

THE BRISTOL
HOTELS & RESORTS
BOL

SPA.BOL@THE-BRISTOL.COM

Welcome to
THE BRISTOL BOL
Spa & Wellness

**An intimate sanctuary where the timeless beauty of
Brač meets the serene rhythm of the Adriatic Sea.**

Inspired by the island's luminous white stone, our marine-based rituals embody the timeless beauty of Brač, the purity of Mediterranean botanicals, and the healing energy of the sea.

Elevated through modern biotechnology and scientifically advanced formulations, each treatment delivers both sensorial indulgence and visible results — a seamless fusion of local heritage, high-performance skincare, and quiet luxury.

Facial TREATMENTS

PERSONALISED SKIN CONSULTATION | COMPLIMENTARY

A bespoke consultation with our skincare specialist designed to understand your skin's individual needs and create your personalised wellness journey.

ANTI-AGING FACIAL RITUAL DALÚ | 60 min | 160 EUR

6D Hydra Concept & Anti-Aging Facial Marine Boost Treatment

A deeply restorative hydration ritual created to replenish, soothe, and rebalance the skin. Blending advanced marine biotechnology, multi-dimensional hyaluronic acid, and active botanicals infused with mineral-rich seawater, this exceptional treatment delivers layers of lasting hydration while restoring the skin's natural resilience, vitality, and luminous balance. Skin feels beautifully supple, deeply nourished, and perfectly renewed.

LIFT & FIRM BEAUTY RITUAL DALÚ | 105 min | 430 EUR

24-Karat Gold Leaf Radiance Treatment

The ultimate expression of timeless skincare luxury. This exceptional age-defying ritual unites the soothing, anti-inflammatory, and radiance-enhancing properties of pure 24-karat gold with advanced biotechnological actives, precious marine extracts, and carefully selected Mediterranean botanicals.

Designed to visibly lift, firm, and restore — the complexion appears smoother, calmer, beautifully refined, and illuminated with a subtle golden glow. Includes LED light therapy to further support skin renewal and cellular regeneration.

EXPRESS HYDRATING RITUAL DALÚ | 30 min | 120 EUR

6D Hydra Concept Renewal Facial Treatment

A beautifully curated express recovery ritual designed to restore hydration, comfort, and natural luminosity. Ideal after a day by the sea or before an evening occasion — skin is left soothed, perfectly balanced, and effortlessly radiant, with a fresh, healthy glow.

Body TREATMENTS

REMINERALIZING & DETOX BODY TREATMENT | 60 min | 140 EUR

Deeply Restorative Body Treatment with guarana, horsetail and rosemary

A beautifully sculpting body cocoon inspired by the restorative intelligence of nature and the sea. Enriched with precious marine algae, energising guarana, mineral-rich horsetail, and aromatic rosemary — this exceptional ritual encourages detoxification, awakens circulation, and helps restore firmness, tone, and natural vitality.

THE ULTIMATE TEAPLAST DETOX TREATMENT | 60 min | 140 EUR

Green Tea Slimming, Detox & Anti-Cellulite Advanced Treatment

A deeply comforting body cocoon, where the quiet warmth of the ritual meets the restorative beauty of the sea and nature. Infused with the purity of green tea, delicate white clay, and precious marine algae — this enveloping experience gently encourages detoxification, restores harmony, and refines the body with effortless elegance.



Massages

THE BRISTOL FULL BODY MASSAGE | 60 min | 140 EUR

A timeless full-body massage designed to melt away tension and restore a profound sense of ease. Using a blend of flowing and therapeutic techniques, this deeply relaxing treatment works from head to toe, leaving the body feeling lighter, the mind quieter, and the spirit gently renewed.

DEEP TISSUE MASSAGE | 60 min | 170 EUR

A restorative full-body treatment that seamlessly blends deep tissue massage techniques with dynamic stretching to release muscle tension, improve mobility, and boost circulation. Designed to ease stiffness and restore balance, this invigorating massage leaves the body feeling lighter, stronger, and deeply revitalized.

