

spa la manga club

Spa La Manga Club

La Manga Club, 30385 Los Belones, Cartagena, Murcia, Spain

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www.spa.lamangaclub.com



HYATT PURE
SANITAS PER AQUAS

menu of spa services

Relish life's simple pleasures. Surrender yourself to relaxation.
Indulge your senses.

hyatt pure

a collection of over forty extraordinary spas, ranging from urban to resort in setting. Each spa is custom designed to embrace the local environment and culture to provide an authentic indigenous spa experience. Returning to the true definition of spa, “sanitas per aquas”, Latin for “healing by waters”, treatments and services incorporate the principles of hydrating the body to promote wellness and renewal.

hyattpure.com

You need to get away... away from the demands of work, of family, of everyday existence.

At Spa La Manga Club you will find a haven of peace and tranquillity, a place where your body is pampered and your senses indulged, a space where your time is your own.

Give your body and mind the space they deserve.

Nurture, luxuriate and cherish.

Rediscover your well-being.

experiences of nature

Our luxury collection by Natura Bissé: An exquisite selection of holistic treatments inspired by ancestral traditions from around the globe.

HOLISTIC SPA RITUALS

Smoothing honey scrub and relaxing oligo mist

Purification through hot and cold clay wraps

Sensorial pressure point massage

Holistic well-being massage (lomi juma, floral or mineral)

Revitalising herbal tea

lomi juma	Hawaiian. Energising. Inspire.	120 min.	€ 180
floral	Indian. Relaxing. De-stress.	120 min.	€ 180
mineral	Mexican. Purifying. Renew.	120 min.	€ 180

DELUXE FACIALS

Ultra-effective facial programmes with immediate results

oxygen	Clarifying. Reviving. Breathe.	60 min.	€ 110
diamond	Healing. Regenerative. Energise.	90 min.	€ 150
inhibit	Age-defying. Firming. Classic.	90 min.	€ 140

in order to be able to satisfy your preferences, we recommend that you book your treatments well in advance

experiences of the costa cálida

Warm, sun-kissed and utterly blissful.

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

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		

SUITE SENSATIONS

Our deluxe, personal spa suites provide the perfect retreat, where you can enjoy a single treatment or surrender yourself to a half day or full day of head-to-toe indulgence.

suite supplement	30 min.	€ 45
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why not relax and enjoy our spa facilities before your treatment - be sure to arrive 30 minutes or more before your scheduled appointment time

experiences of la manga club

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 Relaxing aromatherapy massage	2½ hours	€ 170
club house Uplifting hydrotherapy bath Soothing full body massage Refreshing facial	2½ hours	€ 185
resort retreat Hydrating hydrotherapy soak Indulgent 60-minute massage Deluxe manicure and pedicure	3 hours	€ 220
ultimate spa experience Luxurious lavender kur Ultra-effective caviar facial	3 hours	€ 260
resort bliss Indulgent aroma kur Blissful 80-minute massage Glamorous 80-minute facial Deluxe manicure and pedicure	5 hours	€ 380

kurs & rituals

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

thalasso kur Anti-oxidant spirulina body wrap Detoxifying sea salt bath Marine firming body cream	80 min.	€ 120
thermal mineral kur Detoxifying organic mud wrap Remineralising thermal mineral bath Balancing full body massage	100 min.	€ 160
lavender kur Gentle camomile body scrub Therapeutic lavender bath Calming full-body massage with lavender oil	100 min.	€ 160
samezen ritual Stimulating full-body exfoliation Warming herbal bath Soothing hot stone massage	80 min.	€ 140

surprise that special someone with a Spa La Manga Club gift certificate
certificates are available for a specific value or your chosen spa experience

classic

Indulgent and beneficial. Sensory, revitalising, relaxing.
Classic therapies that will leave you feeling like new.

