face painted and become someone else as they let their imagination take it over. Let our professional face painters create the day into an eventful day.

Pep & Punch

A mindful kickboxing class where you discover contact sports on a new level. This group session makes interaction between each other playful, pro- active, strong and self-assured.

Nanny Services

We believe that every parent deserves carefree quality-time , let our nannys help you with this!

Either you would you like an extra pair of hands around the house or at the beach? Or a fun night out dancing or perhaps you fancy a romantic dinner.

Our lovely babysitters come to your house to take care of your little ones with love and devotion, so you can enjoy all the beauty that the island has to offer.





Ibiza Balance Medical Consultation

At Vitamindrip Ibiza we offer a variety of Premium Health Services.

- Medical consultation
- Home Doctor & Nurse
- Online consultation & Prescriptions
- Laboratory & Covid-19 Tests
- Fit to fly documents & certificates
- Servicing homes, hotels, villas and yachts

Our doctor will come to the privacy of your house or attend at our clinic.

Medical Services

Home doctor

Zone A	€160
Zone B	€180
Zone C	€200
Yacht	€220
Additional Patient.....	€70

Yacht doctor (per hour)..... €70

Online Consultation

Electronic Medical	€75
Prescription	€50

Doctor - Clinic

First Consultation	€80
Follow Up	€75
Family Consultation.....	€80
Fit to Fly Medical Certificate.....	€60

Home Nurse

Zone A	€75
Zone B	€90
Zone C	€110

Laboratory

Covi-19 Antigene Rapid Test.....€70

Result in 15 min

Covid-19 PCR Test

Result within 24 hours€140

Zone A

Urban: Ibiza, Puig den Valls, Jesus

Zone B

Urban: San Josep, Airport, Ses Salines, San Rafael, Sta Gertrudis
Rural: Zone A and B

Zone C

Santa Eulalia, San Miguel, San Lorenzo, rural areas and difficult access.



Ibiza Balance Wellbeing Packages

Pamper Yourself

- Relax Massage
- Manicure/ Pedicure
- Facial Treatment

Ground Yourself

- Ayurvedic Massage with essential oils
- Privat Yoga / Meditation session
- Foot Reflexology

Recovery Package

- Detoxification Massage
- IV Therapy Recovery
- 6 Cold Pressed Juices

Energy Package

- Thai Massage
- Private Personal Training Session
- IV Therapy Energy

Beauty Package

- Face Cupping
- Lymphatic Drainage
- Manicure/ Pedicure
- Body Scrub
- Keratine Hair Treatment

Asian Package

- Shiatsu Massage
- Kobido Facial
- Vinyasa Yoga Class

Deep Connection Package

- Relax Massage
- Hydration Facial
- Foot Reflexology

Family Package

- Family Yoga Class
- Relax Massage for all family members
- Pep + Punch Boxing Session

Power Package

- Boxing/ Pad Work Training
- Power Yoga Classes
- Deep Tissue Massage
- Private Kettle Bel Training
- APA Massage

Couple Package

- Parallel Relax Massages
- Personal Training Session
- Hydration Facial

Kids & Youngster's Package

- Yoga Classes
- Pep & Punch Boxing Session
- Thai Massage

Post Covid Recovery Package

- Ozone Therapy
- Myofascial Release Massage
- IV Therapy
- Gluthation Shot
- Head, Shoulder, Neck Massage

Red Carpet Package

- Manicure & Pedicure
- Waxing
- Keratin Hair Package
- Hair Blow Dry

Anti Cellulite Package

- 2 APA Massages
- 2 Lymphatic Massages
- 1 Wood Therapy

Ibiza Balance is looking forward to pamper you and your loved ones.

If you wish any more information or guidance by choosing the right package please don't hesitate to contact us.

Ibiza Balance is always here for you.



Ibiza Balance Holistic

Conscious practices are an invitation to give yourself space and time to slow down and disconnect from your daily routine in order to be more present in life.

Sound Healing Meditation

Enjoy the high quality frequencies of the crystal bowls and receive the benefit of a deep relaxation to connect with your inner peace. Crystal bowls help to balance the chakra system and re-energize the auric field. Expand and dissolve yourself into oneness with the vibrations of the gongs. Guided by well-known holistic healers of the island.