AROMATIC MASSAGE RITUAL | 60 min | 155 EUR

A deeply sensory massage experience designed to restore balance, calm, and inner stillness. This luxurious botanical oil blends nourishing sweet almond oil with marine laminaria extract, rich in minerals and trace elements. A refined complex of eight essential botanicals — chamomile, pine, juniper berry, thyme, mint, lavandin, coriander, and caraway — creates a warm aromatic veil that relaxes the body and eases tension.

Massages

SIGNATURE BRAČ STONE RITUAL | 75 min | 185 EUR

The soul of Brač, felt through every touch

A signature full-body treatment inspired by the timeless beauty of Brač island. Smooth hand-selected Brač stones, gently warmed, melt muscular tension, ground the body, and create a deep sense of calm. The ritual combines slow therapeutic massage, pressure-point release, and flowing movements with warm exclusive oils infused with local essential oils.

Couples RITUAL

THE MEDITERRANEAN PRIVATE ESCAPE | 60 min | 260 EUR

- Revitalizing body scrub with Mediterranean essential oils
- The Bristol full body massage
- Detox smoothie in relaxation lounge

Experience the perfect balance of relaxation and rejuvenation. Inspired by the Mediterranean, this carefully curated ritual nourishes the body, eases tension, and leaves you feeling refreshed, revitalized, and completely renewed, while creating a peaceful escape for both body and mind.



Treatment ENHANCEMENTS

ANTI-AGING BEAUTY EYE RITUAL | 35 min | 120 EUR

Anti-Wrinkle, Anti-Puffiness & Dark Circles Eye Treatment

A refined eye rejuvenation ritual inspired by the timeless beauty of the Mediterranean. Infused with powerful anti-aging biotechnological actives, mineral-rich marine water, precious marine algae, and Mediterranean botanicals. Enhanced with lymphatic drainage, acupressure, and sculpting massage techniques — fine lines appear softened, puffiness is visibly reduced, and the eye area is left smoother, brighter, and beautifully revitalised with renewed luminosity.

DETOXIFYING, REMINERALIZING & REVITALIZING BODY SCRUB | 30 min | 80 EUR

A Sensory Escape for Your Skin

A deeply sensorial body exfoliation ritual inspired by the healing beauty of the sea and the timeless essence of the Mediterranean. Crafted with a precious blend of mineral-rich sea salts and aromatic botanical essences, this restorative treatment gently renews the skin while awakening the senses and encouraging deep relaxation.

REFLEX FOOT MASSAGE | 30 min | 80 EUR

A deeply restorative treatment rooted in the ancient art of reflexology. Working on the reflex points of the feet that correspond to the body's organs and systems, this ritual encourages natural balance, improves circulation, and creates a profound sense of full-body relaxation.

RELAXING HEAD MASSAGE | 30 min | 80 EUR

A nurturing ritual inspired by the Indian tradition of champissage. Warm, rhythmic movements across the scalp, temples, and upper shoulders help dissolve stress, ease tension headaches, and bring a beautiful sense of mental clarity and deep, restorative calm.

Your Wellbeing JOURNEY

Spa Arrival

Please arrive at the spa at least 15 minutes prior to your treatment. Late arrivals will not receive an extension, but a full charge may be incurred.

Reservations

To make an appointment, please contact the spa directly. We will be delighted to assist you in selecting the perfect treatment.

Spa Consultation

All reservations are re-confirmed 48 hours prior. You will receive a consultation form upon your arrival.

Age Requirements

The minimum age requirement for access into the spa and to experience treatments is 16 years.

Health Conditions

Please advise us of any health conditions, allergies or injuries which may affect your choice of treatment.

Spa Attire

Spa guests have full access to our changing rooms and will be provided with robe, towel, and slippers.

Spa Facilities

Enjoy our heated pool, traditional sauna, and steam room. Please bring a bathing suit to use our wellness facilities.

Spa Etiquette

The spa is a sanctuary of tranquility. Please respect other guests and refrain from using mobile phones or electronic devices.

Cancellation Policy

A minimum of 48 hours' notice is required to cancel without charge. A 100% cancellation fee applies thereafter.

Gift Vouchers

Gift vouchers are available for all spa rituals — an ideal gift for someone special. Non-refundable; must be presented at time of treatment.

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