

# SPA EXPERIENCES

SENSATIONAL EXPERIENCES THAT IMMERSE YOU IN AN ABSOLUTE STATE OF WELLNESS. LET YOURSELF BE INTOXICATED BY OUR GENTLE AROMAS AND TEXTURES, A TRUE PLEASURE FOR THE SENSES.

EXPERIENCES FOR COUPLES ARE SPECIAL PROGRAMS THAT INCLUDE A GIFT OF A GLASS OF CAVA AND SWEETS TO ENJOY DURING THE SPA CIRCUIT.



## SPA EXPERIENCE



60 MIN. | €20  
10 SESSIONS | €130

DYNAMIC POOL, STEAM BATH, SAUNA, JACUZZI, BITHERMAL SHOWER AND SCOTTISH SHOWER.

## RELAX EXPERIENCE



2 PERSON | €150 110MIN.

- AROMATHERAPY MASSAGE (25 MIN.)
- EXPRESS FACIAL (25 MIN.)
- 2 SPA EXPERIENCE (60 MIN.)

## ORIENTAL EXPERIENCE



2 PERSON | €290 160 MIN.

- BAMBU & JEJU MASSAJE (50MIN)
- KIREI SUBLIME FACIAL RITUAL (50MIN)
- 2 SPA EXPERIENCE (60 MIN.)

## AMÀRE EXPERIENCE



2 PERSON | €276 160 MIN.

- PURE EXPERT FACIAL FOR HIM AND HER (50 MIN)
- RELAXING COUPLE'S MASSAGE (50 MIN.)
- 2 SPA EXPERIENCE (60 MIN.)

# BALANCE CONCEPT

A THERAPY PROCESS TO COUNTERACT THE NEGATIVE EFFECTS OF **TECHNOSTRESS** THAT WILL MAKE YOU **"DISCONNECT"** TO BALANCE YOUR EMOTIONS AND TO ACHIEVE FULFILMENT.

**DETOX:** EXFOLIATING, PURIFYING AND DETOX THERAPIES.

**SERENITY:** RELAXING AND CALMING THERAPIES.

**ENERGY:** TONING, REFRESHING AND STIMULATING THERAPIES.

## BALANCE CONCEPT RITUAL



AN INNOVATIVE THERAPY TO CURE SLEEP IMBALANCES CAUSED BY STRESS. BY MERGING THREE RITUALS WE ARE ABLE TO RESTORE THE PHYSICAL AND ENERGY BALANCE OF YOUR BODY AND MIND BY INDUCING SLEEP.

1 PERSON | €240  
2<sup>ND</sup> PERSON | 20% DISCOUNT

- DETOX CONCEPT RITUAL (50 MIN.)
- SERENITY CONCEPT RITUAL (50 MIN.)
- ENERGY CONCEPT RITUAL (50 MIN.)
- 3 SPA EXPERIENCE

## SLEEP THERAPY



80 MIN | €140

SLEEP INDUCTION MASSAGE. THANKS TO THE HOLISTIC, RELAXING AND CALMING MOVEMENTS OF THIS MESSAGE, YOUR BODY, MIND AND SPIRIT WILL TRANSPORT YOU INTO A SWEET AND DEEP SLEEP.

## DISCONNECT THERAPY



80 MIN | €145

POWERFUL THERAPY TO HELP YOUR SKIN AND MIND DISCONNECT FROM ENVIRONMENTAL AND DIGITAL POLLUTION. AN OXYGENATING CURE THAT PREVENTS AGEING WHILE STRENGTHENING THE DEFENCES OF YOUR SKIN AND MIND. DISCONNECTION IS GUARANTEED BY THE OXYGENATING FACIAL AND A RELAXING FULL BODY MASSAGE.

# MASSAGE RITUALS

WE CAN ACHIEVE YOUR SOUGHT-AFTER RELAXATION AND WELLNESS THANKS TO THE PROPERTIES OF ESSENTIAL OILS COMBINED WITH DIFFERENT MASSAGE TECHNIQUES. TAKE A UNIQUE MOMENT FOR YOURSELF TO ENJOY ONE OF LIFE'S PLEASURES.