Combine with a Handpan and shamanic flute musician to bring the whole meditation to an even higher level. Receive a beautiful magical experience, a memory for life. A private event for yourself, partner, family or group of friends.

Hang Drum

Live Music Performance.

An evening of intimate music, with the sounds of the Handpan, the shamanic flute and vocals serenading your time.

A perfect way to relax, enjoying this musical concert at home under the stars or indoors, during or just after a private bespoke dinner, tailored to your wishes by one of Ibiza Balance's excellent chefs. Definitely a night to remember.

Blessingway

Mother blessing is a spiritual celebration of a woman's transition into motherhood that's rooted in Navajo culture. It is a spiritual gathering of the woman's closest friends and family who come to nurture the mama-to-be with wise words and pampering, the ceremony will be guided by our lovely doula.

We highly recommend to book this in combination with our pregnant belly paint artist to capture the beauty of the growing belly of the mommy to be.



Ibiza Balance Cold Pressed Juices



Cold pressed juices are the most nutritious and delicious way to drink. We extract the nectar directly from fruit and vegetables with a cold press juicer, allowing enzymes to stay alive so you can enjoy a raw juice bursting with vitamins, minerals and pure flavour.

Ibiza Balance Juice Cleanses

Your body is designed to detoxify naturally, but while cleansing you speed up the process of rejuvenation. The liver, kidneys and skin are always working hard on processing all the stuff put into your body, but following a juice cleanse for a number of days allows your digestive system to take a break from processing solid food. In turn, this energy can be used for cleaning and healing the body, ridding yourself of toxins and excess weight along the way.

Benefits of Juice Cleanses

Maximum nutrition Alkalise blood pH.
Boost energy levels. Strengthen your immune system.

Ibiza Balance Juice Cleanses

6x 500ml Juices per day.....€100

Juice Recipes

Celericious: Celery, Splash of lemon

Sunrise: Carrot, Apple, Orange, Ginger, Turmeric

Shine: Pineapple, Apple, Cucumber, Spinach, Ginger, Lemon

Wild Thing: Blood Orange, Strawberry, Rosemary,

Agave, Ginger, Lemon

Ninja Turtle: Apple, Grapes, Cucumber, Celery,

Ginger, Cilantro

White Angel: Cashew Milk, Purified water, Cinnamon,

Vanilla, Coconut sugar, Sal de Ibiza

Glow: Red Paprika (Pimiento), Sweet Pink Potato,

Wild Peach, Lemon

Shine: Pineapple, Apple, Cucumber, Spinach, Ginger, Lemon

Pink Dragon: Watermelon, Strawberry, Lemon, Pink Pitaya

Sunrise: Carrot, Apple, Orange, Ginger, Turmeric

Blue Majik: Pineapple, Coconut water, Basil, Blue Majik

Sweet Escape: Almond, Cashew milk, Coconut, Purified Water, Chai Spices, Vanilla, Agave, Sal de Ibiza

Bamboo: Chard, Romaine, Cucumber, Celery,

Green Apple, Kale, Spinach

Power: Green Apple, Fennel, Kiwi, Kale, Hawaiian Spirulina

My Matcha: Almonds, Purified water, Green Matcha,

Vanilla, Agave, Sal de Ibiza





Ibiza Balance Chef Services

Our team of highly-trained chefs cover all range of cuisines - from macrobiotic to vegan to vegetarian, whatever your preference, we pride ourselves on creating delicious fare for every dietary requirement. Whether you're looking for private dining for a family or catering for a special event, our chefs source all of their fruit and vegetables from local organic farms, ensuring only the purest Ibiza flavours make it to the plate. With a combination of varied styles and trends, they produce healthy dishes and harmonious combinations to complement our bodies' natural needs and to tantalise the tastebuds.

Raw Food Chef Service

Composed of mostly raw, fresh and unprocessed ingredients. The food is not refined, pasteurized, treated with pesticides or processed in any form during the preparation process. This diet allows several alternative preparation methods, such as juicing, blending, dehydrating, soaking and sprouting. Similar to veganism, the raw food diet is usually plant-based, being made up mostly of fruits, vegetables, nuts and seeds. It's a great way to detox the body and mind. Enjoy colourful and delicious rainbow meals.

