

## Wellness Centre information

Club La Santa is proud to welcome you into our Wellness Centre. Here, you can revitalize your body and mind in a beautiful and calm atmosphere. It can be the perfect way to prepare yourself for the day ahead, or a way to relax and rejuvenate at the end of a long day of activities at Club La Santa.

## Contact

If you have any questions or would like to book a treatment, please visit the Wellness Centre Reception or call us on ext. 4460.

## We have two ways to indulge

**In our Spa:** Hydrotherapy Bath / Jacuzzi / Cold Dip and Shower / Steam bath / Saunas  
**Manual Treatments:** Physiotherapy/ Sports therapy  
 Massage (Sports, Relax, Lymphatic Drainage, Head, Neck & Shoulder, Shiatsu Massage, Foot Reflexology, Bamboo Cane Massage)  
 Beauty Treatments and Facials

## The Spa

There is no need to book in advance, please see entry fee below.

|                           |                                                                                         |                       |             |
|---------------------------|-----------------------------------------------------------------------------------------|-----------------------|-------------|
| Daily opening hours:      | <b>09:00-20:00</b>                                                                      | <b>Prices in Euro</b> |             |
| Entrance Fee:             | <b>09:00-15:00</b>                                                                      |                       | <b>9</b>    |
|                           | <b>15:00-20:00</b>                                                                      |                       | <b>13</b>   |
|                           | <b>3 x Spa access during 1 week (same person)</b>                                       |                       | <b>26</b>   |
|                           | <b>Summer Offer 1 Week all day Spa access (same person)</b>                             |                       | <b>35</b>   |
| Family Day (Tue-Wed-Thu): | <b>10:00-13:00</b> (adults with children over the age of 5 - max. 3 children per adult) |                       | <b>9(5)</b> |

## What to bring

Swimming costume  
 Drinking water, towel, shampoo, shower gel are provided inside the Spa.

## It is obligatory to

Shower before you use any of the facilities.  
 Wear a swimming costume inside the Spa, nudity is not permitted.  
 Wear the slippers provided. You cannot wear your own slippers inside the Spa.

## Precautions

Pregnancy, diabetes, heart and circulatory problems, high or low blood pressure. If you have, or think you may have, any of the above conditions, please consult a doctor before you enter the Spa.

## For sports people

The use of hot and cold water immersion is an increasingly popular method to aid recovery after sport. Lactic acid levels return to resting much faster than with active or passive recovery, leaving your muscles feeling lighter, less tight and less sore.

To achieve the best results, guidelines suggest a hot and cold plunge pool routine consisting of 3-4 minutes in hot water between 30-40°C, followed by 30-60 seconds in cold water between 10-12°C. This should be repeated a minimum of 3 times.

## Bookings and cancellations

Bookings and payments are made in the Reception of the Wellness Centre.  
 Payments have to be made upon booking.

Any change or cancellation must be made a minimum of 3 hours prior to the appointment in order to receive a full refund. If you make a cancellation or change after this time, or fail to arrive, the Wellness Centre reserves the right to retain the full amount for the treatment.

## Rules and advice

The Spa is a place of tranquillity and relaxation please respect that this is a quiet area and maintain a subdued tone.

To ensure a relaxing experience, children under 12 are only permitted entrance to the Spa on Family Day. Children aged 12-18 are only permitted entrance in the Spa accompanied by a parent (max. 3 children per adult). To maintain a calm ambiance, the Spa is limited to a maximum of 30 persons. Please be respectful of this if the receptionist asks you to come back later.

Please be aware that we cannot accommodate large groups. A maximum of 10 people from the same group can enter at any given time to allow other guests to use the facilities.

Jumping into the pools, shouting, smoking, consumption of alcohol, mobile phones, cameras and jewellery are not allowed.

Lockers are provided for your convenience, please use them. Club La Santa cannot be held responsible for any loss or theft of valuables.

**Any person who does not comply with these rules will be asked to leave the Spa**



# WELLNESS

## PHYSIOTHERAPY & SPORTS THERAPY

Join one of our experienced therapists to prevent or treat injuries, postural problem, and advice on stretching, rehabilitation. Ultrasounds and laser equipment available for treatments.

**Assessment, diagnosis & treatment** 50 mins 62€

**Assessment, diagnosis & treatment** 25 mins 38€

**Physiotherapy programme** 3 sessions within 1 week 124,20€  
Assessment and diagnosis (1st session 25min), Manual therapy (2nd session 25 min), an individual training programme, the therapist guides you through the exercises in the Fitness Center (3rd session 45min)

**Mobilization under warm water** 40 mins (including entry in the spa) 39€  
Session in the warm water, active and passive movement under the water, softens the joint, muscles and tendon. Excellent for rehabilitation post-surgery, sport injuries, frozen shoulder.

**Physio package** 3 sessions 25 mins 102,60€

**Gym based physiotherapy instruction** 45 mins 62€  
Session in the Fitness Center with one of our experienced physiotherapist to prevent injury, strengthen the body or to rehabilitate an existing injury: Detailed programme will be delivery.

## MASSAGE (min. age is 15 years)

**Sport massage** 50 mins/25 mins 33€ / 57€  
Deep tissue massage, recommended if you feel general muscle fatigue or soreness as a result of training.