## E`NERGYM MASSAGE



50 MIN. | €95

A SPORTS MASSAGE WITH AN INTENSE AND DEEP TECHNIQUE THAT HELPS TO RELEASE MUSCULAR TENSION AND RELIEVE PAIN. IT OXYGENATES AND RELAXES YOUR MUSCLES, LEAVING YOUR BODY WITH A PLEASANT FEELING OF RELIEF AND WELLNESS. PARTICULARLY RECOMMENDED FOR SPORTSPEOPLE.

## LOMI LOMI MASSAGE



50 MIN. | €95

RELAXING MESSAGE THAT DRAWS INSPIRATION FROM TECHNIQUES MIRROR THE MOVEMENT OF THE WAVES AND SEA BREEZE, ACHIEVING PERFECT HARMONY BETWEEN BODY AND MIND.

## SWEDISH MASSAGE



50 MIN. | €95

THE SWEDISH MASSAGE COMBINES CLASSIC MASSAGE TECHNIQUES WITH STRETCHING. THIS ENERGETIC MESSAGE, ALONG WITH AROMATHERAPY AND MUSIC THERAPY, ACHIEVES THE SORT OF WELL-BEING AND RELAXATION THAT YOU NEED SO MUCH.

## AROMAS D'ANDALUSIA MASSAGE



50 MIN. | €93

THE FLAVOURS OF ANDALUSIA CAN BE FELT IN A MASSAGE WITH HOT OIL FROM A CANDLE. LAVENDER, OLIVE AND CITRUS FRUITS, COMBINED WITH A MULTI-SENSORIAL MASSAGE, NOURISH AND PROTECT YOU SKIN TO LEAVE IT SILKY-SMOOTH.



THIS TREATMENT CAN BE ENJOYED WITH YOUR PARTNER



TREATMENT INCLUDES A MASSAGE



TREATMENT INCLUDES A STRONG MESSAGE



TREATMENT INCLUDES A FACIAL MASSAGE



SANDALS REQUIRED



INNER PEACE



ENERGY



DETOX

## THERAPEUTIC MASSAGE



25 MIN. | €57 50 MIN. | €95

DIFFERENT TECHNIQUES RELAX MUSCLES IN TENSE AREAS: HANDS, HEAT OR SUCTION CUPS WITH SPECIFIC MESSAGES IN DIFFERENT ZONES. SEEK GUIDANCE AND ADVICE FROM OUR PERSONNEL TO GET THE BEST RESULTS FROM THE TREATMENT.

## RELAX & AROMATHERAPY MASSAGE



25 MIN. | €50 50 MIN. | €86

ANTI-STRESS AROMATHERAPY MASSAGE. THE RHYTHM, MOVEMENTS AND CAREFULLY SELECTED AROMAS GIVE YOU A DEEP SENSATION OF WELLNESS. MESSAGE WITH ESSENTIAL OILS.

## LYMPHATIC DRAINAGE



50 MIN. | €85

GENTLE MASSAGE WITH PUMPING TECHNIQUES TO STIMULATE VENOUS AND LYMPHATIC RETURN. ELIMINATING TOXINS FROM THE BODY. SUITABLE FOR PERSON WHO SUFFER FROM FLUID RETENTION AND TIRED LEGS. AN ESSENTIAL PART OF WEIGHT LOSS AND ANTI-CELLULITE TREATMENTS.

## REFLEXOLOGY



25 MIN. | €53 50 MIN. | €83

RELAXING MESSAGE OF THE SOLE OF THE FEET. A DELICATE MESSAGE OF STRATEGIC POINTS RELATED TO OUR ORGANISM FINGER PRESSURE GIVES A COMPLETE FEELING OF WELLNESS.



# PREMIER RITUALS

INNOVATIVE BODY TREATMENTS THAT DRAW INSPIRATION FROM THE BENEFITS OF THE SEA, NATURE AND LUXURY, GUARANTEERING INCREDIBLE RESULTS ON THE SKIN AND ABSOLUTE PLEASURE FOR THE SENSES.

## SILK RITUAL



80 MIN. | €125

A SUBLIME FACE AND BODY THERAPY TO ACHIEVE ABSOLUTE WELLNESS. THE THERAPY BEGINS WITH A MYSTICAL EXFOLIATION WITH FINE SHELLS OF SPICES AND POPPY SEEDS, FOLLOWED BY A SILK WRAP AND AN EXCLUSIVE FACE AND BODY MASSAGE TO IMMEDIATELY MAKE YOUR SKIN FEEL COMFORTABLE.

