



BEAUTY  
SPA

*Let your senses take you  
on a journey*

# BEAUTY SPA - Our philosophy

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The Rafa Nadal Club Beauty Spa is a space dedicated to caring for beauty through health. It combines the benefits of water with a carefully selected range of massages, rituals and exclusive treatments which offer a unique experience for all five senses.

Immerse yourself in a journey for the sensations on which you will find complete balance between relaxation and wellbeing through our body, facial and hair treatments.

The Beauty Spa offers different spaces in which you are truly at the centre. Discover them!

-In the Holistic Zone & Belle Room we take care of your health and wellbeing to help you protect both your inner and outer beauty. Feel good inside and outside!

-In the Hair Salon you will discover the best version of yourself thanks to our stylists. You will also be able to enjoy special experiences and gift packs. Choose natural, sustainable beauty!

-In our Spa, you will experience the benefits of water through manual therapy carried out in thermal baths at different temperatures.

All our treatments and services are fully personalised and adapted to the needs and characteristics of each client.

Let our specialists take care of you and project the beauty inside you!





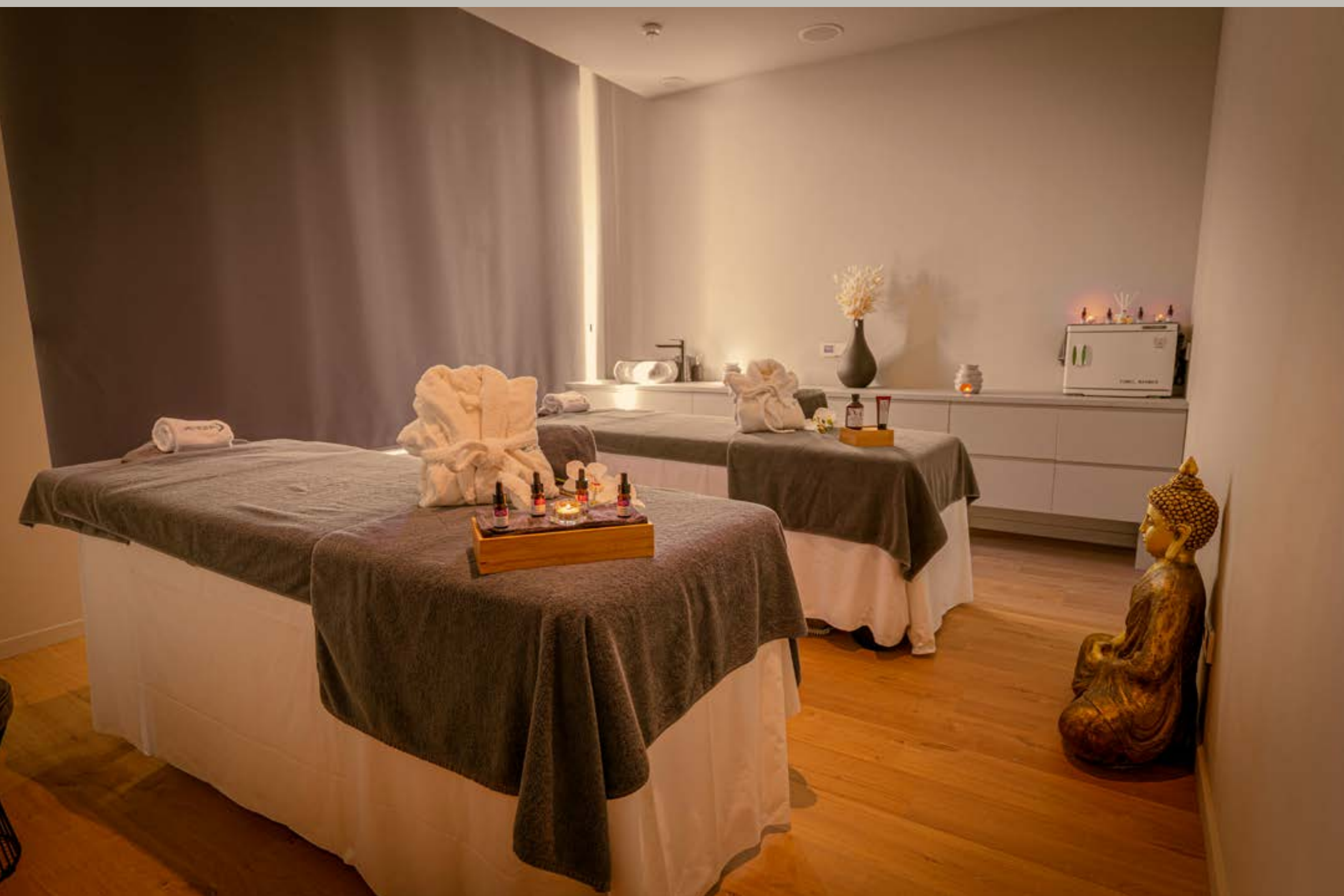
# HOLISTIC ZONE

## Rituals and Massages

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This space is dedicated to personal care from a holistic perspective, intending to achieve a perfect balance between the body, soul and mind.

