

GENERAL RULES

WHIRLPOOL CIRCUIT

FRESH WATER TREATED WITH BROMINE
MAXIMUM DEPTH 1.40 m.

Recommended time: 1 hour & 30 minutes.

PROHIBITED diving, obstructing water outputs & inputs & hanging from the swan neck fountain.

IT IS NOT RECOMMENDED to enter to the SPA with jewellery and other personal effects, also some clothing may suffer deterioration due to normal water treatment.

For hygiene reasons it is **NOT PERMITTED TO** enter the poolside areas with outdoor footwear, to enter without a full bathing costume. Baby pushchairs, toys, games, food, cans or bottles are also not allowed in the poolside areas.

USE OF SWIMMING CAP IS COMPULSORY.

IT IS COMPULSORY to use the changing rooms and to leave the poolside areas free from obstructions.

SAUNA

NOT SUITABLE FOR CHILDREN

TEMPERATURE 70°-90° · HUMIDITY 6%

Recommended maximum time: 10 minutes.

COMPULSORY to enter with a towel, swim suit & flip flops.

REMEMBER: That the sauna can cause VASODILATATION which can be harmful to the elderly or untrained (please consult your doctor). Benefits: Cleans & removes toxins, relaxes & tones the skin & venal systems with "Thermal Shock" (cold shower cycles).

TURKISH STEAM BATH

TEMPERATURE 30°-50° · HUMIDITY 40-50%

Maximum recommended time 10 minutes.

IT IS COMPULSORY to wear a swim suit & flip flops.

With Eucalyptus oil.

Benefits: Respiratorial system, relaxation & optimum skin care. Significantly reduces stress & colds.

DEAD SEA

NOT SUITABLE FOR CHILDREN

USE OF SWIMMING CAP IS COMPULSORY.

IMPORTANT: do not draw water from this pool.

The Dead Sea waters have such a concentration of mineral salts that they are capable of polishing your skin until it is healthy and soft like velvet. It also improves dermatological, muscular or rheumatism problems, the circulatory system and the renewal capacity of the cells. In addition, it increases the hydration capacity of the skin and promotes its detoxification.

RULES FOR USE OF THE GYMNASIUM

For hygiene reasons **IT IS COMPULSORY TO** use the machines with a towel.

Clean the bikes and treadmills with a towel after use.

Train with suitable sports clothing & footwear.

Respect the concentration of other users. (Suffer in silence).

For security reasons children under the age of 16 years are **NOT PERMITTED** in the gymnasium.

GENERAL INFORMATION SCHEDULE

MONDAY TO SUNDAY

10.00 TO 14.00

(CHILDREN UNDER 14 FROM 10.00 -11.00)

16.00 TO 20.00

(CHILDREN UNDER 14 FROM 16.00 -17.00)

The minimum age to use the water zone is 8 years.

Children have to be accompanied by adults at all times

DEPOSITS, HIRE & SERVICES

SWIMMING CAP	1€
FLIP FLOPS	1€
TOWEL HIRE	1€ + 10€ DEPOSIT
BATH ROBE HIRE	3€ + 25€ DEPOSIT
BATH ROBE CHANGE	2€

SPA ACCESS RATES

HOTEL GUESTS

ADULTS 9€
1 FREE ACCESS PER PERSON AND STAY IN RESERVATIONS MADE THROUGH THE OFFICIAL WEBSITE.

NON HOTEL GUESTS

MONDAY TO THURSDAY 20€
FRIDAY TO SUNDAY & BANK HOLIDAYS 25€
CHILDREN (Under 14 y/o) Half of the adult rate
Access to the Spa includes: circuit (Sauna, Turkish Bath, jacuzzi, cold plunge pool, solárium, leisure pool, air beds, hot beds, whirlpool, Dead Sea) and gymnasium.

WE HAVE GYM & SPA VOUCHERS.