## VITAMIN C + SUPREME RITUAL



50 MIN. | €112

A FIRING TREATMENT WITH GREAT NOURISHING POWER THAT REJUVENATES THE SKIN. VITAMIN C+ FIRMS UP THE SKIN BY ACTIVATING COLLAGEN PRODUCTION. THIS EXUBERANT RITUAL INVOLVES EXFOLIATION WITH ORANGE SKIN PARTICLES TOGETHER WITH A CREAMY NOURISHING WRAP AND A MASSAGE.

## LITHO SENSATION RITUAL



50 MIN. | €99

A LUXURY ANTI-AGEING REMINERALISING TREATMENT WITH PRECIOUS STONES. A RELAXATION AND BEAUTY CURE THAT REMOVES SIGNS OF TIREDNESS AND GLAMOROUSLY ILLUMINATES THE SKIN. THANKS TO DELICATE EXFOLIATION AND A DELICIOUS MASSAGE THAT COVERS THE SKIN WITH DELICATE LUMINOUS MICRO-PIGMENTS.

## BAMBOO & JEJU RITUAL



50 MIN. | €95

AN EXFOLIATION AND DETOX MESSAGE RITUAL WITH MULTIPLE ANTIOXIDANTS THAT TRANSPORTS YOU TO THE ISLAND OF JEJU, INEBRIATING YOUR BODY WITH JEJU'S MYSTERIOUS HYDRATING WATER, LOADED WITH MINERALS TO PROTECT THE HEALTH OF YOUR SKIN.

# BEAUTY

## AESTHETICS

- MANICURE | €40
- PEDICURE | €50
- UVA RAYS | €13

## ACCESORIES

- SANDALS | €6
- CAVA+ CHOCOLATES | €15
- BALANCE CONCEPT
- ZEN ATTITUDE | €18

## HAIR REMOVAL

- HALF LEG | €30
- FULL LEG | €55
- BIKINI | €30
- ARMPITS | €15

## HAIRDRESSING

- WASH AND BLOW DRY | FROM €29
- LADY'S CUT | €30
- GENTLEMAN'S CUT | €25
- COLOUR | FROM €35
- LOTIONS | €4

# BEAUTY

GERMAINE DE CAPUCCINI DESIGNS ADVANCED FACIAL TREATMENTS FOR ALL SKIN TYPES BY COMBINING EXQUISITE PROTOCOLS. SKIN SOLUTIONS WITH THE LATEST COSMETIC TECHNOLOGY, GIVING YOU A BEAUTIFUL YOUTHFUL SHEEN.



## PREMIER CELLULAR ANTI-AGEING

80 MIN. | €135

HIGHLY FIRING ANTI-AGEING TREATMENT. THE DEEPEST WRINKLES DISAPPEAR THANKS TO THE APPLICATION OF PRODUCTS WITH HIGHLY CONCENTRATED ACTIVE INGREDIENTS. AN OPTIMAL "SKIN ARCHITECTURE". THE VISIBLE SIGNS OF AGEING AND SKIN FATIGUE DISAPPEAR.

## BE EXPRESSIVE LIFT (IN)

50 MIN. | €125

THE REINVENTION OF COSMETIC LIFTING ACHIEVES RESULTS THROUGH THREE REJUVENATION VECTORS: LIFTING, FILLING AND TIGHTENING. INNOVATIVE V-MATRIX TECHNOLOGY, HIGH PERFORMANCE COMPLEX THAT STIMULATES SYNTHESIS AND RESTRUCTURES THE SKIN MATRIX. FIRMNES IS RESTORED FROM THE INSIDE, CREATING A LIFTING EFFECT ON THE SURFACE.

top hit!

## VIT C+C FLASH EFFECT

50 MIN. | €120

FOR HIM & HER. ILLUMINATING FLASH EFFECT TREATMENT. VITAMIN C+ C FIRMS UP THE SKIN BY ACTIVATING COLLAGEN PRODUCTION. ITS COMPLEX RANGE OF HIGHLY EFFECTIVE ACTIVE INGREDIENTS IMMEDIATELY ACHIEVES SKIN RESPLENDENT OF YOUTH. FAVOURS A BEAUTIFUL TAN.