**Aromatherapy Relax** 50 mins/25 mins 33€ / 57€  
Relaxing massage using essential oil, relieving stress, physical, mental and emotional tension.

**Head, neck and shoulder Massage** 25mins 33€  
Relaxing massage focus on your upper back, targets all the places you hold the most tension. Also helpful for those who suffer chronic neck pain, sinus problem.

**Manual lymph Drainage** 40 mins/70 mins 57€ / 69€  
Rhythmic soft movement to stimulate the lymphatic system. Increases the circulation and eliminates fluid retention. Excellent for Edema/swelling, post-surgery problem due to fluid retention.

**Aloe Vera Massage** 50 mins 57€  
Ideal for sun-exposed skin, this relaxing massage will use the properties of the Aloe Vera plant to hydrate, nourish the skin, whilst activating the natural healing process for a healthy glow.

## RITUAL FROM LANZAROTE

A combination of health, relaxation and beauty from Lanzarote, for our "face and body treatments" we are using quality products from Lanzarote and BIO cosmetics by Dulkamara.

**Wine therapy body treatment** 70 mins 76€  
A peculiar treatment that uses the therapeutic properties of the "nectar of the gods". This relaxing treatment stimulates circulation and detoxes the skin of the face and of the body using grape seed and grape seed oil to smooth the skin and fight free radicals. Enjoy a glass of wine "de la casa" at El Lago afterwards.

**Massage for children** 25 mins 33€  
(from 8 year old - accompanied by a parent)  
A calming, gentle body massage with Aloe Vera or Almond oil, a wonderful way to help your kids relax.

**Shiatsu** 55 mins 69€  
Japanese finger-pressure massage, balances the flow of the energy using theories from the traditional Chinese medicine. Reduce stress, helps back pain, headaches, and calms the nervous system. Please wear long sleeved/legged comfortable clothes.

**Foot Reflexology** 45 mins 59€  
By applying pressure on the reflex points of the feet that correspond to each area of the body, you will achieve an intensive relaxation of the body and the spirit.

**Hot Stone Massage** 70 mins 72€  
A soft massage where the therapist uses smooth, headed volcanic stones as an extension of their own hands. The sedative effect promote deep relaxation.

**Bamboo cane massage** 50 mins 65€  
This pleasant pressure and percussion technique with bamboo canes is a unique new way to relax tight muscles, release stress and tension and to oxygenate your tissues.

**Aloe Vera body treatment** 70 mins 75€  
Pamper your whole body with Aloe Vera. Aloe Vera has shown to have important healing properties, besides being an effective and incredible cosmetic product. It is a gentle body treatment, which refreshes and calms the inconvenience of sunburn.

## BIO Bamboo body treatment 80 mins

A different concept to take care about the skin with the principal organic active products like silica and oligo elements which are in the natural composition of the skin.

This is a full body wellness treatment:

with the combination of phyto ingredients it helps eliminate toxins and excess water, gives your skin softness and radiance, and relaxes your entire being. A rejuvenating moment of sensorial pleasure!



85€

## FACIALS

Great skin care is essential for all ages and all kind of skin condition. That is why we are offering a variety of treatment customized to each individual's need. You can be assured of a specialized beauty therapist with any of the facials you choose, with a high quality products:

Phytomer based on sea marine products, a pioneer in marine biotechnology, more effective, more sensorial and environmentally-engaged. A scientific breakthrough for a new generation of skincare.

Dulkamara , BIO cosmetics based on bamboo extracts,100% organic brand, the highest purity that respects your health and environment.

**Mini facial** 25 mins 35€  
A flash treatment, deep moisturizing of the face.

**Bamboo lifting by Dulkamara** 25 mins 49€  
BIO lifting with a fast and lasting effect.

**BIO Active by Dulkamara** 55 mins 89€  
Sensorial organic & detox treatment, let your thoughts drift away while the active principles of bamboo help restore vitality & smoothness of your skin.

**Hydra Blue treatment (dry/combo skin)** 55 mins 59€  
A moisturizing bath for the skin with a deep purification

**Dulzura Marina treatment (sensitive, intolerant skin)** 55 mins 59€  
A calming and soothing treatment with deep purification

**Youth Pioneer treatment (mature skin)** 55 mins 65€  
A youth revealing treatment. Gives maximum anti-aging results.

**Eye Perfection treatment (eye contour)** 30 mins 40€  
A radiance smoothing eye contour treatment.



## BEAUTY CARE

### Manicure

**Polish** approx.10 mins 10€

**File & polish** approx. 20 mins 15€

### Pedicure

**Polish** approx. 10 mins 10€

**File and polish** approx. 20 mins 15€

**Pedicure** approx. 30 mins 30€

**Luxury pedicure** approx. 50 mins 49€

**Sport pedicure** approx. 50 mins 49€

### Combi

**Hands and Feet** approx. 140 mins 89€



**Manicure** approx. 25mins 25€

**Luxury manicure** approx. 50 mins 49€

### Wax

**Full legs** 35€

**Half legs** 25€

**Armpits** 10€

**Bikini Zone** 20€

**Back** 25€

**Eyebrow or Eyelash tint** 15€

**Eyebrow shape** 10€