



gön

HOUSE OF HEALING

THERAPY MENU

Welcome Home.

Tucked among rocks and hidden within the natural landscape, our spa centers around the healing properties of water in its purest, most sacred form. Guests are welcomed into a peaceful, subterranean retreat inspired by the island's hidden caves.

At the core of the experience are water therapies, offering a deeply restorative journey for the body, mind, and spirit.



(01) SPA TREATMENTS

SPA CIRCUIT

Discover our thermal journey designed to restore the body's natural balance through steam, heat, and cold.

(01)
HAMMAM:

4 humid steam baths inspired by traditional Eastern bathhouses. It softens the skin, relaxes muscles, and prepares the body for a deeper sense of ease.

(02)
SAUNA:

2 saunas dry heat (90 and 60 degrees) to support circulation and muscle recovery. Simple, grounding, and restorative.

(03)
COLD PLUNGE:

A cold-water immersion to awaken circulation, tone tissues, and leave you feeling clear and revitalized.

(04)
FLOTATION TANK:

A weightless, quiet immersion in warm, mineral-rich water designed to calm the nervous system, ease muscular tension, and invite deep mental clarity.

(05)
WATAFLOW SANCTUARY:

A warm, mineral-water haven (34–36°C) where gentle flow, stillness, and buoyancy invite full-body release, soothing the mind while supporting circulation and deep relaxation.

(06)
THERMAL CONTRAST
SHOWER (HOT/COLD):

An alternating temperature shower designed to stimulate circulation, tone the body, and support recovery after the sauna or hammam.

(07)
TROPICAL ESSENCE
SHOWER:

A sensorial, aroma-infused shower with warm water that awakens the senses, supports easy breathing, and leaves you feeling refreshed and uplifted.

**Complimentary for hotel guests and members.*

VISITOR ACCESS: €90 (90 MIN).

ADD-ON:

Biohacking	15 mins — €50
Compression Boots	30 mins — €85

Advanced compression therapy that enhances circulation, reduces leg fatigue and swelling, and accelerates post-workout recovery.

ADD-ONS

VENOM BIOHACKING BELT

Deep muscle relief using targeted heat and vibration to enhance mobility and improve range of motion.

15 MINS — €25

LED FACE MASK

Improves skin brightness and texture, stimulates collagen production and firmness, helps with acne, and reduces inflammation and redness.

15 MINS — €30

30 MINS — €50

RED LIGHT PANEL

Enhance your circuit with a restorative infrared session designed to support deep relaxation, recovery, and overall wellbeing.

20 MINS — €50





Body Rituals

ORGANIC BODY EXFOLIATIONS

Full body exfoliations followed by lotion application with a gentle massage.

ORGANIC HYDRATING BODY SCRUB

Ginger Chai scented lathering body buff exfoliates with finely ground walnut shells and nourishes your skin.

60 MINS — €260

STIMULATING SEAWEED BODY BUFF

The antioxidants from mineral-rich bladderwrack seaweed combined with signature seaweed massage oils to offer a powerful detoxifying exfoliation.

60 MINS — €260

ORGANIC WRAPS

Full body wrap followed by a gentle hydrating massage

ORGANIC WARM SPICED MUD WRAP

The extract is rich in potent antioxidants and minerals infused with aromatic spices of ginger and orange to revive the senses.

Detoxifying – Warming – Muscle release

60 MINS — €260

REVITALISING RICE WRAP

This beautiful wrap treatment combines hand harvested seaweed with rice and alpine botanicals to create a silky textured body mask. It leaves skin toned, hydrated and noticeably brighter.

Brightening – Smoothing – Uplifting

60 MINS — €260

BODY RITUALS

GON IBIZA SIGNATURE EXPERIENCES

EMOTIONAL ALCHEMY RITUAL

This unique ritual is an immersive experience that begins with a guided meditation, gently leading you into the subtle rhythm of the breath to cultivate serenity, presence, and emotional awareness within a safe and nurturing space. From this state, the journey continues through body therapy, using circular movements to stimulate the harmonious flow of energy throughout the body.

Special focus is placed on the abdomen and lumbo-pelvic area to release accumulated tension and awaken the energy of the body's vital center. This ritual encourages the natural inner flow, allowing your energies to move freely and in harmony.

100 MINS — €300

ACCELERATED QUANTUM ALCHEMY

An energetic tune-up that can leave you fully aware of your personal power—recharged and energized. The healer reignites what is switched off, clears what is out of balance, and delivers a complete system upgrade. Working with chakras, meridians, aura layers, the family lineage, past lives, and the energetic fields in all their layers—like a Russian matryoshka doll: by clearing each layer, the results can be incredibly powerful and fast.

