



BEAUTY
SPA

*Let your senses take you
on a journey*

BEAUTY SPA - Our philosophy

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

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

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

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

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.

BELLE ROOM - Aesthetics

Facial beauty, care for feet and hands, depilation and advanced aesthetics.

A space dedicated to caring for your beauty so that you shine and feel good about yourself.

In our Belle Room you will be able to enjoy the following treatments:

- Our facials
- Care for feet and hands
- Care for eyebrows and eyelashes
- Depilation
- Advanced aesthetics

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Beauty begins when we make the decision to be ourselves.



OUR FACIALS

Enjoy our wide range of facial treatments adapted to the needs of each skin type, which we detect through a full prior assessment.

BASIC FACIAL HYGIENE

90' - €70

Facial cleansing which eliminates all accumulated impurities, both from the environment and specific to the skin (blackheads, etc.) and which recovers the complexion, giving it vitality, freshness and brightness.

FACIAL HYGIENE PLUS

110' - €85

Professional technique which combines the basic facial hygiene with three peelings which give the skin shine and brightness, a healthy, radiant appearance and great vitality. Recommended for all skin types.

DERMA PEN 90'

1 Session: €100 / 5 Sessions: €450

Innovative medical-aesthetic micropuncture treatment which stimulates the production of natural collagen and elastin, strengthening the skin quickly and effectively. Rejuvenate your complexion, reducing wrinkles, puffiness, under-eye circles, scars and imperfections.

HYALURONIC PEN

Duration and price personalised after a prior diagnosis

The Hyaluronic Pen is a pen shaped device with which sufficient pressure is applied to introduce a compound of hyaluronic acid under the dermis of the skin, filling and elevating the depth of the wrinkle to obtain spectacular results.

DERMA PEN + HYALURONIC PEN 110'

1 Session: €115 / 5 Sessions: €500

Complete treatment which combines the two technologies.

MOISTURISING PLUS

€65

Innovative treatment which promotes the double moisturising of the skin, and whose function is to strengthen and restore the hydrolipidic barrier of the complexion. Its innovative textures quench the skin's thirst, giving a sensation of immediate freshness.

PRE-BIOTIC DEFENSE 60'

€80

Strengthening, calming and refreshing treatment rich in probiotics, ideal for skin which is sensitive, fragile and susceptible to redness. It softens and re-establishes the protective barrier through a delicate action which is kind to the skin.

SUBLIME SKIN 60'

€70

Advanced anti-aging treatment which carries out a filling action on the skin to correct wrinkles and improve elasticity. This treatment is rejuvenating, acting from within, for the most demanding skins.

VITAMIN ANTIOXIDANT 60'

€75

Exclusive treatment based on vitamins and antioxidants which helps skin to recover from oxidative effects while providing brightness. Specially designed for skins which are exposed to the sun, tired and undernourished.



CARE FOR FEET AND HANDS

SIMPLE MANICURE 30'

€20

Complete nail treatment with normal nail polish.

SHELLAC MANICURE 60'

€33

Full nail treatment with high quality, more durable semi-permanent nail polish.

SPA MANICURE 75'

€45

Regenerative treatment for hands and nails which includes a hot foot bath, a peeling and a face mask.

SIMPLE PEDICURE 60'

€33

Complete nail treatment with normal nail polish.

SHELLAC PEDICURE 90'

€45

Full nail treatment with high quality, more durable semi-permanent nail polish.

SPA PEDICURE 75'

€53

Regenerative treatment for feet and nails which includes a hot foot bath, a peeling and a face mask.

EXTRA NAIL POLISH REMOVAL SERVICE

15' - €10

*Free service for removal of nail polish applied in our centre.



ENCHANTING LOOKS

Achieve a younger look and awaken your senses with our special treatments.

DYEING OF EYEBROWS OR EYELASHES €15

DYEING OF EYEBROWS AND EYELASHES €22

LIFTING OF EYELASHES €38

LIFTING AND DYEING OF EYELASHES €44

SUBLIME LOOK RITUAL 60' €75

This complete anti-aging treatment is focused on caring for digital fatigue, improving microcirculation and reducing the effect of drooping eyelids. Achieve a clear look, without bags under the eyes, with a makeup effect.

DEPILATION

Wax depilation with the greatest delicacy and the best organic products on the market.

