

La Cala
RESORT
COSTA DEL SOL-SPAIN

SPA





Essence of Andalusia

La Cala Spa is dedicated to the color and vitality of all things Andalusian and is proud to feature exclusively Spanish products.



La Cha
SPA



TREATMENTS

FACIALS

LA CALA FACIAL (80') €100

Our signature aromatherapy facial oxygenates, detoxifies and restores luminosity, all while invigorating the senses. Adapted to your individual skin type, no matter how sensitive your complexion.

AGE-DEFYING FACIAL (80') €120

A 12-step treatment with cleansing, toning, chemical exfoliation and cellular oxygenation, a double re-contouring mineral mask and a lifting-serum massage, topped off with zone-specific balms and potent serums that refine and enhance your appearance.

PURIFYING FACIAL (50') €85

An ideal treatment for minimizing pores and reducing imperfections, thanks to the power of botanical extracts, trace elements and essential oils. Toxins are drained away and the skin's texture is left remarkably improved.

VITAMIN C FACIAL (50') €90

Rejuvenate with our Vitamin C Facial, perfect for stimulating collagen, reducing hyperpigmentation and lending greater clarity and glow to the skin.

GENTLEMEN'S FACIAL (50') €85/ (80') €100

Designed to combat the damage of shaving routines, male hormones and sun exposure, custom techniques and powerful extracts are used to eliminate impurities, minimise pores and rebalance the skin.

EXPRESS FACIAL (25') €50

Ideal for anyone on the go or as an introductory facial for teens. Your skin is expertly cleansed, exfoliated and massaged.

BODY RITUALS

THE ANDALUSIAN RITUAL (110') €160

With techniques drawn from the Phoenician and Moorish roots of Spain, our signature ritual includes full-body exfoliation, an aromatherapy facial, a citrus body wrap and a relaxing and skin-nourishing full-body massage.

SILKY SKIN RITUAL (80') €120

A full-body enzymatic scrub formulated with bergamot essential oil, sea-salt crystals and micronized orange/papaya extract, followed by a detoxifying body wrap, a deep-tissue back massage and a full-body hydration rub.

MEDITERRANEAN SEA SALT RITUAL (50') €80

Awaken your body and mind with this intense hydration and exfoliation ritual. Geranium and lavender essential oils, Mediterranean sea salts and beneficial minerals are combined with local flavours and fragrances in a feast for the senses that leaves your skin velvety smooth.

BODY-SHAPING RITUAL (80') €115

A professional 3-in-1 treatment to firm the skin, reduce sagging and cellulite, and reshape curves. By stimulating decongestion and drainage, our vegan-friendly formula defines and lifts contours, reduces fat nodules, firms the skin and decreases body volume.

COUPLE'S RITUAL (110') €215

A uniquely private experience with concurrent 50' massages, ambient music, aromatic sensations and cava, served up as you enjoy our Andalusian Therapy Suite (with hamam and hydro-therapeutic jets) or our Presidential Therapy Suite (with candlelit Jacuzzi and hydro-therapeutic sauna).

MASSAGES

LA CALA AROMATHERAPY MASSAGE (50') €85/ (80') €115

A full-body relaxation massage combined with aromatherapy, the perfect treatment to clear your mind and invigorate your senses.

HOT STONE AROMATHERAPY MASSAGE (80') €125

The ultimate relaxation massage, combining Mediterranean aromatherapy with the power of strategically placed basalt stones, to loosen tense muscles, increase blood flow and ease away pains and anxieties. Get ready for a great night's sleep.

SPORTS MASSAGE (50') €95/ (80') €135

Designed for those looking to improve their sports performance and increase their flexibility, this massage works deep tissues to release knots, reduce toxins and alleviate discomfort. The perfect warm-up or cool-down.

NECK AND BACK (40') €80

A full-back and neck massage acts to stimulate the natural release of endorphins and serotonin into the bloodstream, quickly reducing pain, increasing circulation and relaxing muscular tension.

EXPRESS MASSAGE (25') €50

A quick and easy complement to your hydrotherapy circuit. You tell us whether to focus on legs, back, craniofacial or any combination of the three options.

MASSAGES

COUPLE'S MASSAGE (50') €180

To unwind with a friend or family member in a private suite, look no further than this fifty-minute La Cala Aromatherapy Massage for two

FOOT REFLEXOLOGY (50') €95

One of the world's oldest holistic therapies, this treatment progresses from gentle massage to the stimulation of pressure points within the feet, providing benefits similar to those of acupuncture.

