

# 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	Intense. Energising. Inspire.	
• Indian Floral	Aromatic. Relaxing. De-stress.	
• Mexican Mineral	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		
ORIENTAL SENSES	75 min.	€ 120
Soothing body scrub with Indian spices		
Chakra balancing with essential oils		
Relaxing pressure points Thai massage		

# la manga club packages

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

<b>GOLFER'S TONIC</b> Refreshing hydrotherapy bath Balancing reflexology foot massage Deep tissue massage	2 h. 15 min.	€ 170
<b>CLUB HOUSE</b> Uplifting hydrotherapy bath Soothing full body massage Deep cleansing facial	2½ hours	€ 185
<b>RESORT RETREAT</b> Hydrating hydrotherapy soak Indulgent 60-minute massage Spa manicure and pedicure	3 hours	€ 220
<b>ULTIMATE SPA EXPERIENCE</b> Luxurious lavender kur Super effective vitamin c facial	2½ hours	€ 260
<b>RESORT BLISS</b> Indulgent aroma kur Blissful 80-minute massage Glamorous 80-minute facial Spa manicure and pedicure	4 h. 15 min.	€ 380

## 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.

# body treatments

<b>SAPPHIRE THERMAL</b> Stimulating exfoliation with thermal salts Calming sapphire body wrap Revitalizing body massage	75 min.	€ 120
<b>VITAMIN C</b> Antioxidant vitamin c scrub Detoxifying full body wrap Firming full body massage	75 min.	€ 120
<b>CHOCOTHERAPY</b> Stimulating full body exfoliation Invigorating body wrap Firming and energising massage	75 min.	€ 140
<b>SAMEZEN RITUAL</b> Stimulating full body exfoliation Warming herbal bath Soothing hot stone massage	80 min.	€ 140
<b>LAVENDER EXPERIENCE</b> Revitalising full body scrub Therapeutic lavender bath Calming full-body massage with lavender oil	100 min.	€ 160

# massages

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

AROMATHERAPY	Calming. Indulgent. Harmonious.	30 min.	€ 70
		45 min.	€ 80
		60 min.	€ 95
SWEDISH	Soothing. Rejuvenating. Classic.	30 min.	€ 65
		45 min.	€ 75
		60 min.	€ 90
DEEP TISSUE	Therapeutic. Firm. Intense.	60 min.	€ 98
		75 min.	€ 115
LAVENDER SIGNATURE	Relaxing. Pampering. Aromatic.	75 min.	€ 120
SCALP MASSAGE	Relaxing. De-stress. Fragrant.	30 min.	€ 70
PREGNANCY	Comforting. Nurturing. Calm.	45 min.	€ 75
REFLEXOLOGY	Ancient. Balancing. Oriental.	45 min.	€ 80
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
The Cure	Regenerating. Firming. Oriental.	60 min.	€ 110
Inhibit	Age-defying. Lifting. Relax.	75 min.	€ 130
Diamond	Healing. Regenerative. Energise.	75 min.	€ 150

## 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
Eye treatment	Relaxing. Firming. Aromatic.	45 min.	€ 85

# body scrubs

Bamboo	Revitalising. Smoothing. Calming.	30 min.	€ 60
Citrus	Antioxidant. Firming. Aromatic.	30 min.	€ 60
Honey	Relaxing. Softening. Sweet.	30 min.	€ 60
Mineral	Invigorating. Fresh. Anti-fatigue.	30 min.	€ 50
Indian	Moisturizing. Softening. Relaxing.	30 min.	€ 50

All those scrubs included an application body cream.

# 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		
THERAPEUTIC MAR MENOR MUD TREATMENT	45 min.	€ 90
Detoxifying full body warm mud wrap		
Regenerative facial masque		
Remineralising moisture cream		
MARINE ANTI-CELLULITE TREATMENT	75 min.	€ 120
Localised thermo-reducing mud wrap		
Toning and firming anti-cellulite massage		

## water therapies

Thermal Salt Bath	Warming. Restorative. Fragrant.	30 min.	€ 45
Spa Relaxing Bath	Revitalising. Stimulating. Refresh.	30 min.	€ 45

## nail services

Polish change	15 min.	€ 20
Teenager nails	30 min.	€ 35
Basic manicure / pedicure	30 / 45 min.	€ 40 / € 50
French manicure / pedicure	45 / 60 min.	€ 45 / € 55
Deluxe manicure / pedicure	45 / 60 min.	€ 50 / € 60

## 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	45 min.	€ 70
Make-up application	45 min.	€ 45
EyeLash or Eyebrow tint	15 min.	€ 18
EyeLash & Eyebrow tint	30 min.	€ 30
Eyebrow shaping	15 min.	€ 12

# 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](mailto: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

Your well-being is of paramount importance to us. As such, 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

To get the most out of your spa experience, 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 etiquette and advice

## Spa attire

There are ample changing facilities at the spa, so you can arrive wearing your normal clothes. Please note that swimsuits must be worn in all public areas, including the unisex saunas, steam rooms, jacuzzis and indoor pool.

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.

## 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.

## Spa environment

Spa time is all about relaxing and forgetting about day-to-day concerns. Your co-operation in helping provide a quiet, relaxing environment by switching off your mobile phone or pager is greatly appreciated.

### 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.

### Changes and cancellations

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.

### Payment

We accept all major credit cards and cash. If you are staying at Hotel La Manga Club Principe Felipe or Las Lomas Village you may also charge spa services to your room account.

### Gratuities

If you were pleased with the services you received, please feel free to leave a gratuity, which will be distributed to the spa staff who attended you.

### Gift certificates

Spa La Manga Club Gift Certificates can be purchased for a specific service or to the value of your choice and are redeemable against services or purchases in our Spa Boutique.

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](http://www.spa.lamangaclub.com).

Spa La Manga Club. November 2011.



**SPA**  
LA MANGA CLUB

30389 La Manga Club, Cartagena, Murcia, Spain  
TELEPHONE +34 968 33 8101 FACSIMILE +34 968 33 8057  
[www.spa.lamangaclub.com](http://www.spa.lamangaclub.com)