90 MINS — €250

MASSAGE WITH VOICE AND SOUND THERAPY

A unique, customized Ayurvedic massage experience using medicinal oils extracted from Ibiza's sacred plants. The session is accompanied by sound therapy with vibrational instruments brought from around the world; together with intuitive singing, they support and guide the process you are in at the present moment.

90 MINS — €300

WATERNESS JOURNEY™ IN OUR WATAFLOW SANCTUARY

A continuous aquatic experience where the client is held, floated, and guided through fluid, precise movements in warm water. Combining refined touch, intentional support, and movements shaped by the rhythm of the breath, the body is invited into a gradual softening and expanded sensory awareness. The experience develops as a silent dialogue between body and water, where internal responses emerge naturally, without effort. While primarily receptive, the session may open moments of spontaneous engagement — a gentle invitation to reconnect with one's own movement intelligence. Each session offers a rare form of sensory immersion: an encounter with the body that bypasses the ordinary and opens into something more essential.

70 MINS — €250

(02)

BODY THERAPIES

Caring for the body is a sacred ritual.
Each therapy is a thread within a larger fabric of human healing wisdom, where conscious touch releases tension and restores harmony.

GO DEEP (DEEP TISSUE)

Primary Benefit: Mobility restoration & chronic pain relief.

Designed for those seeking real and profound release, this high-intensity massage focuses on the deepest layers of muscle tissue to undo accumulated tension and chronic pain points. Through precise, personalized techniques, our ritual promotes muscle recovery, restoring strength, range of motion, and lasting wellbeing.

60 MINS — €220

90 MINS — €290

SWEDISH RELAXING MASSAGE

Primary Benefit: Deep relaxation & Stress and anxiety reduction.

A full body massage head to toes focused on promoting deep relaxation and stimulating blood circulation. The session is performed using long, flowing strokes, gentle kneading, and rhythmic movements with light to moderate pressure, always tailored to your comfort level. This treatment helps reduce physical and mental stress, improve tissue oxygenation, and create an overall sense of balance, relaxation, and well-being.

60 MINS — €210

90 MINS — €280

MOTHER TO BE

Primary Benefit: Functional relief & maternal-fetal serenity.

A gentle and deeply safe ritual designed to mindfully accompany the physical and emotional changes during pregnancy. This treatment focuses on relieving high-tension areas, such as lumbar strain, leg heaviness, and fluid retention. Through soft, enveloping maneuvers, we promote total relaxation that benefits both mother and baby. A warm experience that honors the wisdom of the female body and its life-giving capacity, creating a space of peace and emotional heritage.

60 MINS — €220

90 MINS — €290

THAI MASSAGE

Primary Benefit: Structural flexibility & energy unblocking.

We honor the ancestral tradition of Thai massage through a dance of rhythmic stretches, precise pressures, and deep relaxation techniques. This ritual is designed to release structural tension, improve flexibility, and unblock the body's energy flow.

60 MINS — €220

90 MINS — €290

(02) BODY THERAPIES

DETOX MASSAGE

Primary Benefit: Metabolic detox & systemic lightness

Restore your body's natural flow with a ritual designed for deep purification. Using precise maneuvers and sustained pressure, this massage stimulates the lymphatic and circulatory systems to promote toxin elimination and natural homeostasis. Ideal for releasing physical and metabolic blockages; this restorative experience provides immediate lightness and mental clarity.

60 MINS — €250

HOT & COLD STONE MASSAGE

Primary Benefit: Metabolic optimization & accelerated recovery.

Our Thermal Contrast treatment alternates strategic heat and cold stimuli to promote deep vascular training. This technique activates blood circulation, enhances tissue oxygenation, and accelerates muscle recovery. Perfect for relieving chronic tension and strengthening the immune system, this ritual restores vibrant energy and mental clarity, leaving a sensation of lightness and total renewal.

90 MINS — €290

CBD UPLIFTING TOP TO TOE THERAPY

This treatment uses results-driven doses of premium CBD, blended with essential oils to suit everyone. This journey is a head-to-toe experience combining stretching, lymphatic drainage, muscle release and shiatsu acupressure points to allow the body to relax and the mind to drift away to the healing soundscape. The treatment focuses on melting muscle ache, calming the nervous system, and enveloping the body in deep relaxation.