## OXYGEN O2

50 MIN. | €120

A POWERFUL POLLUTION SHIELD SO THAT YOUR SKIN CAN WITHSTAND FAST-PACED CITY LIFE. THIS ANTI-POLLUTION OXYGENATING SHOCK CURE PREVENTS AND FIGHTS AGAINST AGEING WHILE BOLSTERING THE SKIN'S DEFENCES. IT TRANSFORMS THE COMPLEXION; ONCE OXYGENATED, DETOXIFIED, STRENGTHENED AND REGENERATED IT LOOKS RADIANT AND IMMEDIATELY BECOMES MUCH HEALTHIER.

## GLOBAL ANTI AGE ON

50 MIN. | €118

REVOLUTIONARY ALL-ROUND ANTI-AGEING TREATMENT THAT ADAPTS TO YOUR SKIN'S HISTORY TO SLOW DOWN THE AGEING PROCESS. EPIGENOL, EXTRACTED FROM THE MARIGOLD FLOWER, REVERSES THE AGEING PROCESS AND ACTS AS A SWITCH TO TURN "ON" THE GENES THAT HAVE BEEN TURNED OFF BY CERTAIN EPIGENETIC FACTORS. AN INTENSIVE CURE WITH A SKIN DENSITY AND HYDRATION EFFECT.

## KIREI SUBLIME

50 MIN. | €79

A SOPHISTICATED EXPERIENCE BASED ON A BEAUTY RITUAL THAT DRAWS INSPIRATION FROM JAPANESE FACIAL MASSAGES. A PERFECT COMBINATION OF ACTIVE INGREDIENTS IN THE PRODUCTS AND MASSAGE MOVEMENTS TO ACHIEVE A FANTASTIC DRAINING EFFECT AND TO PREVENT YOUR SKIN FROM AGEING.

## INDIBA CELLULAR

25 MIN. | €50

REGENERATES, HYDRATES AND RENEWS YOUR SKIN WITH A THERAPEUTIC DIATHERMY EFFECT THAT LOCALLY RAISES YOUR SKIN'S INTERNAL TEMPERATURE. ITS EFFECTS DEEPLY TREAT WRINKLES AND FLACCIDITY, FACILITATING HYDRATION.

\* INDIBA + MASK 50MIN. €75.  
\* BASIC FACIAL PURITY + INDIBA 80MIN. €110.

## PURIFYING FACIAL

50 MIN. | €70

FOR HIM & HER. ESSENTIAL FACIAL CARE TO DEEPLY CLEANSE IMPURITIES FROM THE SKIN (SPOTS AND BLACKHEADS). PREPARES THE SKIN FOR ITS DAILY TREATMENTS.

## BOOKINGS

SPA BY GERMAINE DE CAPUCCINI STAFF WILL HELP YOU TO OPTIMISE YOUR VISIT BY RECOMMENDING THE PERFECT EXPERIENCE AND BOOKING AN APPOINTMENT. PLEASE BOOK IN ADVANCE BY PHONE, OVER THE INTERNET OR IN PERSON AT THE SPA RECEPTION, PARTICULARLY IF YOU REQUIRE MULTIPLE APPOINTMENTS THROUGHOUT YOUR STAY.

## PEACE AND QUIET

PEACE AND QUIET ARE AN ESSENTIAL PART OF ENJOYING RELAXING MOMENTS AT THE SPA WE RECOMMEND SPEAKING QUIETLY AND KEEPING YOUR PHONE ON SILENT IN YOUR LOCKER TO MAKE SURE THAT EVERYONE GETS THE REST THEY DESERVE.

## COURTESY AND RESPECT

SPAS ARE PLACES FOR RELAXATION AND WELLNESS, SO IT IS FORBIDDEN TO ENTER THE CHANGING ROOMS WITH LUGGAGE AS THIS CAN DISTURB OTHER GUESTS. PLEASE SHOWER BEFORE ENTERING THE SWIMMING POOLS, SAUNA AND STEAM BATH, AND PLEASE USE A TOWEL WE RECOMMEND A WARM SHOWER FOLLOWED BY A COLD SHOWER AFTER LEAVING THE SAUNA AND STEAM BATH. PLEASE ALSO BEHAVE IN A CORRECT AND DECENT MANNER.

