

HERBAL & MINERAL BATHS

Aromatherapy mineral bath A soothing and aromatic bath which will release stress and uplift the spirit.

Thalasso seaweed bath Enhances your body's own natural detoxification processes, leaving you feeling refreshed and re-energised.

Herbal baths Each designed to benefit specific conditions, our herbal baths will restore balance in the most natural way.

30 minutes

€ 35



BODY SCRUBS

Camomile body scrub A gentle, two-stage treatment with soothing extract of camomile to moisturise and soften dry skin.

Turkish salt scrub An invigorating thermal mineral salt exfoliation under the Vichy shower to leave you feeling deeply cleansed and smooth.

30 minutes

€ 45

MASSAGES

Swedish An excellent choice for the first-time spa guest. Aromatic essential oils help detoxify the body, ease sore muscles, release tension and improve circulation, leaving you with an incomparable sense of relaxation.

30 / 60 / 80 minutes

€ 50 / € 65 / € 85

Deep tissue massage Perfect for those who play sports or generally lead a physically active life, this firm massage will relax tense muscles and help relieve discomfort, leaving you feeling supple, stress-free and re-energised.

60 / 80 minutes

€ 70 / € 90

Reflexology This ancient Chinese technique is supremely relaxing and excellent at relieving stress. The application of pressure to reflex points on the feet restores the flow of energy throughout the body and is said to stimulate the body's own healing mechanisms.

60 minutes

€ 65

Lavender signature massage Lavender is renowned for its calming, restorative and balancing properties. This uplifting treatment includes a full body massage, foot treatment, facial cleansing and facial massage, which will leave you feeling rejuvenated and radiant.

80 minutes

€ 90

Samezen Based on ancient Scandinavian tradition, our Samezen ritual starts with a full-body exfoliation to stimulate circulation and cleanse the skin. The second stage is a relaxing herbal bath to aid detoxification and release tense muscles. Lastly, a soothing hot stone massage will melt away tension and fatigue, leaving both body and mind balanced and revived.

80 minutes

€ 100

Couple's massage Share your massage experience with a loved one or friend in our couple's massage room for two. Simply choose your preferred massage and let us create a memory you both will share together.

Duration and price vary according to individual massage and time selections.



TREATMENT COMBINATIONS

Luxury foot treatment for two This simple yet sensational treat includes a luxurious foot soak, exfoliating scrub, invigorating massage for feet and lower legs and a neck and shoulder massage.

1 hour

€ 110 for two

Golfer's tonic A relaxing hydrotherapy bath followed by a soothing and healing reflexology foot massage and an aromatherapy massage to ease away any lingering tension... A wonderful way to end the day.

2 ½ hours

€ 135

Club house This superb treatment combination will relax, revitalise and leave you feeling like new after tennis, golf or any kind of physical exertion. Includes an uplifting aromatherapy bath, a full body massage and a revitalising facial treatment.

2 ½ hours

€ 130

Resort retreat The ultimate "me-time" treat that will pamper both body and soul: A relaxing hydrotherapy soak, your choice of 60-minute massage and a deluxe manicure and pedicure.

Approx. 3 hours

€ 170

Ultimate spa experience This thoroughly indulgent experience includes both our luxurious Lavender kur (comprising a body scrub, hydrotherapy bath and full body massage) and our ultra-effective Caviar facial.

3 hours

€ 230

Guilt-free golf Treat your partner to the perfect escape while you are out on the golf course. We start with our exclusive Samezen ritual, which includes a skin softening full-body exfoliation, relaxing herbal bath and soothing hot stone massage. A pampering 80-minute facial, make-up application and manicure complete this sensational spa experience.

4 hours

€ 230

Resort bliss An indulgent full-day spa experience. We start with our uplifting Aroma kur (including invigorating body scrub, aromatherapy mineral bath and luxurious aromatherapy wrap), followed by an 80-minute massage, 80-minute facial, deluxe manicure and pedicure.

Approx. 5 hours

€ 350

Aroma kur An invigorating and soothing experience that will leave you feeling stress-free. Includes an invigorating mineral salt and essential oil scrub, relaxing aromatherapy bath and luxurious aromatherapy wrap.

