



Renew Your Energy

welcome to our wellness centre, an experience designed to bring balance to body, mind and soul. our professional team offer a wide range of sports and holistic treatments. using exclusive and organic products we ensure a safe and natural beauty, that respects both the skin and the environment.

PHYSIOTHERAPY SUSPENDED FOR THE TIME BEING

we help you to restore, maintain and maximise their physical strength, function, motion, and overall well-being by addressing the underlying physical issues. treatment methods include: manual therapy, dry needling, therapeutic exercise, and electrotherapy.

Physio First visit50 min: € 72.00

Pelvic floor assessment

preconception, pregnancy, postpartum, menopause or any other pelvic floor disfunction

Pelvic Floor first visit75 min: € 99.00

Psychoneuroimmunology (cPNI)

also referred to as

psychoendoneuroendocrinoimmunology (pnei), is the study of the interaction between psychological processes and the endocrine (hormones), nervous and immune systems of the human body. aimed for people with chronic pain, immune system diseases and other conditions.

PNI first visit75 min: € 99.00

Follow up25 min: € 45.00
50 min: € 72.00
75 min: € 99.00

Physio in the Gym45 min: € 62.00

therapeutic exercise in the fitness center.

before or after a surgery and to recover from injuries. you will have a personalized program.

MASSAGES

Wellness massage25 min: € 37.00
relaxing massage relieving stress, and 50 min: € 64.00
physical, mental and emotional tensions.

Head, neck and shoulder massage25 min: € 37.00
gentle massage focusing on your upper back, providing a welcome relief from built-up tension.

Aloe vera massage50 min: € 64.00
gentle massage for sun-exposed skin, harnessing the healing properties of the aloe vera plant

Targeted massage20 min: € 33.00
a massage to treat localised tension.

Deep Tissue massage50 min: € 66.00
deep tissue massage to treat sore areas
and muscle contracture, with the option of
stretch movement therapy.

Children's massage25 min: € 37.00
relaxing massage for children from 8 years
old, accompanied by a parent.

Hot stone massage70 min: € 85.00
a soft massage using smooth, heated
volcanic stones to produce a soothing
effect and promote deep relaxation.

Bamboo cane massage50 min: € 68.00
a bamboo cane massage relaxes and
soothes the body, releasing tensions with
medium pressure and percussion
techniques to oxygenate tissue.

Mother-to-be careful massage25 min: € 37.00
for pregnant women (from the 4th month50 min: € 64.00
onwards) with adapted postures and
movements.



CLUB LA SANTA TREATMENTS

Club La Santa (signature recovery ritual)75 min: € 89.00

our signature sport ritual is the perfect way to recover and relax after training. beginning with a body exfoliation treatment with marine salts that helps to eliminate toxins. next, a refreshing gel wrap brings a sensation of weightlessness to your legs. we finish with a relaxing back massage to soothe your body and mind.

Cupping55 min: € 61.00

an ancient form of alternative medicine where the therapist uses special cups on the skin to create suction on the body. this pain-relieving treatment provides a range of health benefits.

Assisted stretching25 min: € 33.00

give your body the recovery it deserves. improve your mobility and flexibility to help endurance, strength, power, agility and speed. (a professional therapist will assist and guide your stretch, enabling you to target the correct muscle groups for the time needed.)

Back detox and relax45 min: € 55.00

following an exfoliation of your back, a back massage and an application of marine mud along the spine and a back massage for release the tension and optimal detox effect.

Leg revival35 min: € 47.00

the ideal remedy to soothe tired legs after sports or exposure to intense heat. the treatment consists of a refreshing leg wrap and massage to release the tension on your legs.

Kinesio taping 25 min: € 29.00

professional taping for injury Subsequent sessions: € 15.00
prevention and recovery.

Watsu session50 min: € 90.00

an aquatic bodywork technique combining stretching, mobilization and acupressure for deep relaxation while you float weightlessly on the surface of the water.

AROMATHERAPY

Energising massage 50 min: € 66.00

a ginger and lime massage to boost your well-being: a real treat for the senses.

Serenity massage 50 min: € 66.00

a stress-relieving massage with mint, cocoa and orange for total relaxation.

