

spa la manga club

menu of spa services

holistic treatments

Our luxury collection by Natura Bissé.
Nurture, luxuriate and cherish. Rediscover your well-being.

SPA RITUALS 120 min. € 180

Smoothing honey scrub and relaxing oligo mist

Purification through hot and cold clay wraps

Sensorial pressure point massage

Holistic massage of your choice:

• Hawaiian Lomi Juma

• Indian Floral

• Mexican Mineral

Intense. Energising. Inspire.

Aromatic. Relaxing. De-stress.

Stimulating. Purifying. Renew.

DIAMOND EXPERIENCE 90 min. € 140

Magnetic energetic ritual

Relaxing summer rain

Harmonization of chakras

Mineral and diamond magnotherapy exfoliation

Holistic kinetic massage

RITUALS & PACKAGES MADE TO MEASURE Duration & price vary

We are always happy to offer advice on combining treatments to suit your particular needs and help you create a customised package.

Please contact spa reception

la manga club packages

An exclusive collection created to offer each and every one of your senses an unforgettable spa experience.

GOLFER'S TONIC Refreshing hydrotherapy bath Balancing reflexology foot massage Deep tissue massage	2½ hours	€ 170
CLUB HOUSE Uplifting hydrotherapy bath Soothing full body massage Deep cleansing facial	2½ hours	€ 185
RESORT RETREAT Hydrating hydrotherapy soak Indulgent 60-minute massage Spa manicure and pedicure	3 hours	€ 220
ULTIMATE SPA EXPERIENCE Luxurious lavender kur Super effective vitamin c facial	2½ hours	€ 260
RESORT BLISS Indulgent aroma kur Blissful 80-minute massage Glamorous 80-minute facial Spa manicure and pedicure	5 hours	€ 380

kurs

These essential treatment programmes harness the power of nature's finest ingredients to satisfy your body's craving for minerals and nutrients.

THALASSO	90 min.	€ 130
Bamboo body scrub		
Anti-oxidant spirulina body wrap		
Detoxifying sea salt bath		
Marine firming body cream		
THERMAL MINERAL	100 min.	€ 160
Detoxifying organic mud wrap		
Remineralising thermal mineral bath		
Balancing full body massage		
LAVENDER	100 min.	€ 160
Bamboo body scrub		
Therapeutic lavender bath		
Calming full body massage with lavender oil		

body treatments

VITAMIN C	75 min.	€ 120
Antioxidant vitamin c scrub		
Detoxifying full body wrap		
Firming full body massage		
CHOCOTHERAPY	75 min.	€ 140
Stimulating full body exfoliation		
Invigorating body wrap		
Firming and energising massage		
SAMEZEN RITUAL	80 min.	€ 140
Stimulating full body exfoliation		
Warming herbal bath		
Soothing hot stone massage		

massages

Indulgent yet functional. Sensory, revitalising, relaxing.
Let us help you find your perfect massage match.

AROMATHERAPY	Calming. Indulgent. Harmonious.	30 min.	€ 70
		60 min.	€ 95
SWEDISH	Soothing. Rejuvenating. Classic.	30 min.	€ 65
		60 min.	€ 90
		75 min.	€ 105
DEEP TISSUE	Therapeutic. Firm. Intense.	60 min.	€ 98
		75 min.	€ 115
LAVENDER	Relaxing. Pampering. Aromatic.	75 min.	€ 120
SCALP MASSAGE	Relaxing. De-stress. Fragrant.	30 min.	€ 70
PREGNANCY	Comforting. Nurturing. Calm.	45 min.	€ 75
REFLEXOLOGY FOOT MASSAGE	Ancient. Balancing. Oriental.	45 min.	€ 80
VICHY	Revitalising. Invigorating. Fresh.	30 min.	€ 65
COUPLE'S	Indulgent. Exclusive. Share.	Duration & price vary	

facials

Classic therapies that will leave you feeling like new.

DELUXE FACIALS

Ultra-effective facial programmes with immediate results

oxygen	Clarifying. Reviving. Breathe.	60 min.	€ 110
vitamin C	Anti-ageing. Moisturising. Detoxifying.	60 min.	€ 110
diamond	Healing. Regenerative. Energise.	90 min.	€ 150
inhibit	Age-defying. Firming. Classic.	90 min.	€ 140

CLASSIC FACIALS

refresher	Cleansing. Moisturising. Vital.	30 min.	€ 60
deep cleansing	Purifying. Softening. Balance.	60 min.	€ 85
gentleman's	Soothing. Invigorating. Fresh.	60 min.	€ 85
aromatherapy	Calming. Indulgent. Harmony.	80 min.	€ 110
eye treatment	Relaxing. Firming. Aromatic.	45 min.	€ 85

water therapies

herbal/mineral bath	Warming. Restorative. Fragrant.	30 min.	€ 45
bath + vichy massage	Revitalising. Stimulating. Refresh.	50 min.	€ 90

body scrubs

bamboo	Revitalising. Smoothing. Calming.	30 min.	€ 60
citrus	Antioxidant. Firming. Aromatic.	30 min.	€ 60
honey	Relaxing. Softening. Sweet.	30 min.	€ 60

experiences of the mediterranean

Warm, sun-kissed and utterly blissful.

A collection inspired by the wild natural beauty of our surroundings.