	<i>MAN</i>	<i>WOMAN</i>
EYEBROWS	€13	€13
UPPER LIP		€5
FULL LEGS	€28	€23
HALF LEGS		€17
BUTTOCKS	€10	€10
ARMS	€19	€16
FULL GROIN	€19	€14
BRAZILIAN GROIN		€10
ARMPITS	€10	€8

	MAN
CHEST OR ABDOMEN	€14
CHEST AND ABDOMEN	€20
FULL BACK	€20
HALF BACK	€14



ADVANCED AESTHETICS

Discover our body and facial treatments with latest generation equipment, combined with the most prestigious high quality cellular cosmetics firms.

LASER DEPILATION - LEASEIR

The ultimate treatment for eliminating body and facial hair, carried out with the latest diode laser technology.

THE RATES ARE PERSONALISED DEPENDING ON THE AREA TO BE TREATED. CONTACT OUR RECEPTION FOR MORE INFORMATION.

RADIOFREQUENCY - INDIBA

Indiba radiofrequency is a painless treatment without side effects. Thanks to its regenerative properties, it is used to rejuvenate the skin, achieving a revitalised, firm appearance on both the face and the body.

<i>1 SESSION</i>	<i>€69</i>
<i>PACK OF 6 SESSIONS</i>	<i>€375</i>
<i>PACK OF 12 SESSIONS</i>	<i>€688</i>

LPG or LIPOMASSAGE

1 Session: €63 / Pack of 10 sessions: €500

LPG is a mechanised tissue kneading procedure which releases resistant fat, evens cellulitis and strengthens the skin. Thanks to the Endermologie roller suction technology, it carries out a massage that allows the release of adipocytes, resulting in a more redefined, stylish figure.

**THE CLIENT MUST PURCHASE A MESH FOR PERSONAL USE TO BEGIN THE TREATMENT. COST: €30.*

PRESSOTHERAPY 30'

1 Session: €32 / Pack of 10 sessions: €250

Pressotherapy is a medical technique suitable for lymphatic drainage in people with medical and aesthetic problems, such as alterations to the circulatory system, tired legs, vascular spider veins, oedemas, cellulite and accumulations of fat.

CAVITATION / ULTRASOUND - NARL 40'

1 Session: €63 / Pack of 10 sessions: €500

Narl is a revolutionary new technology which eliminates both subcutaneous and visceral fat, without having to subject the patient to any kind of surgery.

Its technique is based on an ultrasound frequency with a specific intensity, which causes the production of Noradrenaline, in turn initiating lipolysis which will decompose triglycerides into fatty acids.