80 minutes

€ 95

Thalasso kur This rejuvenating and nourishing treatment will leave you feeling radiant. Includes our anti-oxidant spirulina body wrap, a stimulating seaweed bath with eucalyptus oil and application of marine firming body cream.

80 minutes

€ 95

Thermal mineral kur A cure for both body and mind that will ease stiff muscles and joints, detoxify and re-energise. Includes a detoxifying organic mud wrap, remineralising thermal mineral bath and soothing full body massage.

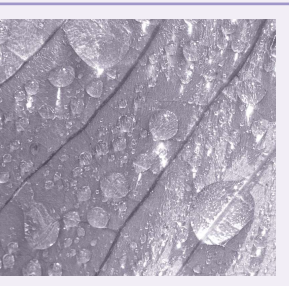
100 minutes

€ 130

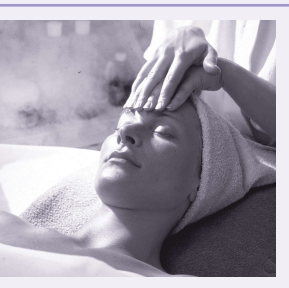
Lavender kur Our signature lavender kur will purify your body and lift your spirit, rekindling your inner calm and vitality. Includes a gentle camomile body scrub, therapeutic lavender bath and full body massage with lavender oil.

100 minutes

€ 130



FACIALS



Refresher facial An ideal starter treatment for first-time spa guests, which will refresh and revitalise dull, lifeless skin. Includes a skin analysis, mineral-rich Hungarian mud treatment, stimulating face and shoulder massage and a moisturising hand treatment.

30 minutes € 45

Deep cleansing facial Rediscover your skin's natural radiance with this purifying and softening facial, which includes a gentle exfoliating peel, a luxurious massage, deep cleansing mask and a skin softening hand treatment.

60 minutes € 70

Gentleman's facial Our therapeutic Gentleman's facial will soothe, purify and relax for a fresher, more youthful feeling face. Ideal for sensitive, irritated or razor burnt skin.

60 minutes € 70

Antioxidant vitamin C facial Tired, dull complexion? Your skin will become visibly smoother and more radiant after this anti-oxidant facial which includes a mineral-rich spirulina algae treatment, facial massage, anti-oxidant Vitamin C ampoule and hydrating hand treatment.

80 minutes € 90

Aromatherapy facial A luxurious treatment to soften and soothe dry or sensitive skin and ease away stress. Includes an invigorating foot soak, revitalising aromatherapy facial, relaxing scalp and foot massage and the application of a skin soothing Couperose ampoule.

80 minutes € 90

Anti-ageing facial Especially beneficial for sun-damaged or mature skin, this facial will give a smoother, more youthful complexion through the application of effective natural rejuvenating products, contour lifting massage and acupressure exercise.

80 minutes € 90

Signature caviar facial Based on nutrient-rich Sevruga Caviar, powerful natural anti-oxidants and Chinese herbs, this luxurious facial will improve cell metabolism, increase skin regeneration, deeply nourish and remineralise your skin. Results are immediate and include the visible smoothing of fine lines, firmer, softer skin and a healthy glow.

80 minutes € 115

NAIL SERVICES

Using the same exclusive Jessica Nail System as used by some of the world's most famous hands, our nail products and treatments are tailored to your particular nail needs to help you achieve and maintain naturally beautiful nails.

Polish change	15 minutes	€ 25
Basic / Deluxe manicure	30 / 45 minutes	€ 40 / € 50
Basic / Deluxe pedicure	45 / 60 minutes	€ 50 / € 60



FINISHING TOUCHES

St. Tropez tanning	60 minutes	€ 60
Make-up application	55 minutes	€ 55
Lash tint	15 minutes	€ 25
Eyebrow tint	15 minutes	€ 25

WAXING

Half / full leg	45 / 30 minutes	€ 35 / € 25
Bikini or underarm	15 minutes	€ 16
Eyebrows, lip or chin	15 minutes	€ 15
Back	30 minutes	€ 25
Brazilian	30 minutes	€ 20
Full leg, Brazilian, underarm and brows	90 minutes	€ 86

Spa La Manga Club 2004. Please note that prices and services are subject to change.