90 MINS — €300

SIGNATURE VOYAGER MASSAGE JOURNEY BY VOYA

A complete top to toe relaxation journey that replicates the movement of the sea, combining both gentle and stimulating movements. Choose from: Uplift – Relax – Muscle fatigue

90 MINS — €300



BOOSTERS

LEGS & FEET MASSAGE

A relaxing and revitalizing treatment designed to relieve fatigue and heaviness in the legs. This massage focuses on the thighs, calves, and feet, combining pressure and kneading techniques to stimulate circulation and release accumulated muscle tension. Ideal for tired legs after sports activities, long journeys, or extended periods of standing, it helps restore a feeling of lightness, comfort, and overall well-being in just a short time.

30 MINS — €130

HEAD MASSAGE

A therapeutic and relaxing treatment that combines gentle movements, strategic pressure, and circular techniques on the scalp, neck, and shoulders. It helps release accumulated tension and stimulates blood circulation. This massage can reduce stress, relieve headaches, improve concentration, and promote a deep sense of physical and mental well-being.

30 MINS — €130

BACK & SHOULDER MASSAGE

A targeted upper body massage designed to relieve tension and discomfort. Focusing on the neck, shoulders, trapezius, and upper back, this treatment releases muscular tightness caused by stress, posture, and daily strain. Using medium-to-deep pressure techniques improves circulation, reduces stiffness, and promotes relaxation. Ideal for relieving upper body tension; it leaves you feeling lighter, relaxed, and revitalized.

30 MINS — €130

HARMONY CRANEO-FACIAL

A targeted therapeutic massage focused on the neck scalp and facial muscles to release accumulated tension and muscular tightness. Using specialized techniques, this treatment helps relieve stress-related discomfort, relax overworked facial muscles. Ideal for those experiencing facial tension, jaw tightness, headache or the effects of the daily stress.

30 MINS — €130

WANT MORE?

MASSAGE GUN

Quiet, powerful, and portable therapy designed to enhance warm-up, speed up recovery, and keep your body performing at its best.

€25

CBD BALM / OIL

It helps relieve muscle tension, hydrate the skin, and promote relaxation and well-being thanks to its soothing and anti-inflammatory properties.

€35

MARINE EYE TREATMENT

A firming and hydrating flash treatment to smooth fine lines and revitalize the eye area.

15 MINS — €60

(03) BATHS

Step into unique scent and sound rituals in our bathtubs, which have the power to transform our mood, awaken emotions, relax the mind, and elevate the spirit.

COOLING REVITALISING RICE BATH

Combining skin-softening rice and organic seaweed this cooling bath lifts the senses and softens skin. Combining the best of the land and sea with refreshing and uplifting scent of peppermint, lime and eucalyptus.

Refreshing – Uplifting

45 MINS — €160

RELIEVING WARMED SPICED MUD BATH

This deep relaxing bath soothes muscular aches and pains, relieves stress and fatigue, and energizes the mind. Infused with organic seaweed extracts and aromatic spices of ginger and orange to revive the senses.

Relaxing – Muscle soothing

45 MINS — €160



(04) COMBINED THERAPY RITUALS

Inspired by an atlas of human wisdom. Gathering practices that have accompanied humanity across cultures and time.

SLEEPING RITUAL

HERBAL COCOON WITH SINGING BOWLS

Rebalance the body, hydrate the skin, and calm the mind with this sleep-inducing herbal wrap. Includes: Lavender sugar scrub, herbal wrap, singing bowls, and scalp massage (Dry room includes body brush).

Relaxing – Moisturizing – Grounding

80 MINS (60 MINS DRY ROOM) — €290

OCEAN DETOX RITUAL

STIMULATING SEAWEED BODY BUFF, COOLING RICE BATH, UPLIFT SIGNATURE VOYAGER MASSAGE

A luxurious full-body ritual inspired by the healing power of the sea. Mineral-rich bladderwrack seaweed and antioxidant botanical extracts are combined with our signature seaweed massage oils to create a deeply detoxifying exfoliation treatment. Your journey continues with a warm, energizing bath infused with refreshing and uplifting scent of peppermint, lime and eucalyptus. The experience concludes with a complete head-to-toe uplifting massage, inspired by the rhythmic movement of the ocean, using flowing techniques to stimulate circulation, and leave the body in total harmony.

