



# La Sella Spa

## menu of sensations

### FACIAL

facial rituals of the 4 elements ..... 55 min..60€

- Earth... with olive oil
- Sea... with caviar and red algae
- Fire... with red tea and gold
- Air... with rosehip

deep cleansing with essential oils and clays ..... 80 min..75€

facial treatments ..... 1 hour 20 min..95€

Beauty treatments with aromatherapy and facial reflexology. Include hand massage, neck and eye beauty.

- Moisturising
- Radiance and oxigenising
- Calming... for sensitive skin
- Anti-ageing or energy

facial machine with lifting effect (neck, chest and face)

- 4 session voucher ..... 180€
- 8 session voucher... with free deep cleansing facial treatment ..... 360€

finishing touch of make-up ..... 10€

### BEAUTY CARE

manicure... exfoliation, massage and nail lacquer ..... 25€

feet beauty... exfoliation, mask, massage and pedicure ..... 55€

french supplement ..... 5€

waxing... with hot or cold wax ..... ask for prices

### MEDICAL SERVICES

lymphatic drainage ..... 25 min..40€ ..... 50 min..75€

physiotherapy ..... 25 min..40€ ..... 50 min..70€

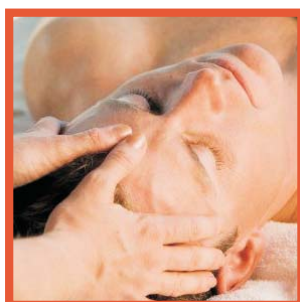
5 session voucher of 50 min + 25 min free ..... 350€

10 session voucher of 25 min + 25 min free ..... 400€

10 session voucher of 50 min + 50 min free ..... 700€

Prices 2009

Hotel Dénia Marriott  
Alquería de Ferrando s/n · 03749  
Jesús Pobre, Alicante  
Tel. +34 96 646 90 80  
www.lasellagolfresort.com





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### BODY CARE

#### massages

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

#### exfoliation ..... 25 min..35€

- Sugar and rice... with essential marjoram oils
- Sugar and green tea
- Marine salt... with citric essences
- Volcanic rock
- Gold and bambu extract
- Caviar and red microalgae

#### wraps ..... 45 min..40€

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

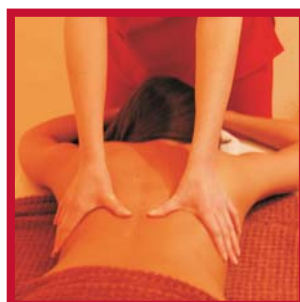
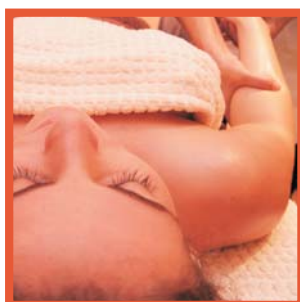
- Marine algae... eliminates toxins
- Clay and minerals... regenerates the skin
- Thermoactive with ginger and aniseed... reducing and anti-cellulite
- Maracuya... moisturising and tonifying

#### geothermal ..... 1 hour 20 min..85€

Body massage with hoot and cold stones. Relaxing and calming

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**body rituals 4 elements** ..... 1 hour 45 min..150€

Including head and scalp massage

**Earth... relaxing**

Sugar, rice and marjoram oil body exfoliation

Clay and mineral wrap

Body massage with essences of lavender and marjoram

**Sea... detoxifying**

Citrus and marine salt body exfoliation

Algae wrap

Body massage with micronized pearls and red algae

**Fire... stimulating and energetic**

Volcanic rock body exfoliation

Thermoactive wrap with ginger and aniseed

Bio-assimilable gold body massage

**Air... moisturising**

Green tea and sugar body exfoliation

White tea extract and maracuya wrap

Aromatic body massage

## HIDROTHERAPY

**spa experience** ..... 2 hours.. 28€ (price for hotel guests 20€)

Hydrotherapy circuit perfect for enjoying the benefits of water.

**Cristal Thermarium.** A 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.

**Series of 10 sessions** ..... 200€

**spa experience + rasul** ..... 2 people.. 80€

3 people.. 110€

4 people.. 130€

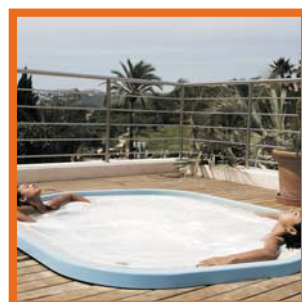
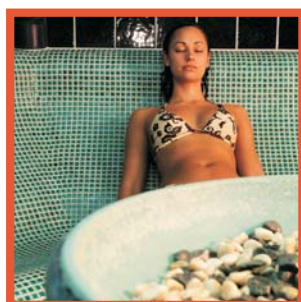
An old arabic tradition of corporal applying of therapeutic mud whilst inside an exotic steam room and enjoying the relaxing fragrances in heated ceramic chairs. Rasul ends with a tropical shower and oil to hydrate the skin.

**watertherapy** ..... 20 min.. 25€

Calming, regulating, tonifying or energising bath. Essential for good circulation, relaxation and eliminating toxins.

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### PROGRAMMES

**orange blossom programme** ..... 3 hours 30 min.. 99€

Spa Experience  
Oxygenising orange blossom facial  
Relaxing back massage  
Foot massage

**beauty day programme** ..... 4 hours.. 125€

Spa Experience  
Rosehip facial treatment  
Manicure  
Pedicure

### LA PHYTO WELL-BEING PROGRAMME

#### a new vision for beauty

With this programme we offer complete well-being, beauty, balance and harmony. La Phyto is based on traditional chinese medicine, reflexology Techniques, aromatherapy and chromotherapy.

Completely personalised treatments based on 100% natural ingredients, essential oils, algae, oligoelements, plant extracts and exclusive coloured clays.

All our Phyto treatments are made according to the physical, psychological and climatological needs of the client at the time of treatment.

This programme is aimed at helping to treat:

- Insomnia, stress, tiredness, nervousness and general discomfort.
- Circulatory, liquid retention and tired leg problems and to aid tissue oxygen flow.
- Energy balancing for maximum well-being.
- Podal reflexology: applied to specific zones on the feet.
- Facial reflexology: facial energy harmonization.
- Muscular pain, tension and inflammation.
- Slimming and tissue tonifying.

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### 1 day Phyto programme ..... 165€

Facial treatment with a lymphodrainning facial  
Essential oils body peeling  
"The cathedral" wrap treatment, physical well-being rebalance with chinese massage  
Watertherapy

### 2 days Phyto programme ..... 325€

#### day 1

"5 elements" energy harmonization facial treatment  
Essential oils body peeling  
Anti-stress treatment with chinese massage  
Watertherapy: calming bath

#### day 2

Facial treatment  
Personalised wrap treatment with coloured clays and chinese massage  
Watertherapy

### 3 days Phyto programme ..... 425€

#### day 1

"5 elements" energy harmonization facial treatment  
Essential oils body peeling  
Anti-stress treatment with chinese massage  
Watertherapy: calming bath

#### day 2

Facial treatment  
Personalised wrap treatment with coloured clays and chinese massage  
Watertherapy

#### day 3

Wrap treatment: physical well-being rebalance with chinese massage  
Podal reflexology  
Watertherapy

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