COMBINED VOUCHER

€625

*10 SESSIONS OF PRESSOTHERAPY + LPG OR
10 SESSIONS OF PRESSOTHERAPY + CAVITATION*



HAIR SALON

Hairdressing

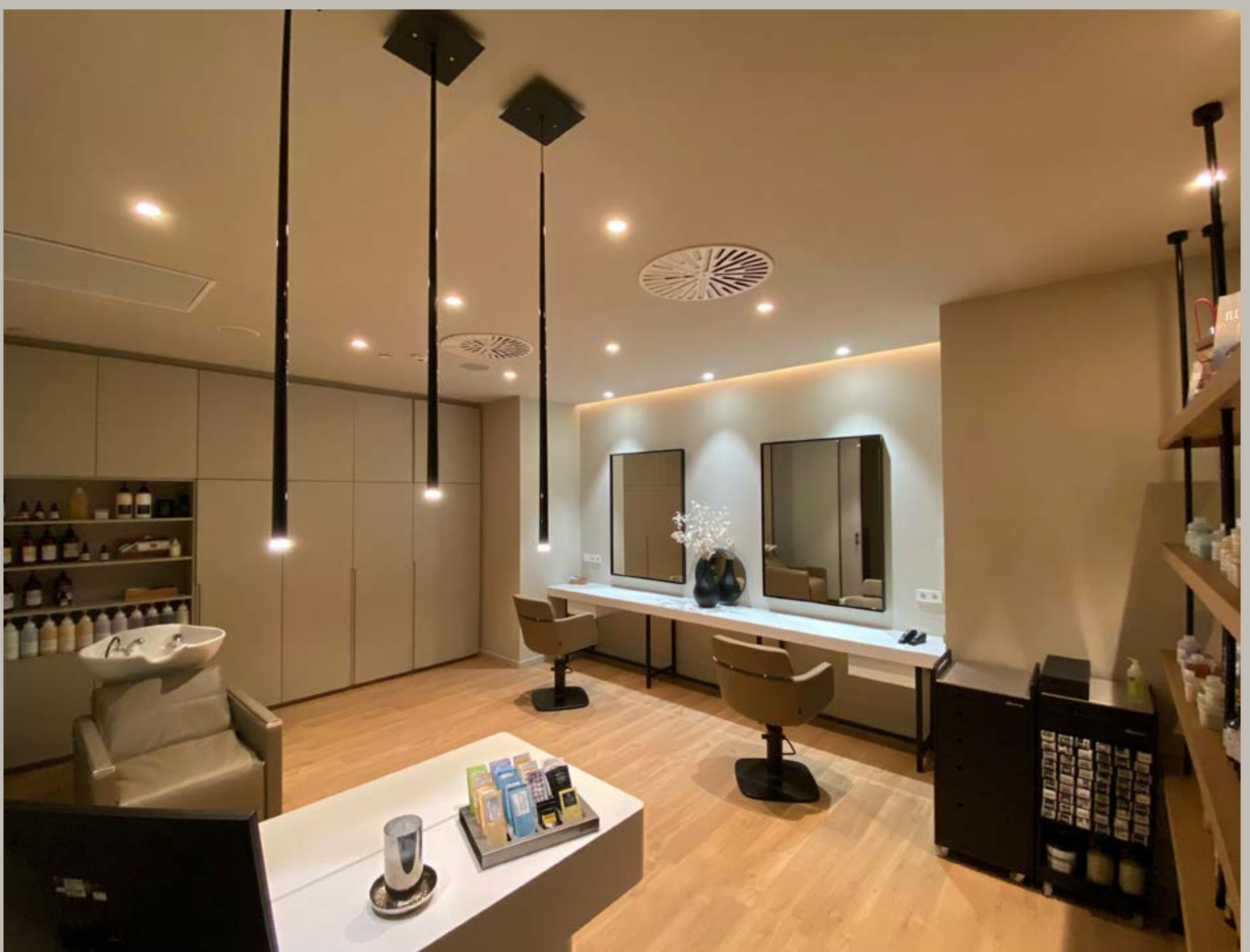
At the Hair Salon we believe in natural and sustainable beauty. Our professionals work to create a better style of beauty for you and for the environment using organic cosmetic products from the Davines brand, which has the B Corp certification.

Our products have been selected due to their active ingredients of plant origin and their innovative formulas in order to satisfy the needs and requirements of all our clients.

The Hair Salon team has the most cutting-edge techniques in colouring and cutting, as well as being specialists in waves and natural finishes. Our capillary medicine rituals aim to transform the capillary fibre and scalp until reaching its optimal state.

Our inspiration comes from the natural beauty of your hair, with the objective of advising you using the products and treatments which help you to enhance your own beauty the most.

Will you accompany us on this journey?



ART COLOUR - Highlights and dyes

Explore the latest trends in hair colouring with systems which offer a wide range of tones and colours thanks to their advanced technology. Discover a universe of possibilities with the most modern and exclusive techniques of the world of hair colouring.



COLOUR MASK 40'

€35

Root colouring system for covering tonality, grey hairs, or simply to give more intensity to the natural colour of the hair with infinite possibilities.

ECOLOGICAL COLOUR MASK 50'

€42

Colouring system based on natural extracts for preserving and taking the greatest care of the health of both the scalp and the hair.

TOP COLOUR MASK 65'

€70

Root colouring system for covering grey hairs or changing tonality, adding highlights or colour to the front and side to give more life to the colour.

FULL COLOUR MASK 90'

€90

Root colouring system for covering grey hairs or changing tonality, adding highlights or colour through all of the hair (choice of the front, side, back or neck). Forms a set of colours which give life and light to hair.

BALAYAGE COLOUR MASK 120'

€120

Root colouring system adding the intensive balayage colour technique from the middle to the tips, making the latter more prominent.

TIGER EYES COLOUR MASK 150'

€140

Root colouring system adding the tiger eyes technique with the combination of three tones (gold, brown and coffee), ideal for giving life to hair while respecting the essence of the base colour.

GLOSS LOOK 20'

€20

Known as a colour bath, this is a new DELICATE COLOURING system which can guarantee the extreme shine of the capillary fibre, respecting the hair and strengthening it at the same time. Ideal for dull hair without shine, respecting the natural colour.

CLASSIC HIGHLIGHTS 55'

€65

Colouring technique which can combine infinite tones, based on gathering fine strands of colour wrapped in silver foil, osmotic paper or cotton and mixing them with the natural colour to achieve a radiant explosion.

DOUBLE PACK 60'

€90

The classic highlights technique is used with two different colours to give harmony and life to the hair.