Ayurvedic de-stress massage 50 min: € 68.00

a ritual providing a moment of inner connection and well-being in a soothing haze of oriental aromas. 90 min: € 110.00

Personalized Essential Oils Formula 20 min: € 30.00

whether you are looking for aromatherapy to help with an ongoing issue or would like counselling on how to safely use essential oils in your life, we are able to assist you. our targeted session will assess your situation and focus on your stated goals and objectives. from there, custom-made formulae are created to address your needs.

ALTERNATIVE TREATMENTS

Shiatsu 55 min: € 77.00

japanese massage technique, using finger pressure to improve the flow of energy around the body. it is rooted in traditional chinese medicine.

Foot reflexology 45 min: € 66.00

pressure is applied to the reflex points of the feet to alleviate symptoms of physical and emotional imbalance.

Manual lymphatic Drainage 40 min: € 61.00

soft rhythmic movements stimulate the lymphatic system, improving circulation and reducing liquid retention. 70 min: € 82.00

Body SDS session 50 min: € 70.00

soft tissue treatment which combines specific movements and stretching to unblock body and mind, and add flexibility on your joints

BEAUTY CARE

Sculp zone (Abs-Buttocks-Thighs) 1h: € 92.00

an intensive manual treatment focusing on the abdomen-buttock-thigh area to combat excess fat and cellulite.

Full body exfoliation 100% natural 30 min: € 38.00

adjusted to your skin type and its requirements, choose from:

"classic" with kelp salt,
"detox" with green tea,
"circulation" with sweet orange,

firming with volcanic lava powder.

PEDICURE*

*we do not work with shellac

File and polish € 21.00

Pedicure with polish € 42.00

Luxury pedicure by O.P.I € 51.00

French pedicure € 42.00

Sport pedicure € 51.00

we not work on the acrylic nails

MANICURE*

*we do not work with shellac

File and polish € 21.00

Manicure with polish € 37.00

Luxury manicure by O.P.I € 51.00

French manicure € 37.00


Combi hands and feet € 94.00

we not work on the acrylic nails

WAX

| | |
|-----------------------------|--------------------|
| Full legs/ half legs | € 40.00 € 25.00 |
| Armpits | € 10.00 |
| Bikini line | € 25.00 |
| Back | € 25.00 |
| Eyelash lift and tint | € 45.00 |
| Eyebrow tint | € 15.00 |
| Eyebrow shape | € 10.00 |
| Eyelash tint | € 15.00 |

RITUALS


Bio Dulkamara Bamboo (regenerating and detox ritual) 80 min: € 98.00

an exclusive body and face ritual with the healing power of nature. organic bamboo, pure elements and an exquisite purifying herbal complex will bring truly unique detoxifying benefits.

Lanzarote (After sun ritual) 60 min: € 80.00

this natural beauty treatment with a lava powder peeling and aloe vera wrap will regenerate your skin, leaving it glowing and refreshed. the wonderful oil has skin healing properties and a unique aroma of plumeria, a delicate exotic flower from the canary islands.

Treasures from the sea (relaxing and nourishing ritual) 80 min: € 94.00

discover a unique sensory experience thanks to the secrets that the sea offers us, with its active marine ingredients and its extraordinary remineralizing and detoxifying benefits.



FACIAL

ⓑ Dulkamara Bamboo Bio55 min: € 92.00

pure and organic elements will be used in this tailored facial, to protect, detox and tone your skin, enhancing its functions and restoring its natural glow.

Phytomer Personalised Mini Facial25 min: € 38.00
(after sun, moisturising or balance)

Phytomer Hydra Blue60 min: € 68.00
a personalised treatment with the option of deep cleansing

Phytomer Youth Pioneer70 min: € 82.00
leading anti-aging treatment for mature skin, including an effective radiance smoothing eye contour treatment.

Phytomer Supreme Facial90min: € 120.00
ultimate intensive anti-aging treatment based on marine extracts. restores the skin's freshness, youth, and radiance.
includes an exceptional massage based on the kobido technique, for a natural lifting effect, delivering absolute well-being.