ENQUERIES & RESERVATIONS

696 257 038 · spa@valledeleste.es · Ext. 560

Spa
VALLE DEL ESTE

WWW.VALLEDELESTE.ES



MASSAGES

Therapeutic 45'	55€
Relaxing 45'	50€
Tired legs 30'	45€
Foot reflexology 30'	42€
Craniofacial massage 30'	40€

COUPLES MASSAGES

SPA circuit + 30' massage	90€
SPA circuit + 30' massage + peeling	99€
SPA circuit + 30' massage + gold peeling wrapping	120€
SPA circuit + 30' massage + facial treatment	150€
1 bottle of cava + Delicatessen supplement	20€

BODY TREATMENTS

Spa circuit + chocolate wrapping + facial mask + body massage	65€
Spa circuit + cava wrapping + facial mask + body massage	65€
Spa circuit + body peeling + facial mask + body massage	65€
Hydromassage bathtub + anti - stress + moisturizing salts + body massage	60€

Massages and treatments includes Spa Circuit

PRICES WITH VAT INCLUDED

ENQUIRIES & RESERVATIONS

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Spa Reception Ext. 560

HOLISTIC THERAPY RITUALS

RITUAL AIUR - CURE (Massage with Tibetal bowls sounds) .. 85€
Ayurveda therapy whose objective is the general well-being of body and mind. Stimulates positive emotions and increases energy (balancing doshas, kapha, pita and vata), giving as result in increased longevity.

BAMBOO THERAPY .. 75€
Ancient oriental technique that combines bamboo rods and hands with essential oils to combat circulation problems, edema, cellulite and others.

LIPO STONES (With hot stones) .. 75€
The geothermal massage is designed to reduce pain muscles, balance the nervous system, revitalizing and oxygenating the foot giving it a healthier appearance.

PEARL POWDER PREMIUM MASSAGE .. 95€
*Comprehensive wellness for the whole body.
Recovers the skin with essential oils and a range of natural pearl powder cosmetics.
This massage also includes a facial treatment that provides immediate relief from the signs of aging for all skin types.*

VALLE DEL ESTE MASSAGE .. 70€
*Deep tissue massage that releases tension in the layers of the muscle and fascia tissues with a kneading technique.
It's great for releasing chronic tension and can help to release range of motion.*

SWEDISH MASSAGE .. 72€
It helps the body to rediscover its natural balance with long, gliding strokes. In addition, it releases surface tension in the muscles and improves blood circulation, lymphatic system, as well as eliminates a large number of toxins.

PERFECT SILHOUETTE MASSAGE .. 90€
*Anti-cellulite massage technique that activates and facilitates the elimination of orange peel skin and improves fluid retention.
Draining, firming and shaping action.*

FACIAL TREATMENTS

Facial and neckline cleansing + Kobido massage + hydration	60€
Deep hydration	65€
Facial cleansing + Vitamin C+C treatment	60€
Facial cleansing + Anti-age treatment	65€
Facial cleansing	40€

HAIR REMOVAL SERVICES

Eyebrows + waxing + design	10€
Lips	4€
Chin	6€
Whole face	18€
Arms	15€
Full legs	25€
Half legs	15€
Bikini wax (brazilian)	12€
Full bikini wax	18€
Bottom	12€
Chest	20€
Back	22€
Armpits	8€

HAND & FEET SERVICES

Permanent enamel removal	8€
Change polish colour	12€
Spa manicure (no enamel)	22€
Spa manicure with normal enamel	28€
Spa manicure with semi - permanent enamel	30€
Spa pedicure (no enamel)	28€
Spa pedicure with normal enamel	32€
Spa pedicure with semi - permanent enamel	38€

SPA & GYM VOUCHERS

SPA & GYM 20 Acceses (Monday to Thursday)	110€
SPA & GYM 20 Acceses (Monday to Sunday)	145€
SPA & GYM Quarterly (Monday to Sunday)	280€
GYM Quarterly	105€
GYM Monthly (1 Access to the spa)	45€
GYM Weekly	20€
GYM 1 Access	6€
SPA 5 Accesses .. 70€ 1 Access (M-T) .. 20€ (F-S & bank holidays) .. 25€	