CALIFORNIAN 55'

€90

Degraded colour technique based on half colouring to give the intense summery effect produced by rays of the sun. This technique is ideal for medium length and long hair and can last up to 6 months.

BABYLIGHT 30'

from €60 to €90

This technique consists of giving small touches of colour through the combing or raised hand technique and is based on the natural colour of babies. With a pale colour, illuminate the hair without overdoing it - ideal for dull or lifeless hair.

BALAYAGE 55'

€90

This is the colour technique which achieves a colour gradient from dark to light through sweeping from the root to the tips, making the latter more prominent.

TIGER EYES 120'

€125

Based on the eye of the tiger as a symbol of strength, with the fantastic combination of three colours which blur together (gold, brown and coffee). This technique is ideal for dark or brown hair to respect its essence.

HAIRCARE SPA - Capillary treatments

Transform your hair with our Hair Care of rituals and treatments with formulas which contain active ingredients of organic origin.

MINU 25'

€14

Lightening treatment for coloured hair. Rich in POLYPHENOLS with a protective action for colour and QUERCETINA which carries out a protective action on the capillary structure.



LOVE CURL 25'

€16

Nutrition treatment for curly hair. Rich in B vitamins, E vitamins, unsaturated fats, magnesium, iron, potassium, copper and phosphorus. Gives hair an intense MOISTURISING EFFECT.

NOURISHING 35'

€22

Nourishing, moisturising and reconstructive treatment for the scalp, perfect for dry, weak and damaged hair.

Strengthens the capillary fibre, avoiding breakage, giving body, softness and shine, and made up of a combination of RICE PROTEINS and AMINO ACIDS.

REPLUMPING 30'

€22

Long duration and elasticising moisturising treatment for all types of hair. This treatment is rich in POLYPHENOLS and FLAVONOIDS, which are antioxidant substances which act against free radicals.

ENERGIZING 30'

€29

Stimulating, preventive treatment for the scalp, ideal for fragile hair with a tendency to fall out. This treatment regulates the hyper-production of sebum on different types of alopecia, and is suitable for the scalp and fragile hair.

Concentrated from different multifunctional active ingredients, made up of CAFFEINE PHYTOCEUTICALS combined with SIRTUINS and BETA-GLUCANS.

LUXOR OI 35'

€34

Complete beauty treatment for all types of hair and skin. OI products contain ROUCOU oil with antioxidant properties and without free radicals. It is very rich in BETA CAROTENE and helps to prevent the damage caused by UV rays, thereby preventing ageing of the hair.

HAIRCUT STRUCTURE - Cuts

Let our experts advise you with our prior visagism study to create the style of cut that suits you best.



MEN'S CUT

€23

WOMEN'S CUT

€26

CUT AND STYLING

from €35 to €39

WASH AND STYLING

from €16 to €22

UPDOS

from €40



S.P.A. - Hydrothermal Circuit

“Salutem Per Aqua” is our space dedicated to caring for your health through water, in which relaxation and wellbeing are balanced.

In the hydrothermal circuit you will be able to enjoy a journey of pleasure for the five senses through salt water at different temperatures.

Enjoy a unique sensory experience!



S.P.A. AREAS

AROMATHERAPY - Aroma Room

This journey of aromatherapy will lead to absolute relaxation thanks to carefully selected aromas which will take you to incredible destinations. A true pleasure for the sense of smell!

TEPIDARIUM 30° - Warm water swimming pool with waterfalls

In this space you will be able to enjoy powerful jets and waterfalls which will create a state of great calm and serenity within you. This type of warm water swimming pool is recommended for use prior to changes of temperature.



JACUZZI & JETS 32° - Jacuzzis and jet areas

Thanks to the adjustable jets which project pressurised water or air, our jacuzzi provides a pleasant massage, offering you the relaxation you need. The pressure released by the jets of water relaxes the muscles, reduces tension, benefits the digestive and circulatory system and promotes better rest.

It is an ideal space which will free you of stress and joint and body pain, generating multiple benefits demonstrated by scientists and experts.

LACONICUM-HAMMAM 40° - Turkish bath

Water is health, even when it is in the form of a cloud of steam wrapping around your body. The Greeks, Romans and people of the Middle East made the Turkish bath a philosophy for life thanks to the Discovery of hot springs. While they were previously considered meeting places, today Turkish baths are recommended for treating pathologies, or simply for body relaxation and pleasure.