The Holistic Zone has been designed to promote the rest and relaxation of our clients through a wide range of body experiences and massages adapted to their needs.



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*The secret of health for both mind and body is not to mourn for the past, worry about the future or anticipate troubles, but to live in the present moment wisely and earnestly.*

*-Buddha-*



# OUR RITUALS

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Go on this incredible journey of sensory experiences. You choose the path and the destination to which you wish to take your body, soul and mind!

## *ORIENTAL JOURNEY 80' - Amber, Musk & Sandalwood* €115

Thanks to ancient beauty rituals, this experience will take you to the heart of the mysteries of the Orient. The captivating notes of amber, musk and sandalwood will lead you to a relaxing experience which will captivate you.

## *TAJ PALACE JOURNEY 80' - Musk, Incense & Rose* €125

Over the centuries, the Taj Mahal has inspired millions of travellers from every corner of the planet, emphasising its emotional story - a declaration of unconditional and eternal love. This Taj Palace ritual will take you on a journey toward nirvana, offering profound relaxation thanks to the sensual fragrances of white musk, incense, cotton flower and rose.

## *IMPERIAL HAMMAM 80' - Orange blossom & Neroli* €115

Citrus forms part of the sublime beauty traditions of one of the most legendary rooms in history: the Hammam. This Ritual will take you on a true journey of delight. It is a journey toward paradise, driven by the captivating, delicate notes of fresh orange blossom, ideal for relaxing the body and the mind.





# OUR MESSAGES

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At the Beauty Spa we know that each person has specific needs. Our therapists will therefore always treat clients in an individual and personalised way in order to analyse their situation and recommend them the most suitable treatment.

The pressure of the treatment will therefore be adapted to the symptomatology of the client and their preferences.

*All our massages can also be enjoyed as a couple in our double room, provided that they take the same time and are of the same style (subject to availability).*

## CLUB MASSAGE

50' - €65 / 80' - €95

Classic body massage with hot sweet almond oil, which seeks total relaxation of the body; and a specific therapy for areas which have greater accumulated tension.

## SPORTS MASSAGE

25' - €38 / 50' - €75

Muscle massage with intense, stimulating essential oils which seeks to relax the deepest tissues and ease tension. It is recommended for treating muscle contractures caused by practicing sports.

## MASSAGE WITH HOT STONES

50' - €65

A holistic massage technique in which muscle and joint pains are calmed through volcanic stones and hot oils. It is recommended for treating chronic contractures, fatigue and sleep disorders.

## THAI MASSAGE

25' - €33

Foot reflexology massage which stimulates blood circulation, energy flow and the function of internal organs, easing pain and strengthening the preventive system of the body.



### *HAWAIIAN LOMILOMI MASSAGE*

50' - €65

Massage with aromatic coconut oil, created as part of an ancient Hawaiian healing rite which sought relaxation, balance of the body and mind. It is ideal for easing muscle tension and achieving a perfect state of wellbeing.

### *TIRED LEG MASSAGE*

25' - €33

Body treatment which stimulates the lymphatic system through gentle motions in order to balance pressure and blood flow.

Leads to better circulation and provides a sensation of relief and lighter legs.

### *ANTICELLULITE MASSAGE*

25' - €33

High intensity massage carried out in areas affected by cellulitis, achieving its reduction and an improvement in the circulatory system.

### *SHIRO CERVICAL-CRANIAL MASSAGE*

25' - €33

Massage technique applied to the head, neck, shoulders and arms, carried out with or without aromatic oils. It is an ideal treatment for alleviating headaches, tension, insomnia or stress.

### *PHYSIOTHERAPY OR OSTEOPATHY TREATMENT (up to 50')\*\**

€60\*

We offer a comprehensive service to promote sports practice in the best medical conditions, implement healthy sports habits and provide a quality response on possible injuries.

Our team of physiotherapists and osteopaths will analyze the physical state of the client through a complete examination with the aim of preventing and detecting possible injuries. Later they will recommend the most appropriate advanced physiotherapy treatments.

*\*€50 for clients with a contracted sports programme.*

*\*\*The duration of the session will depend on the type of ailment and the treatment to be applied.*

## OUR ENVELOPES

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### *VELVET SKIN*

60' - €70

Body peeling which facilitates the elimination of the most superficial dead cells and moisturises the skin with aromatic oils to satisfy the client's tastes.

### *DRAINING SEAWEED WRAP*

90' - €80

Relaxing treatment with analgesic and anti-inflammatory properties, ideal for individuals with aesthetic problems such as flaccidity, cellulitis, localised fat retention and/or poor circulation.



t. (+34) 971 258 090  
beautyspa@rafanadalclub.com  
www.rafanadalclub.com