



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!



# S.P.A. - Hydrothermal Circuit

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“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

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## *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

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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







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