## CONTRAINDICATIONS

WE DO NOT RECOMMEND USE OF THE WET AREA IF YOU SUFFER FROM AN INFECTIOUS SKIN DISEASE, CARDIOVASCULAR DISEASE. IF YOU'VE RECENTLY SUFFERED A HEART ATTACK, HIGH BLOOD PRESSURE OR SEVERE HIGH BLOOD PRESSURE, FEVER, OTHER ILLNESSES OR IF YOU GENERALLY FEEL UNWELL. PLEASE ASK OUR STAFF ABOUT THE REST OF THE TREATMENTS. IF YOU ARE PREGNANT, CONSULT WITH YOUR DOCTOR AND INFORM OUR SPA PERSONNEL WHEN YOU MAKE A BOOKING.

## HAIR REMOVAL

HAIR REMOVAL TREATMENTS SHOULD BE DONE BEFORE ENJOYING THE WET AREA. IF YOU HAVEN'T BEEN EXPOSED TO THE SUN FOR A LONG PERIOD OF TIME, PLEASE ASK THE SPA STAFF FOR DETAILS.

## SHAVING

FOR A PERFECT RESULT IT IS ADVISABLE TO SHAVE TWO HOURS BEFORE THE TREATMENT.

## SPA BOUTIQUE

IF YOU WANT TO CONTINUE YOUR SPA EXPERIENCE AT HOME, ALL OF THE PRODUCTS USED IN OUR TREATMENTS ARE AVAILABLE AT OUR SPA BOUTIQUE SALE OF SUN PROTECTION PRODUCTS

## SPA GIFT

IF YOU WANT TO CONTINUE YOUR TREATMENT AT HOME, YOU CAN BUY THE PRODUCTS AT RECEPTION. PLEASE ASK OUR STAFF FOR DETAILS.

## PARKING

TWO HOURS OF FREE CAR PARKING IN THE HOTEL'S GARAGE (SUBJECT TO AVAILABILITY).

## OPENING HOURS

OPENING HOURS DEPEND ON THE SEASON. PLEASE ASK AT THE SPA. LAST ENTRANCE TO THE WET AREA 60 MINUTES BEFORE CLOSING TIME. PLEASE LEAVE THE WET AREA 15 MINUTES BEFORE CLOSING TIME.

## CANCELLATION POLICY

CHANGES AND MODIFICATIONS ARE FREE OF CHARGE IF THEY ARE MADE AT LEAST 4 HOURS BEFORE YOUR APPOINTMENT. 100% OF THE BOOKING PRICE WILL BE CHARGED FOR CHANGES OR MODIFICATIONS WITHIN 4 HOURS, OR IN THE EVENT OF A NO-SHOW.

LIKEWISE, IT IS NOT POSSIBLE TO RESCHEDULE TREATMENT IF YOU ARRIVE LATE.

THE SERVICE TIME WILL BE REDUCED IN THIS CASE. IF THE TIME OF THE TREATMENT CANNOT BE REDUCED, THE APPOINTMENT WILL BE CANCELLED AS PER THE CANCELLATION POLICY. CANCELLATIONS ARE ONLY ACCEPTED AT THE SPA RECEPTION.

## ARRIVAL

WE RECOMMEND ARRIVING 30 MINUTES BEFORE YOUR BOOKING TIME, TO AVOID POSSIBLE DELAYS.

## WHAT SHOULD I WEAR TO USE THE WET AREA?

A BATHING SUIT AND PLASTIC SANDALS MUST BE USED (ON SALE AT THE SPA RECEPTION), FREE TOWEL AND BATHROBE SERVICE.

## WHERE CAN I CHANGE?

WE HAVE CHANGING ROOMS FOR CHANGING BEFORE ENTERING THE SPA, AS WELL AS SHOWERS AND HAIR DRYERS.

## WHERE DO I PUT MY BELONGINGS?

WE HAVE FREE PERSONAL LOCKERS. THE CENTRE ASSUMES NO LIABILITY FOR ANY POSSIBLE LOSSES OR BREAKAGE OF ITEMS. WE DO NOT RECOMMEND WEARING ANY TYPE OF JEWELLERY IN THE SPA OR TO ANY OF THE TREATMENT SESSIONS.

# SPA

by



# IT'S TIME TO RELAX

# A

AMARE  
MARBELLA  
BEACH HOTEL

SPA  
GERMAINE DE CAPUCCINI

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