Macrobiotic Chef Service

The Macrobiotic Diet combines the concepts of spirituality and certain dietary principles with the goal of balancing spiritual and physical wellness. The Macrobiotic Diet aims to avoid the toxins that come from the consumption of dairy products, meats, and oily foods. A macrobiotic diet consists largely of whole grains, cereals, and cooked vegetables. Let our highly-trained chefs pamper you with delicious meals made with love.

Ayurvedic Chef Service

Is a meal plan based on the principles of Ayurvedic Medicine, a form of traditional medicine that dates back thousands of years. The diet involves eating or limiting certain foods based on individual body type, which are claimed to

promote weight loss and support mindfulness. Let our Ayurvedic Chef find out your most predominant dosha in order to make the most nutritious and delicious meals for you to improve your health and quality of life. We highly recommend to combine the diet with our 7 Days Ayurvedic Massage Package to support the body during detox.

Keto Chef Services

Well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. Overloading with fats and taking away carbohydrates, the body will begin to burn ketones as the primary energy source. Optimal ketone levels offer many health, weight loss, physical and mental performance benefits. Make keto simple and easy by letting Ibiza Balance high qualified Keto Chefs prepare delicious Keto meals and snacks so that you get or stay in ketosis during your Ibiza getaway.

Prices on request

IF YOU HAVE ANY QUESTIONS PLEASE DON'T HESITATE TO CONTACT US. IT'S A PLEASURE TO PROVIDE YOU WITH MORE INFORMATION.



Ibiza Balance Sauna Service

Enjoy this unique experience in the beautiful natural surroundings
of your private cocoon

Your own private sauna at home whenever you
wish for pure relaxation and detoxification.

The mobile sauna is a true art piece and crafted
here on the island.

The sauna is made from raw pine wood, double
glass windows and is heated by wood fire and
20 kilo of fine stones, that deliver steam and
maintain the sauna at the same temperature.

We highly recommend to combine the sauna ex-
perience with our essential oil based Ayurveda
massage or detoxification massage to support
the body in expelling toxins and rejuvenation at
the same time.

Let us create an unique experience, that is per-
fectly tailored for you and your loved ones.

Price on request



Ibiza Balance Wellbeing Calendar %

Weekly Special Offers

Mondays: Wellbeing Packages -10%

Tuesdays: Deep Tissue Massage 60 min €120

Wednesdays: Personal Training Single 60 min €110

Thursdays: Relax Massage at the Spa in Botafoch 60 min €90

Fridays: Beauty Package -10%

Saturdays: Couples Relax Massage 2 x 60min €200

Sundays: Foot Reflexology 60min €110

ibiza
balance

PRIVATE SPA SERVICE

Ibiza Balance SPA Etiquette

Dear Client,

To ensure a perfect spa experience and optimum results we recommend you prepare for your treatment session 15 minutes ahead of the appointed time.

Please understand that if you arrive late, we may reduce your treatment time to ensure the next treatment starts on time.

Please make reservations early so that we can provide the treatment of your choice at your preferred times.

A 20% surcharge is added to our quoted prices for treatment starting after 10 PM.

Contact Ibiza Balance at +34 629 939 772 for rescheduling or cancellation. Cancellation less than 12 hours prior to the treatment will be charged the full rate quoted.

Please note that if you arrive more than 15 minutes late for a treatment, the session may be cancelled and the full rate charged. As a courtesy to other clients, we kindly request that you come at the appointed time.

Please inform us about any health issues and ailments you may have, such as allergies, accidents, injuries or other issues.

We offer prenatal spa treatments. The Ibiza Balance team will be happy to recommend suitable treatments.

Some locations on Ibiza have an additional travel surcharge of €10 per visit for a single one-hour booking. There is no travel surcharge for booking one therapist for more than one hour.

All our prices are subject to additional 21% VAT. We will be happy to assist you with any questions and bookings.

Thank you for your cooperation!

Your Ibiza Balance Team