



La Sella Spa

facial	5 elements facials 55 min..60€
	<ul style="list-style-type: none"> • Orange blossom • Rosehip • Royal Jelly and vitamin C • Green grape • Soya
	treatments 1 h. 25 min..80€
	With aromatherapy and facial reflexology. Includes hand massage, neck and eye beauty.
	<ul style="list-style-type: none"> • Moisturising • Calming • Radiance and oxigenising • Anti-ageing or energetic
	deep cleansing with essential oils and clays 80 min..75€
	facial stimulating machine with lifting effect (neck, chest and face)
	<ul style="list-style-type: none"> • 1 session ... 50€ • 4 sessions voucher ... 180€ (free deep cleansing facial)

beauty cafe	manicure exfoliation, massage and nail lacquer 25€
	feet beauty exfoliation, mask, massage, pedicure 55€
	waxing with hot or cold wax ask for prices

medical services	lymphatic drainage 25 min..40€ ... 50 min..75€
	phisiotherapy 25 min..40€ ... 50 min..70€
	Ask for voucher prices

hidrotherapy	spa experience 2 h.. 25€ (price for hotel guests 20€)
	Hydrotherapy circuit perfect for enjoying the benefits of water.
	Cristal Thermarium. Dry heat similar to the traditional sauna.
	Laconium. Relaxing dry environment with a radiant heat and lavender aroma
	Caldarium. Roman style steam room with eucalyptus
	Sensorial showers. Different temperatures and water pressure
	Hydrotherapy pool
	Outdoor jacuzzi. Hot water surrounded by the aromatic garden.
	Voucher for 10 sessions 200€
	spa experience + rasul ... An old arabic tradition applying therapeutic mud whilst inside an exotic steam room enjoying the fragrances in heated ceramic chairs. Ends with a tropical shower and oil.
	<ul style="list-style-type: none"> 2 people 80€ 3 people 110€ 4 people 130€



La Sella Spa

body care

massages

- Legs and feet massage 25 min..35€
- Head massage to release tension 25 min..35€
- Back massage 25 min..40€
- Therapeutic massage 25 min..40€
- Relaxing: restores balance in body and mind 50 min..65€
- Tonifying: increases elasticity and firms the skin 50 min..65€
- Anti-cellulite: draining and detoxifying 50 min..65€
- Therapeutic 50 min..70€
- Energetic sport massage 50 min..75€
- Voucher from 4 massages 15% de discount

exfoliation 25 min..35€

- Vainila and cinnamon... aromatic
- Eucalyptus and thyme... decongestive
- Mint and rosemary... refreshing
- Green grape and tea... regenerating
- Geranium and palmarosa... relaxing

wraps 45 min..40€

Includes brushing of the skin to stimulate lymphatic drainage. Each wrap can be combined with its corresponding massage.

- Thermoactive ginger & aniseed... anti-cellulite
- Clay and minerals... regenerates the skin
- Marine algae... eliminates toxins
- Maracuya... moisturising and tonifying

rituals Including head and scalp massage 1 h. 45 min..150€

Earth... relaxing

- Body exfoliation with meoram & lavender
- Clay and mineral wrap
- Body massage with essences relaxing oils

Water... detoxifying

- Citrus and marine salt body exfoliation
- Algae wrap
- Body massage with pearl & red algae

Fire... stimulating and energetic

- Body exfoliation with rosemary oil
- Thermoactive wrap with ginger and aniseed
- Body massage with refreshing essential oils

Air... moisturising

- Body exfoliation with vanilla
- White tea extract and maracuya wrap
- Aromatic body massage

geothermal

Body massage with hot and cold stones. Relaxing and calming

body 1 h. 20 min..85€

facial 55 min..50€

back and arms 40 min..40€



La SELLaSpa

programmes

sweet dreams 1 h. 45 min.. 80€

- Hydromassage bath with essential relaxation oils
- Body brush
- Body massage with relaxing essences and sacks filled with herbs
- Relaxing tea

mediterranean body care with Spa Experience (1 hour) 2 h. 30 min.. 99€

- Citrus back exfoliation
- Soft back massage with mandarine and orange oils
- Feet and legs massage
- Orange juice

mediterranean facial care with Spa Experience (1 hour) 2 h. 30 min.. 99€

- Back massage
- Facial massage
- Legs massage with essential citrus oils
- Orange juice

beauty day with Spa Experience (1 hour) 3 h. 30 min.. 99€

- Rosehip facial treatment
- Manicure and pedicure
- Wash and dry hair
- Fruit juice

the energy of time 2 h. 30 min.. 120€

- Energising hydromassage bath
- Algae body massage
- Anti-ageing facial treatment
- Refreshing tea

phyto programme

Phyto will **balance your energy** for maximum well-being. Method based on chromotherapy, aromatherapy, reflexology and chinese massage. Using products with 100% natural ingredients, essential oils, algae, clay, oligoelements and plant extracts.

1 day 2 h. 45 min.. 165€

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|---|-----------------------------|
| Facial treatment with a lymphodrainning | Essential oils body peeling |
| Wrap treatment with chinese massage | Watertherapy |

2 days 5 h.. 325€

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| day 1 | day 2 |
| Energy harmonization facial treatment | Facial treatment |
| Essential oils body peeling | Wrap treatment with clays and chinese massage |
| Anti-stress treatment with chinese massage | Watertherapy |
| Watertherapy | |