

Spa La Manga Club Treatments

The Spa La Manga Club Collection

Every treatment in the exclusive Spa La Manga Club Collection has been created to offer each and every one of your senses an unforgettable spa experience.

Luxury foot treatment for two	This simple yet sensational treat includes a luxurious foot soak in a ceramic bowl to relax and soften tired feet, an exfoliating scrub to banish dry hard skin, an invigorating massage for feet and lower legs AND, to give you that top to toe sensation of well being, a neck and shoulder massage.	1 hour	€110 for two
Golfer's tonic	A wonderful way to end the day, especially after the mental and physical challenge of 18 holes on the golf course. A relaxing hydrotherapy bath is followed by a soothing and healing reflexology foot massage and an aromatherapy massage to ease away any lingering tension.	2½ hours	€135
Clubhouse	This superb treatment combination will relax, revitalise and leave you feeling like new after tennis, golf or any kind of physical exertion. Includes an uplifting aromatherapy bath, a full body massage and a revitalising facial treatment.	2½ hours	€130
Resort retreat	The ultimate "me-time" treat that will pamper both body and soul: A relaxing hydrotherapy soak, your choice of 60-minute massage and a deluxe manicure and pedicure.	Approx. 3 hour	€170
Ultimate spa experience	This thoroughly indulgent treat includes both our luxurious Lavender kur (comprising a body scrub, hydrotherapy bath and full body massage) and our ultra-effective Caviar facial.	3 hours	€30
Guilt-free golf	Treat your partner to the perfect escape while you are out on the golf course. Start with an exclusive Samezen ritual, which includes a skin softening full-body exfoliation, relaxing herbal bath and soothing hot stone massage. A pampering 80-minute facial, make-up application and manicure complete this sensational spa experience.	4 hours	€30
Resort bliss	Treat yourself to an indulgent full-day spa experience in one of our spa suites. We suggest our uplifting Aroma kur (including invigorating body scrub, aromatherapy mineral bath and luxurious aromatherapy wrap) to start, followed by an 80-minute massage, 80-minute facial, deluxe manicure and pedicure.	Approx. 5 hours	€50

Massages

Swedish	This traditional technique uses a combination of five movements - long sweeping strokes, tapping, kneading, friction, and vibration - and aromatic essential oils to detoxify the body, ease sore muscles, release tension and improve circulation, leaving you with an incomparable sense of relaxation.	30 mins	€50
		60 mins	€65
		80 mins	€80
Deep tissue massage	Perfect for those who play sports or generally lead a physically active life, this firm massage will stretch and relax tense muscles and help relieve particular areas of discomfort due to stress, injury or overuse, leaving you feeling supple, stress-free and re-energised.	60 mins	€70
		80 mins	€90

Reflexology	This ancient Chinese technique is supremely relaxing and excellent at relieving stress. The application of pressure to reflex points on the feet restores the flow of energy throughout the body and is said to stimulate the body's own healing mechanisms.	60 mins	€65
Lavender signature massage	Fragrant lavender abounds on the Mediterranean hillsides and is renowned for its calming, restorative and balancing properties. This uplifting treatment includes a full body massage, foot treatment, facial cleansing and facial massage, which will leave you feeling rejuvenated and radiant.	80 mins	€90
Samezen	This superlative combination of therapies will pamper both body and mind. Based on ancient Swedish tradition, the Samezen ritual starts with a full-body exfoliation to stimulate circulation and cleanse the skin. The second stage is a relaxing herbal bath to aid detoxification and release tense muscles. Lastly, a soothing hot stone massage will melt away tension and fatigue, leaving both body and mind balanced and revived.	80 mins	€100
Couples massage	Share your massage experience with a loved one or friend in a couple's massage room for two. Duration and price vary according to individual massage and time selections.		

Soaks & Scrubs

Herbal & Mineral Baths	While you relax and let the mineral salts and aromatic essential oils weave their magic spell, a gentle head, shoulder and neck massage will help ease away tension, leaving you feeling like new. We offer a wide selection of bathing experiences; your therapist will help you select the perfect soak for you.	30 mins	€35
Aromatherapy mineral bath	A soothing and profoundly aromatic blend of essential oils and Hungarian thermal mineral crystals to release stress and uplift the spirit.	30 mins	€35
Thalasso seaweed bath	This powerful combination of organic, natural seaweed and mineral-rich seawater crystals will enhance your body's own natural detoxification processes, leaving you feeling refreshed and re-energised.	30 mins	€35
Herbal baths	The range of herbal baths is based on rich botanicals - including lemon balm, camomile, wildflowers and eucalyptus - each designed to benefit specific conditions and restore balance in the most natural way.	30 mins	€35

Body Scrubs

Dry, dull skin? Poor circulation? Our exfoliating scrubs will remove dead cells and improve circulation for softer, smoother and more radiant skin.

Camomile body scrub	A gentle, two-stage treatment with soothing extract of camomile to moisturise and soften dry skin.	30 mins	€45
Turkish salt scrub	An invigorating thermal mineral salt exfoliation under the Vichy shower to leave you feeling deeply cleansed and smooth.	30 mins	€45

Kurs

What is a “kur”? Put quite simply, it is a series of treatments designed to replenish the body with essential minerals and trace elements. Spa La Manga Clubs kurs use pure natural resources, drawn from around the globe, to satisfy your body’s craving for minerals and nutrients, leaving the skin refreshed, muscles soothed and the mind relaxed and balanced.

