# Cala SPA \& MELLNESS 

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## FACIALS

## BODY RITUALS

## LA CALA FACIAL (80') €95

Our signature aromatherapy facial to detoxify, oxygenate and restore a healthy glow to your skin. Personalized for all skin types, including those with sensitive complexions.

## AGE-DEFYING FACIAL (80') $\mathbf{1 1 5}$ €

A 12-step treatment that progresses from cleansing, toning and chemical exfoliation to tissue oxygenation, a lifting serum massage and a double recontouring mineral mask, finished off with zone-specific balms and serums to perfect and protect.

## SKIN PURIFYING FACIAL (50') €80

A treatment designed to reduce stress and drain away toxins.. ideal for minimizing pores and reducing blemishes thanks to the power of botanical extracts, trace elements and essential oils. The texture of your skin will be markedly improved.

## GENTLEMEN'S FACIAL (50') €80/ (80') €95

Addressing the toll of shaving routines, exposure to the elements and male hormones, custom techniques and special extracts cleanse away impurities, minimize pores and rebalance the skin.

## EYE CONTOURS ( $25^{\prime}$ ) €45

For a stunning look, this treatment focuses on the contours of the eyes to relieve puffiness, stimulate microcirculation and counteract the build-up of toxins.

## EXPRESS FACIAL ( $25^{\prime}$ ) €45

Ideal for those on the go or as an introductory facial for teens. The skin is cleansed, exfoliated and gently massaged.


## PACKAGES

## FINISHING TOUCHES

## COUPLE'S RETREAT - $\mathbf{\epsilon 1 8 5}$

A regenerating experience in our Andalusian Therapy Suite, featuring neck and full-back massages ( $40^{\prime}$ ) followed by sea-salt rubdowns ( $30^{\prime}$ ) and tea served for two while you bathe in the jetted waters and steam of La Cala's private Hammam ( $30^{\prime}$ ).

## EARLY-TO-SPA DAY PACK

Two hours luxuriating in the hydrotherapy circuit, a 25 -minute back massage and a three-course lunch at our Clubhouse Restaurant.

- Option 1: entrée, dessert \& 1 drink included
- Option 2: starter, entrée, dessert \& 1 drink included


## HITTING THE GREEN - $€ 130$

La Cala's revitalizing, deep-tissue Sport Massage ( $50^{\prime}$ ) is paired with either a Classic or Men's Pedicure to keep golfers stepping and swinging.
*Choose semi-permanent polish for $€ 15$ more (removal of old s.p. polish $€ 5$ ).

## MEDITERRANEAN RENEWAL - €235

Our signature Andalusian Ritual is paired with La Cala's Manicure \& Pedicure Duo for full-body pampering from head to toe.
*Choose semi-permanent polish for $€ 15$ more (removal of old s.p. polish $\epsilon 5$ ).

## INSTANT COMFORT - $\boldsymbol{\ell 2 4 5}$

La Cala's Purifying Facial, Aromatherapy Massage, and The Signature Manicure \& Pedicure Duo work together to boost your sense of well-being.
*Choose semi-permanent polish for $€ 15$ more (removal of old s.p. polish $€ 5$ ).


## BODY AND FACIAL DIATHERMY (80') $€ 115$

A standard treatment in physiotherapy and rehabilitation, diathermy applies localized heat through high-frequency electrical currents to speed recovery and reduce pain in muscular and soft tissue injuries, such as sprains, contractions or tears.

The technique is also beneficial in the treatment of cellulite and has a notably firming effect on the skin, helping to reduce localized fat deposits and effect drainage
Likewise as a facial treatment, diathermy firms, shapes and generally rejuvenates the skin's appearance. It is ideal for minimizing wrinkles and expression lines, as well as an effective treatment to reduce dark circles and bags under the eyes and for minimizing scars and acne spots.

## DIAMOND-TIPPED

## MICRODERMABRASION ( $50^{\prime}$ ) - €85

Diamond-tipped deep facial cleansing is a non-invasive treatment that applies varying levels of microdermabrasion intensity to exfoliate the skin.
Also known as mechanical exfoliation, this technique utilizes the precision of a machine to remove dead cells without causing pain or aggravating the skin. The result is a gradual smoothing of the skin's layers and
a deep stimulation of collagen producing cells. Your skin is left fresh and uniform.

The procedure is entirely painless and suitable for all skin types, even those with a high degree of sensitivity.

## VIRTUAL MESOTHERAPY (50') - є85

Virtual Mesotherapy, or electroporation, is a treatment designed to deliver essential nutrients and beneficial compounds to the skin while avoiding the dreaded needles associated with mesotherapy itself.
The emission of a low-intensity current increases the skin's permeability and triggers a brief opening of pores within cellular membranes, progressively allowing active ingredients to be absorbed.
This treatment employs a multivitamin solution that can be modified to address the particular necessities of your skin.

## ELECTRO-LIFTING (50') - 685

Electro-Lifting applies a low-intensity micro current to massage the muscles of facial expression and promote a reduction of wrinkles and fine lines.

Blood and lymphatic circulation are also stimulated, flooding tissues with oxygen and nutrients while aiding in the elimination of cellular byproducts and toxins.

## THERMAL BATHS \& SPA