ANTI-CELLULITE MASSAGE (50') €95

A deep-tissue massage that reduces the appearance and formation of fat deposits beneath the skin, that 'orange peel' look, by applying deliberate pressure and vigorously kneading tissues affected by cellulite.

LYMPHATIC DRAINAGE (80') €115

Beneficial for poor circulation, water retention and mild cellulite, this massage gently manipulates specific tissues to remove excess fluid and direct it to the lymphatic vessels and nodes that flush toxins from the body.

PRENATAL THERAPY (50') €95

Available after the first trimester, this is a massage adapted for the anatomical changes and particular discomforts of pregnancy. A trained therapist will offer personalized care for joint, neck and back pain, cramping, swelling, taut skin, tension and stress.

PACKAGES

A DAY AT LA CALA SPA

Two hours of luxury in the hydrotherapy circuit, a 25 or 50 minute back massage and a three-course lunch at the Clubhouse Restaurant.

- With 25-minute massage €110
- With 50-minute massage €145

COUPLES RETREAT €195

A regenerating experience in our Andalusian Therapy Suite, with full-back and neck massages (40'), sea-salt scrubs (30'), and tea for two (30'), served as you enjoy a private hamam with steam and water jets.

HITTING THE GREEN €135

Our popular Sports Massage (50'), paired with a La Cala Pedicure or Men's Pedicure, to keep you in step with the times.

MEDITERRANEAN RENEWAL €240

Our signature Andalusian Ritual paired with the La Cala Manicure & Pedicure Duo offers comprehensive pampering from head to toe.

*Add semi-permanent polish €15 / Remove semi-permanent polish €5.

TOTAL COMFORT €255

A Purifying Facial, the La Cala Aromatherapy Massage and the La Cala Manicure & Pedicure Duo are bundled to boost anyone's sense of well-being.

*Add semi-permanent polish €15 / Remove semi-permanent polish €5.

BEAUTY TOUCHES

STUNNING EYES

Brow Design	€30
Brow Maintenance	€15
Brow Tinting	€25
Lash Tinting	€25
Lash Perm & Tint	€65

WAXING FOR HER

Full Legs	€40
Half Legs	€25
Lip or Chin	€10
Standard Bikini	€20
Full Bikini	€40
Brazilian	€30
Arms	€20
Underarms	€10

WAXING FOR HIM

Back	€35
Half Back	€20
Chest	€30
Arms	€20
Legs	€35
Glutes	€30
Brazilian	€40
Feet, Nose, Ears or Cheekbones	€10

MANICURES AND PEDICURES*

La Cala Manicure €55

Treatment of both nails and hands, including exfoliation, hydration wrap and massage, followed by our best manicure.

***Add semi-permanent polish €15
/ Remove semi-permanent polish €5.**

Men's Manicure €45

A precise grooming of your nails following our no-nonsense routine of exfoliation, hydration and massage.

La Cala Pedicure €60

The full treatment of feet and toenails, including exfoliation, hydration wrap and massage, followed by our best pedicure.

***Add semi-permanent polish €15
/ Remove semi-permanent polish €5.**

Men's Pedicure €50

Get your feet in tip-top shape with this routine exfoliation, hydration and foot massage, followed by an expert grooming of those hard to reach nails.

La Cala Manicure & Pedicure Duo €105

Men's Manicure & Pedicure Duo €90

ADVANCED AESTHETICS BY CARMEN

BODY OR FACIAL DIATHERMY (50') €90/ (80') €115

Diathermy is often used in physiotherapy to accelerate recovery and reduce the pain of *muscle and soft-tissue injuries*, such as sprains, contractions or tears, by applying localized heat with high-frequency electric currents. The technique also induces lymphatic drainage, beneficial in the treatment of cellulite, and can have a remarkably firming effect on the skin.

Applied as a *facial treatment*, diathermy firms, shapes and generally rejuvenates the skin's appearance, proving highly effective at reducing dark circles and under-eye bags, and at minimizing wrinkles, expression lines, scars and blemishes.

DIAMOND-TIP FACIAL (50') €85

A diamond-tip deep cleansing facial, also known as mechanical exfoliation, uses a precision tool to apply varying degrees of micro-dermabrasion. Dead cells are painlessly removed and the skin's layers are gradually evened out. This gentle, non-invasive procedure stimulates collagen production and leaves your skin healthy and smooth. Suitable for all skin types, even those with a high degree of sensitivity.

VIRTUAL MESOTHERAPY (50') €85

Virtual mesotherapy, or electroporation, is designed to provide essential nutrients and beneficial compounds to the skin while avoiding the dreaded needles of traditional mesotherapy. The emission of a low-intensity current increases the skin's permeability and causes a brief opening of the pores within cellular membranes, progressively aiding in the absorption of a multivitamin solution that can be modified to address the particular needs of your skin.