Aroma kur	An invigorating and soothing experience that will leave you feeling stress-free. Your therapist will help you select the right aromatherapy essence for you. <ul style="list-style-type: none"> · Invigorating mineral salt and essential oil scrub · Relaxing aromatherapy bath · Luxurious aromatherapy wrap 	80 mins	€95
Thalasso kur	This rejuvenating and nourishing treatment will leave you feeling radiant. <ul style="list-style-type: none"> · Anti-oxidant spirulina body wrap · Stimulating seaweed bath with eucalyptus oil · Application of marine firming body cream 	80 mins	€95
Thermal mineral kur	A cure for both body and mind that will ease stiff muscles and joints, detoxify and re-energise. <ul style="list-style-type: none"> · Detoxifying organic mud wrap · Remineralising thermal mineral bath · Soothing and relaxing full body massage 	100 mins	€130
Lavender kur	Spa La Manga Clubs signature lavender kur will purify your body and lift your spirit, rekindling your inner calm and vitality. <ul style="list-style-type: none"> · Gentle camomile body scrub · Therapeutic lavender bath · Full body massage with lavender oil 	100 mins	€130

Facials

Spa La Manga Clubs facial programmes have been designed not only to nurture, tone and restore balance to the skin but also to pamper, relax and soothe the inner self, leaving you feeling radiant and rejuvenated. All facials include a consultation and complimentary skin analysis.

Refresher facial	An ideal starter treatment for first-time spa guests, which will refresh and revitalise dull, lifeless skin. Includes a skin analysis, mineral-rich Hungarian mud treatment, stimulating face and shoulder massage and a moisturising hand treatment.	30 mins	€45
Deep cleansing facial	Rediscover your skin's natural radiance with this purifying and softening facial, which includes a gentle exfoliating peel, a luxurious massage, deep cleansing mask and a skin softening hand treatment.	60 mins	€70
Gentleman's facial	Our therapeutic Gentleman's facial will soothe, purify and relax for a fresher, more youthful feeling face. Ideal for sensitive, irritated or razor burnt skin.	60 mins	€70

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The specialist facials are designed to pamper and soothe, whilst addressing specific areas of concern. Your therapist can guide you as to the best programme for you.

Antioxidant vitamin C facial	Your skin will become visibly smoother and more radiant after this anti-oxidant facial which includes a mineral-rich spirulina algae treatment, facial massage, anti-oxidant Vitamin C ampoule and hydrating hand treatment.	80 mins	€90
Aromatherapy facial	A luxurious, re-hydrating and profoundly relaxing treatment to soften and soothe dry or sensitive skin, and ease away stress. Includes an invigorating foot soak, revitalising aromatherapy facial, relaxing scalp and foot massage.	80 mins	€90
Anti-ageing facial	Especially beneficial for sun-damaged or mature skin, this facial will moisturise, nourish and tone, giving a smoother, more youthful complexion, through the application of effective natural rejuvenating products, contour lifting massage and acupressure exercise.	80 mins	€90

Beauty Salon

St. Tropez Tanning	The ultimate tan, ideal for anyone wishing to acquire a healthy, all-over tan at any time of the year. A full body and face exfoliation is followed by an application of the world-renowned St. Tropez tanning lotion, leaving a beautiful natural glow that will gradually deepen over the next 8 hours. Your tan should last 5-7 days.	60 mins	€60
Make-up Artistry	Make-up application Your therapist will create a look that will emphasise your natural beauty without drawing attention to the make-up.	55 mins	€55
Lash and brow tint	Naturally beautiful lashes and brows to suit your colouring.	Lashes - 15 mins Eyebrows- 15 mins	€25 €25
Waxing	Salon waxing is one of the quickest and most effective methods of hair removal, giving lasting results for both men and women.	Half/Full Bikini/underarm Brow, lip or chin Back Brazilian Full leg, bikini, underarm and brows	€25/€30 €16 €15 €25 €30 €86
Nail Services	Using the same exclusive Jessica Nail System as used by some of the world's most famous hands, Spa La Manga Clubs nail products and treatments are tailored to your particular nail needs (such as dry nails, weak nails, normal nails etc) to help you achieve and maintain naturally beautiful nails.	Polish change 15 minutes Basic / Deluxe manicure 30 / 45 mins Basic / Deluxe pedicure 45 / 60 mins -	€25 €40/€50 €50/€60

Spa Packages

'Pamper Me' (2 Days)	This intensive two-day programme is the ideal quick pick-me-up when you are feeling tired and stressed. Great as a 'taster' for the first time spa guest or as a revitalising weekend escape for those with a demanding schedule. Includes: Mud wrap, Mineral baths, Massages and Facial		€230
'Treat Yourself' (3 days)	A re-energising programme that will leave you feeling simply great, inside and out. Day 1 focuses on detoxifying and remineralising, day 2 on deep cleansing and healing and day 3 on relaxing and revitalising, leaving you ready for whatever the world has in store. Includes: Mud wrap, Mineral baths, Massages, Camomile scrub and Facial		€366
'Energy & Balance' (4 days)	4 days that will restore balance to body and soul with treatments that combine both Eastern and Western wisdom, detoxifying and revitalising from within. The benefits include increased energy levels and a greater sense of inner calm. Includes: Mud wrap, Mineral bath, Massages, Camomile scrub, Reflexology, Exfoliation and Hydrotherapy soak		€392
'Feel Like New' (6 days)	An incomparable spa experience that will leave you feeling like new from head to toes. Our therapists will attend to you throughout your programme and will help you to develop your own wellness lifestyle programme so that you can continue to enjoy the benefits at home. Includes: Fitness session with a personal trainer, Thelasso Kur, Salt scrub, Massages, Mineral bath, Facial, Body wraps, Seaweed bath and Reflexology foot massage		€700