In the Turkish bath, humidity reaches 100% and temperatures do not exceed 48°C. Sitting on the marble or stone, wrapped in an impalpable cloud, the warm, eucalyptus scented steam is inhaled, decongesting respiration, freeing us of all toxins through sweat.

CALDARIUM 32° - Hot water swimming pool

Do you need to relax your muscles, calm pain and discomfort or improve transpiration? Immerse yourself in the hot water swimming pools to purify and detoxify your body! Remember that to enhance the effects of the hot water, it is recommended to get out of the swimming pool slowly and change temperature by entering a cold water swimming pool.

DRY SAUNA 70° - Sauna area

“Enter a sauna and close the door to the rest of the world”. This renowned expression will become a reality when you enter this warm, silent space in which there are no external distractions. Saunas were used for the first time 4000 years ago, and are a recommended way to prevent and even treat pathologies. The high temperature of the dry sauna (from 80° to 100°) relaxes the muscles of the body, stimulates circulation, cares for your skin and generates the release of endorphins and toxins.



SENSATIONS SHOWER - Sensory jet shower

This sensory experience stimulates the body just as a massage would. The sensations shower offers great health benefits, as it changes temperature and pressure, reactivating the circulatory system and toning tissues.

ESSENCES SHOWER - Aromatic shower

Immerse yourself in a shower of sensations with aromatherapy! You will relax your body and mind with the help of aromas. Enjoy a unique sensory experience!

ICE FOUNTAIN – A freezing fountain

After immersing ourselves in high temperature waters, ice will offer us a contrast which is highly beneficial for our body.

In our Ice Fountain you will be able to use the waterfall of ice as an alternative to a cold water shower. The ice will offer us benefits such as nerve and muscle relaxation, elimination of pain and stimulation of the body.

FRIGIDARIUM 15° - Cold water swimming pool

The frigidarium was the final step of the bath circuit in which, traditionally, Romans enjoyed cold baths in a pool intended for immersion up to the shoulder.

Our cold water swimming pool is at a temperature of 15°, which causes a practically immediate contraction in the small arteries thanks to its influence and benefits, acting on the nerves of the lymphatic system.

This curative practice also promotes the movement of joints, minimises inflammation and leads to better blood circulation in internal organs.



FLOTARIUM 30° - Salt water swimming pool

Feel as if you were in the Dead Sea and experience a unique sensation of weightlessness with incredible benefits!

In the flotarium you will feel as if you are in the Middle East, and float on the water thanks to its high salinity. In addition to feeling weightless, you will enjoy other benefits such as reduced stress, relief of muscle tension, improved blood circulation and mental relaxation.

PALESTRA - Hot thermal bench for resting

The area in which the palestra is found was known as the central patio, which opened onto other rooms of the Roman baths.

It is a passing place in which you will find a bench or hot stone on which to relax and rest before and after accessing the hydrothermal circuit.

The bench causes a high level of perspiration and minimal alteration of the heart rate, providing great relaxation.

RELAX ROOM- Room for relaxation

In this exclusive relaxation area, you will be able to enjoy the unique moment of tranquillity and peace you were seeking.



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TODAY is the best day to start taking care of yourself

S.P.A. PROGRAMMES

In our Spa you will be able to achieve the desired state of relaxation, enjoying exclusive programmes combined with access to our hydrothermal circuit with swimming pools of different temperatures. Discover them!

SIMPLE S.P.A.

120 minutes in our hydrothermal spa circuit. Programme for 1 person.

€25

HAMMAM S.P.A.

120 minutes in our hydrothermal Spa circuit + Hammam Ritual.
Programme for 1 person.

€40

ROMANTIC S.P.A.

120 minutes in our hydrothermal Spa circuit + beds in the relaxation area with cava and chocolates. Programme for 2 people.

€80

ONLY FOR YOU

120 minutes in our hydrothermal Spa circuit, exclusively for you.
For special events, couples or a small group (Maximum 12 people).
Contact us / Make a reservation for special time slots.

€300



EXPERIENCES & GIFT PACKS

If you are seeking a full health and beauty experience, you will love these packs! They include exclusive treatments which are ideal for giving wellbeing as a gift or as a treat for yourself.

RELAXATION PACK

- 1 hour of S.P.A. + 25' Aroma Massage
- 1 hour of S.P.A. + 50' Aroma Massage

€45

€75

ROMANTIC PACK (2 PEOPLE)

- 1 hour of S.P.A. + 25' Aroma Massage
- 1 hour of S.P.A. + 50' Aroma Massage

€88

€148





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