VITAMIN C COCKTAIL	100 min.	€ 180
Hydrating facial		
Antioxidant vitamin c body scrub		
Detoxifying full body wrap		
Application of firming vitamin c body cream		
ALOE VERA SUNBURN RELIEF	45 min.	€ 75
Cooling pure aloe body wrap		
Soothing scalp and foot massage		
Calming aloe moisturising cream		
THERAPEUTIC MAR MENOR MUD TREATMENT	45 min.	€ 90
Detoxifying full body warm mud wrap		
Regenerative facial masque		
Remineralising moisture cream		
OLIVE MARMALADE CELLULITE TREATMENT	75 min.	€ 150
Skin-softening olive oil marmalade application		
Stimulating and draining massage		

nail services

polish change	15 min.	€ 25
o.p.i. manicure / pedicure	30 / 45 min.	€ 50 / € 60
citrus, tea, coffee, or jojoba manicure / pedicure	45 / 60 min.	€ 55 / € 65
spa manicure / pedicure	45 / 60 min.	€ 60 / € 70
gentleman's manicure / pedicure	30 / 45 min.	€ 45 / € 55

waxing

half / full leg	30 / 45 min.	€ 15 / € 28
bikini or underarm	15 min.	€ 15
eyebrows, lip or chin	15 min.	€ 10
arms	30 min.	€ 20
brazilian	30 min.	€ 18
chest or back	30 min.	€ 25
full leg, brazilian, underarm & brows	75 min.	€ 70

finishing touches

exfoliation and tanning treatment	45 min.	€ 70
make-up application	approx. 30 min.	€ 40
lash or eyebrow tint	15 min.	€ 18
eyebrow shaping	15 min.	€ 12

hair salon

CUTTING & STYLING

blow dry	short hair	€ 20
	long hair	€ 25
cut and blow dry	short hair	€ 35
	long hair	€ 45
conditioning treatment (with head massage)		€ 12
hair up		price on request
wedding styling		price on request

GENTLEMEN

barber's cut		€ 12
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COLOURING

*services exclusive of cut and styling

single process colour	short hair*	€ 25
	long hair*	€ 30
highlights, full head	short hair*	€ 55
	long hair*	€ 70
half head	short hair*	€ 40
	long hair*	€ 55
zonal*		price on request

Prices for other services available on request. Sundays / Public holidays by prior arrangement.

spa etiquette and advice

Spa La Manga Club hours of operation

08:00 to 21:30 hrs, Mon-Fri. 08:00 to 21:00 Weekends and holidays.

Appointments

Telephone: +34 968 33 8101; Resort ext. 6100 / 6101. E-mail: spa@lamangaclub.com

We highly recommend you book well in advance to avoid disappointment.

Please note that you will be asked for a credit card number at the time of booking.

Choosing your treatment

We hope this brief guide will be of assistance, but if you are not sure about which treatment to choose or would like more detailed information, simply contact Spa Reception and we will be pleased to help.

Your health and comfort

Please tell us if you are pregnant or have any particular health conditions or concerns (such as high blood pressure, allergies, injuries or disabilities) when you book. If you experience any discomfort during treatment, please let your therapist know straight away.

Arrival time

We recommend that you arrive 30 minutes before your appointment, allowing you to relax and enjoy our spa facilities beforehand. Late arrival will simply reduce the time available for your treatment, lessening its effectiveness and your enjoyment.

Spa environment

Your co-operation in helping provide a quiet, relaxing environment by switching off your mobile phone or pager is greatly appreciated. If you need to use your telephone for any reason, you may do so in the lobby area.

Spa attire

There are ample changing facilities at the spa. Robes and slippers are provided for your comfort before and after treatment. During treatment your body will be fully draped except for the area being worked on, but please feel free to wear whatever is comfortable for you. Please note that swimsuits must be worn in all public areas, including the unisex saunas, steam rooms, jacuzzis and indoor pool and that swimming caps are required in the indoor pool.

Lockers

Whilst lockers are available at the spa for your personal belongings, we recommend that you leave jewellery and valuables at home, or in the safety deposit box of your guest room. Spa La Manga Club is not responsible for any lost or stolen items.

Shaving

For maximum benefit, we suggest that men shave two hours or more before having a facial treatment, although it is not essential. We do not recommend shaving less than two hours prior to a facial or before any body treatments or hair removal services.

Children and teens

Although the minimum age is normally 18 years, we are happy to provide advice regarding suitable treatments for teens. Those aged 16-18 years may use the gymnasium provided they are accompanied by an adult. The indoor swimming pool is open to everyone over the age of 16 years and to under 16's when accompanied by an adult. Standard charges and conditions apply in all cases.

Payment, changes and cancellations

We accept all major credit cards and cash. If you are staying at the Hotel or Las Lomas Village you can charge spa services to your room account. If you need to reschedule or cancel your appointment, please notify us six hours in advance to avoid being charged the full service fee. Cancellations of packages or private parties require 24 hours' notice.

Gift certificates

Spa La Manga Club Gift Certificates can be purchased for a specific service or to the value of your choice.

Although this information is correct at the time of publication, prices and services are subject to change. For the latest information, visit www.spa.lamangaclub.com.

Spa La Manga Club. November 2009.

Spa La Manga Club

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www.spa.lamangaclub.com

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fitness centre & spa