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
caviar	Regenerative. Authentic. Glow.	80 min.	€ 135

WATER THERAPIES

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

BODY TREATMENTS

honey pressure point massage	Relaxing. Moisturising. Sweet.	60 min.	€ 115
chocotherapy	Invigorating. Exfoliating. Bliss.	75 min.	€ 140
spa therapy gold	Nourishing. Anti-oxidant. Golden.	60 min.	€ 120
spa therapy pearl	Softening. Hydrating. Shimmer.	90 min.	€ 180

BODY SCRUBS

camomile	Calming. Gentle. Soothe.	30 min.	€ 60
turkish salt	Stimulating. Purifying. Invigorate.	30 min.	€ 60

MASSAGE

swedish	Soothing. Rejuvenating. Classic.	30 min.	€ 65
		60 min.	€ 90
		75 min.	€ 105
deep tissue	Therapeutic. Firm. Intense.	60 min.	€ 98
		75 min.	€ 115
vichy	Revitalising. Invigorating. Fresh.	30 min.	€ 65
pregnancy	Comforting. Nurturing. Calm.	45 min.	€ 75
reflexology foot massage	Ancient. Balancing. Oriental.	45 min.	€ 80
lavender	Relaxing. Pampering. Aromatic.	75 min.	€ 120

hair salon

CUTTING & STYLE

blow dry	short hair	€ 15
	long hair	€ 25
cut and blow dry	short hair	€ 30
	long hair	€ 45
conditioning treatment (with head massage)		€ 12
hair up		price on request
wedding styling		price on request

GENTLEMEN

barbers 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

visit our spa boutique for an indulgent selection of spa products
and pampering gift ideas

enhancements

FINISHING TOUCHES

st. tropez tanning	60 min.	€ 80
make-up application	approx. 30 min.	€ 55
lash or eyebrow tint	15 min.	€ 25
eyebrow shaping	15 min.	€ 25

NAIL SERVICES

polish change	15 min.	€ 25
basic manicure / pedicure	30 / 45 min.	€ 50 / € 60
french manicure / pedicure	45 / 60 min.	€ 55 / € 65
deluxe manicure / pedicure	45 / 60 min.	€ 60 / € 70
deluxe french manicure / pedicure	60 / 75 min.	€ 65 / € 75

WAXING

half / full leg	30 / 45 min.	€ 28 / € 38
eyebrows, lip or chin	15 min.	€ 18
bikini or underarm	15 min.	€ 20
arms	30 min.	€ 28
brazilian	30 min.	€ 30
chest or back	30 min.	€ 35
full leg, brazilian, underarm & brows	90 min.	€ 90

spa etiquette and advice

spa la manga club hours of operation

08:00 to 21:00 hrs, 7 days a week.

appointments

Telephone: +34 968 33 8101; Resort ext. 6100

E-mail: spa@lamangaclub.com

If you have got a booking at the hotel, please contact our reservation centre.

Telephone: +34 968 17 5577. Fax: +34 968 33 1277. Email: reserve@lamangaclub.com

We recommend you book well in advance to avoid disappointment.

Please arrive 30 minutes prior to your appointment to prepare for your spa experience. Late arrival will reduce the time available for your treatment, lessening its effectiveness and your enjoyment.

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.

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.

payment

In order to reserve your appointment we ask for a credit card number at the time of booking. If you are staying at Hyatt Regency La Manga or Hyatt Las Lomas Village, you may charge spa services to your room account. We accept all major credit cards and cash.

spa etiquette and advice

spa environment

In order to provide a quiet, relaxing environment, we ask that you refrain from using mobile phones in the changing rooms, spa areas and fitness centre. Should you need to use your phone for any reason, you may do so in the lobby area.

spa attire

There are ample changing facilities at the spa, so you can arrive wearing your normal clothes. 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, whirlpool spas and indoor pool and that a swimming cap is required by law for all users of 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 guestroom. 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 an adult accompanies them. 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.

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 to you.

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.

gift certificates

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.
Spa La Manga Club. December 2006.