Phytomer Men's Facial Care60 min: € 68.00
a treatment designed specifically for men's skin.

Phytomer Teen Facial50 min: € 66.00
a treatment developed specifically for the needs of adolescent skin.

Luxury Gold Eye Treatment35 min: € 45.00
experience our cellular renovation gold treatment with a lifting action for your eye contour imperfections. enjoy the treatment technique, based on gold



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Spa Information

BOOK IN ADVANCE

Entry € 18.00

we have a variety of optional “flow” experiences in the wellness centre during the mornings. check out our board at the wellness centre reception.

Weekly pass € 80.00

SPECIAL ENTRY:

WATER MEDITATION

€ 25.00

discover from the hand of a master free diver, how through conscious breathing work you can activate the parasympathetic nervous system to reach a deep meditative state, thus lowering the acidity levels of the body, product of constant stress or intense training. once your mind and body are ready you will be led to the pool, where the 34-degree water becomes the perfect environment to enjoy a guided meditation that will connect you with this element. float in this warm environment and feel the liberating power of water.

SAUNAGUS

€ 25.00

various sessions during the week, please check the weekly programme and book at the wellness centre reception.
private sessions available on request.

WELLNESS & GROUP EVENTS

we can offer a customised spa night for groups.
alternatively, join in one of our special wellness events
that are regularly announced in the weekly programme
/ club la santa app. for more information, please contact
the wellness centre reception.

AQUAPHOBIA CLASS SUSPENDED FOR THE TIME BEING

€ 90.00

conquer your fears and make a splash into a new world
of confidence with our aqua phobia swim classes -
during a week you will have one theory session before
going in the water and then 3 sessions in the water
(includes goggles and swim cap)

SPECIAL WELLNESS NIGHT

pamper yourself in the wellness centre with our relax,
detox or recovery night. indulge in a special night, a
deluxe experience of 2 hours in a cosy atmosphere. for
more information, please contact the wellness centre
reception.

Useful Information

Opening hours:

monday to sunday from 9:00 to 21:00

(+34) 928 599 999 - ext. 4460 wellness@clublasanta.com
www.clublasanta.com

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Children:

to ensure our guests a relaxing experience, only children from 15 to 18 years old are allowed in the spa, and under the supervision of their parents.

Spa facilities:

the entrance is located next to the leisure pool and has eight treatment rooms. the wellness centre facilities include a hydro- pool, jacuzzi, sauna with salt wall, steam bath, plunge pool, experience showers (bucket shower, rainfall shower with aromatherapy, bi-thermal scottish shower), ice fountain, and outdoor relaxation area.

What to bring with you:

we will provide you with towels to use during your time in the spa. in our changing rooms we offer shower gel and shampoo from the danish luxury skin care manufacturer karmameju (pure, natural, and active skincare with clinically proven ingredients and 100% natural fragrances). swimwear is compulsory in all our areas at wellness centre, including the sauna.

Scheduling appointment:

we ask you please to book your treatments in advance to avoid disappointment.

Cancellation policy:

a 50% charge will be incurred for any treatment cancelled on the same day as your appointment.

Spa rules and guidance:

the wellness centre is a relaxing and quiet environment. please respect all spa guests' rights to privacy and serenity. to maintain a calm ambience, the spa is limited to a maximum of 20 people. please be aware that we cannot accommodate large groups.

a maximum of 10 people from the same group can enter at any given time. jumping into the pool, shouting, smoking, alcohol consumption, mobile phones, cameras and jewellery are forbidden in the wellness centre.

Loss and damage:

lockers are provided for your convenience.
we regret that we cannot be held responsible for any
loss or damage
of personal possessions.

Gift vouchers:

make someone's day with a gift voucher for health and
beauty. valid for a single treatment, combination of
treatments, spa days or for a specific value.

Health:

please let us know if you suffer from any medical
conditions or allergies that might create problems
during your treatment, or whilst using our facilities. it is
always advisable to consult your doctor first.

Pregnancy:

we offer special treatments for expectant mothers.
please contact our reception staff who will be happy to
help you select the most appropriate pre-natal
treatments that we offer.