The background image shows a modern thermal area with a large swimming pool in the foreground, featuring blue mosaic tiles. In the background, there are glass-walled rooms and a curved ceiling. A dark blue, multi-lobed decorative shape is centered over the image, containing the text.

THERMAL AREA & SPA

HYDROTHERAPY CIRCUIT

State-of-the-art installations and immersive experiences.

Herbal Steam Bath, Tepidarium, Hamam,
Dry Sauna and Igloo.

Indoor and Outdoor Hydromassage, Hot Tubs,
and Heated Swimming Pool.

Contrast Foot Baths and Aromatic Sensation Showers.

Relaxation Lounge, Sunny Terraces and Expansive Views.

Two great ways to enjoy your spa day:

Hydrotherapy Circuit (120')

€40

Hydrotherapy Circuit (120') & Lunch

€65

(Starter, main course, dessert and one drink included.)

*All guests must be at least 16 years of age and wear non-slip footwear,
a bathing suit and swimming cap.

La Cala
Boutique

SPA BOUTIQUE & HAIR SALON

HAIR SALON

Cut & Blow Dry €47 (short), €50 (medium)
€55 (long)

Gents Cut & Dry €25

Kids Cut & Dry (under 12) €17

Blow Dry Short €25

Blow Dry Medium €28

Blow Dry Long €30

Long Bouncy Blow Dry €35

Long Bouncy Blow Dry with Extensions €45

Full Head Colour from €62

Regrowth Tint from €50

Semi-Permanent from €48

Bleaching from €50

Toning from €18

Highlights

Full head from €90

Half head from €70

T-section from €50

Balayage from €85

Perms

from €60

All prices are 'from' and may vary due to the thickness and/or length of hair.

SPA BOUTIQUE

We proudly feature exclusively Spanish products and clothing. Whether you are looking for a thoughtful gift, to add longevity to the results of your treatments or would like to enjoy the spa experience at home, our boutique is a must.

GIFT VOUCHERS

Vouchers are available for any of our treatments, products and services, including multi-use passes, personal training sessions and group classes. Just ask our reception staff for details.

An aerial photograph of a resort complex. In the foreground, a red tennis court is visible. Behind it, several green tennis courts are arranged in a row. In the background, there is a large, modern building with a glass facade, likely the clubhouse or fitness center, surrounded by lush greenery and trees. The entire scene is framed by a large, semi-transparent blue leaf-shaped graphic in the center. The text "FITNESS CENTER & RACQUET CLUB" is written in a white, serif font across the middle of the leaf.

FITNESS CENTER & RACQUET CLUB

FITNESS CENTRE

DAY PASS for gym €12

DAY PASS PLUS for gym and a group class €19

WEEKLY FULL ACCESS PASS including use of the Spa €100

SINGLE SESSION in one of our Group Classes 15€

PERSONAL TRAINING €60

RACQUET CLUB

PADEL COURTS (90') €24/ €28 (night)*

SQUASH COURT (60') €10*

TENNIS COURT (60') €12/ €17 (night)*

*Equipment rental €10

SPECIAL OCCASIONS CORPORATE EVENTS

La Cala Spa can be booked for private parties, as well as for business or charity events.

We offer a stunning indoor/outdoor venue along with the services available at La Cala Resort, including food and drink coordination, live music or DJs, and private access to the Spa.

For more information or customized quotes please contact us.

MEMBERS CLUB

Membership rates are available monthly, quarterly or annually. For details please see our price list or simply ask at reception.

IMPORTANT INFORMATION AND REGULARIZATIONS

The Spa can be reached by phone at +34 952 669 010, from a guest room at 9010 or by email at spa@lacala.com

Hours of operation are from 10am to 8pm daily.

All treatments require prior appointment.

Cancellations or rescheduling must be made at least 24 hours in advance to avoid being charged in-full

All guest must wear non-slip footwear, bathing suit and swim cap.

Cameras and mobile phone are strictly prohibited within the facilities.

The company reserves the right to refuse admission.

Neither the company nor its representatives will be held responsible for any loss of or a damage to personal items.

All prices include applicable taxes.

The minimum age for Spa access is 16.

La Cala RESORT

COSTA DEL SOL - SPAIN

Urb. La Cala Golf s/n.
La Cala de Mijas
29649 - Málaga (Spain)

www.lacala.com

+34 952 669 010

spa@lacala.com