120 MIN — €450 | 150 MIN — €495



(04) COMBINED THERAPY RITUALS

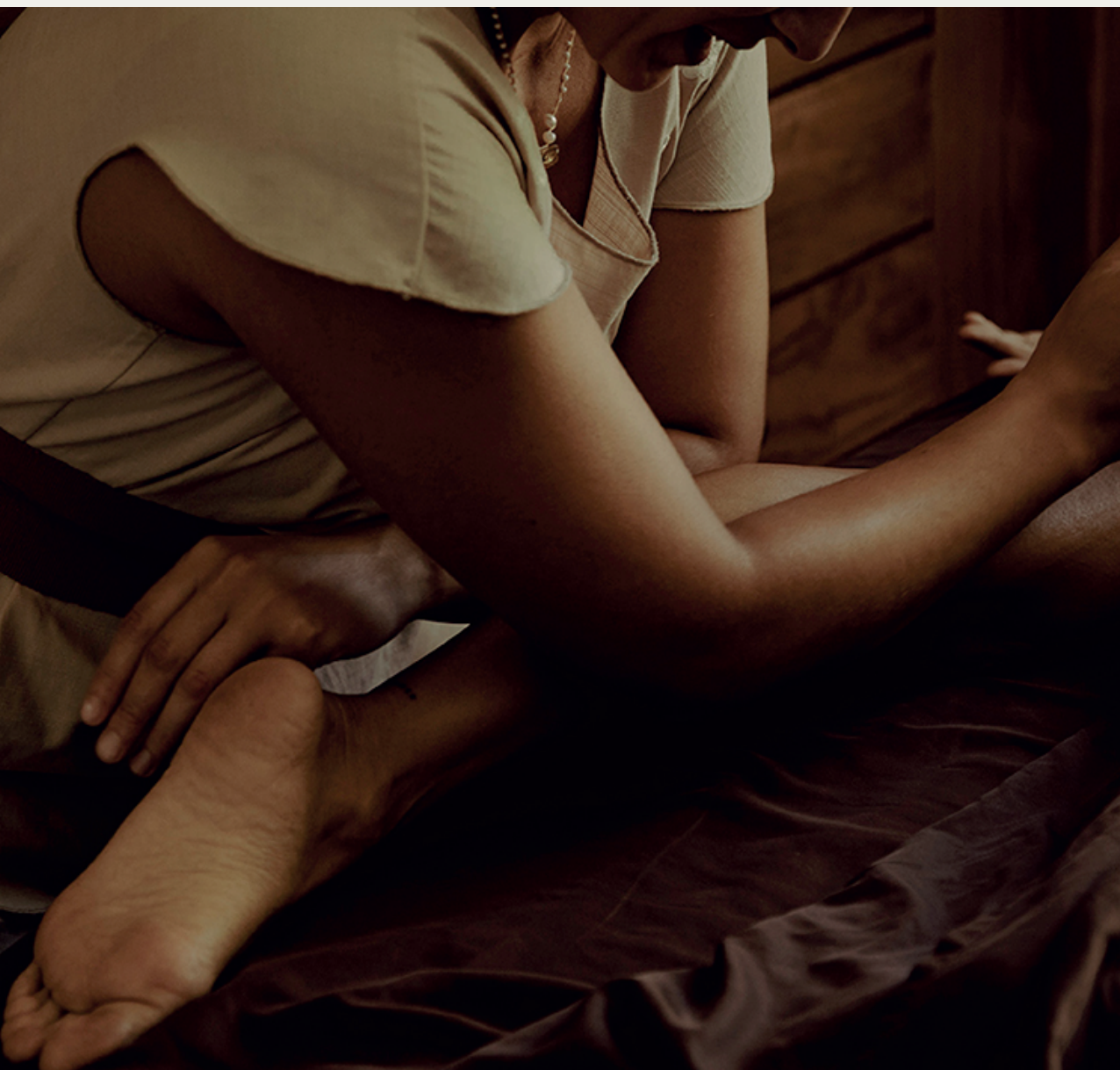
DEEP SEA NOURISHING RITUAL

ORGANIC HYDRATING BODY SCRUB, RELIEVING WARMED SPICED MUD BATH, RELAX SIGNATURE VOYAGER MASSAGE

A warm and deeply comforting ritual designed to restore balance and total wellbeing. This luxurious experience begins with a Ginger Chai scented lathering body buff, gently exfoliating the skin with finely ground walnut shells while nourishing and softening the body. Your journey continues with a deeply relaxing bath infused with organic seaweed extracts and aromatic spices, helping to soothe muscular aches, relieve stress and fatigue, and revitalize the mind and senses.

The ritual concludes with a complete head-to-toe relaxation massage inspired by the natural rhythm of the sea, combining flowing and gentle techniques to release tension, calm the body, and create a profound sense of serenity.

120 MIN — €450 | 150 MIN — €495



(05) FACIALS

AGUSTINUS BADER FACE CARE

AUGUSTINUS BADER X NÔMADE TEMPLE SIGNATURE TERRAFORMING RITUAL

Inspired by the idea of terraforming, this Nômade Temple x Augustinus Bader signature facial ritual is designed to transform the landscape of the face, supporting and enhancing its natural beauty externally while also awakening renewal from within. A marriage between our heritage as nomads and our evolution in an era of science and technology, the treatment combines advanced Augustinus Bader formulas with sculpting massage, collagen stimulation, lymphatic activation, and restorative techniques to promote visible lifting, hydration, radiance, and deep renewal.

90 MIN — €500

AB JET-LAG FACIAL

A revitalizing treatment designed to restore tired, stressed, and travel-affected skin, delivering our signature Augustinus Bader glow. Leveraging our award-winning TFC8® cell renewing complex, it supports cellular renewal while boosting hydration, radiance, and resilience.

60 MINS — €250

AB LONGEVITY FACIAL

This exceptionally transformative experience combines The Method Augustinus Bader – a bespoke facial technique that leverages our award-winning cell renewal formulas with the concentrated effects of muscular electrostimulation (EMS), T-Sonic™ pulsations, and radiofrequency and LED light therapy for immediately healthier-looking skin and long-lasting benefits.

90 MINS — €490

SECTION 5:

ORGANIC FACIALS by VOYA

ANTI-AGEING RESTORATIVE FACIAL

Anti-ageing – Firming –
Hydration

A mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles.

75 mins — €300

SELF DISCOVERY RADIANCE FACIAL

Personalized – Balancing –
Relaxing

A skin specific organic facial is deeply detoxifying, thoroughly revitalizing and helps to even skin tone and increase clarity.

60 mins — €250

MARINE EYE

Anti-ageing – Hydration –
Brightening

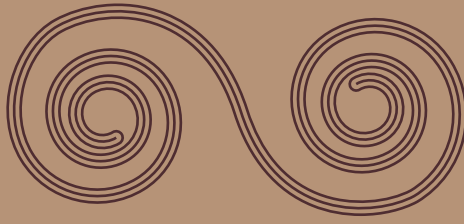
Using organic laminaria digitata eye compresses hand harvested from the Atlantic, this is a unique treatment for refreshing and rejuvenating tired eyes.

45 mins — €180

15 mins add-on to facial —
€60



SECTION 6:



NÔMADE TEMPLE IBIZA

Wellness Private Sessions

Beyond the spaces of Gön House of Healing, Nômade Temple Ibiza offers a curated selection of private wellness sessions designed to support restoration, movement, and personal exploration.

Guided by experienced practitioners, these one-on-one experiences take place across different venues within the hotel. For more information or to view the menu, please ask one of our spa team members.

nômade
TEMPLE

TERMS & CONDITIONS

So your experience feels smooth, calm, and cared for.

PRACTICAL INFORMATION

Opening hours

Daily, 10:00 to 21:00.

Reservations

For more information or to book, please contact ibiza@gonhouseofhealing.com. We recommend booking at least 24 hours in advance.

Punctuality

Out of respect for other guests, we may not be able to extend your treatment if you arrive late.

Before you arrive

For your comfort, please leave jewelry and personal valuables in your room or locker. GÖN House of Healing is not responsible for items lost during your visit.

During your experience

Thank you for helping us protect the atmosphere of peace. Please keep voices low and note that mobile phones are not permitted in the Spa.

You are welcome to enjoy the relaxation lounge before and after your treatment, and to close with a warm infusion.

Payment

Treatments can be charged to your room and will appear on your invoice at check-out. Non-hotel guests may pay by credit card, cash, payment link, or by booking through our online system.

CANCELLATIONS, GIFT VOUCHERS & SPA CIRCUIT GUIDELINES

Cancellations

To cancel or change your booking, please inform us at least 24 hours in advance. Appointments canceled with less than 24 hours' notice—or no-shows—will be charged at 100%.

Gift voucher

Offer a return to balance—ancestral practices, beauty, and health. Our team will help you choose the right experience for someone special. Please ask at the Spa reception or via our website.

Spa circuit

- Advance booking is recommended.
- Maximum time inside the Hammam and Sauna is 45 minutes per session.
- Please shower before entering the facilities.
- Food and alcohol are not permitted in the Spa area.
- Glass objects are not permitted in the Spa area.
- Guests with contagious illness within the past 48 hours should not use the Hammam or Sauna.

Capacity

- Hammam: 2 guests each
- Saunas: 3 guests each
- Cold plunge: 3 guests
- Flotation tank: 2 guests
- Wataflow Sanctuary: 11 guests





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