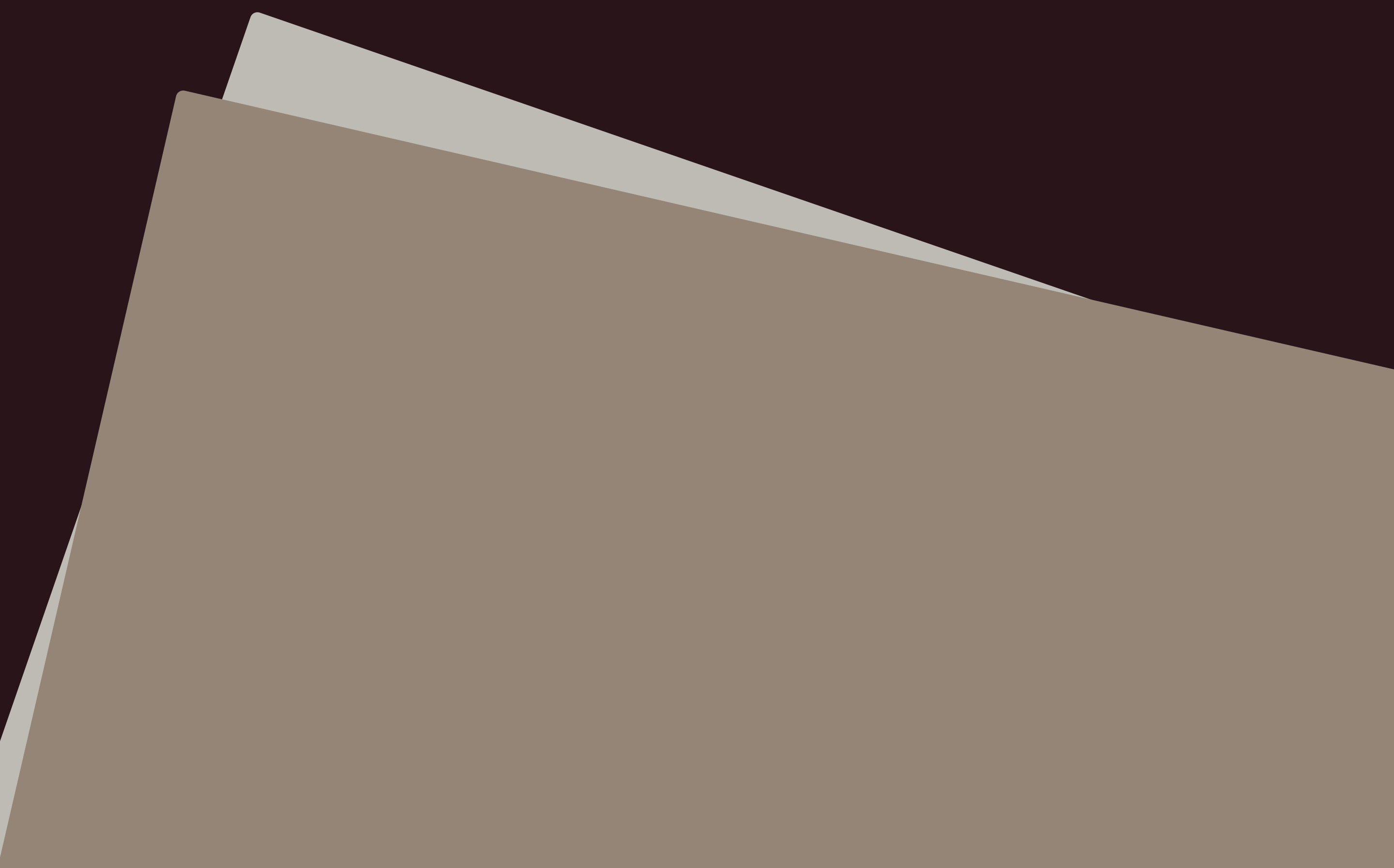




**RAFA NADAL**  
CLUB

# SPA & Wellness





# Our philosophy

SPA & Wellness

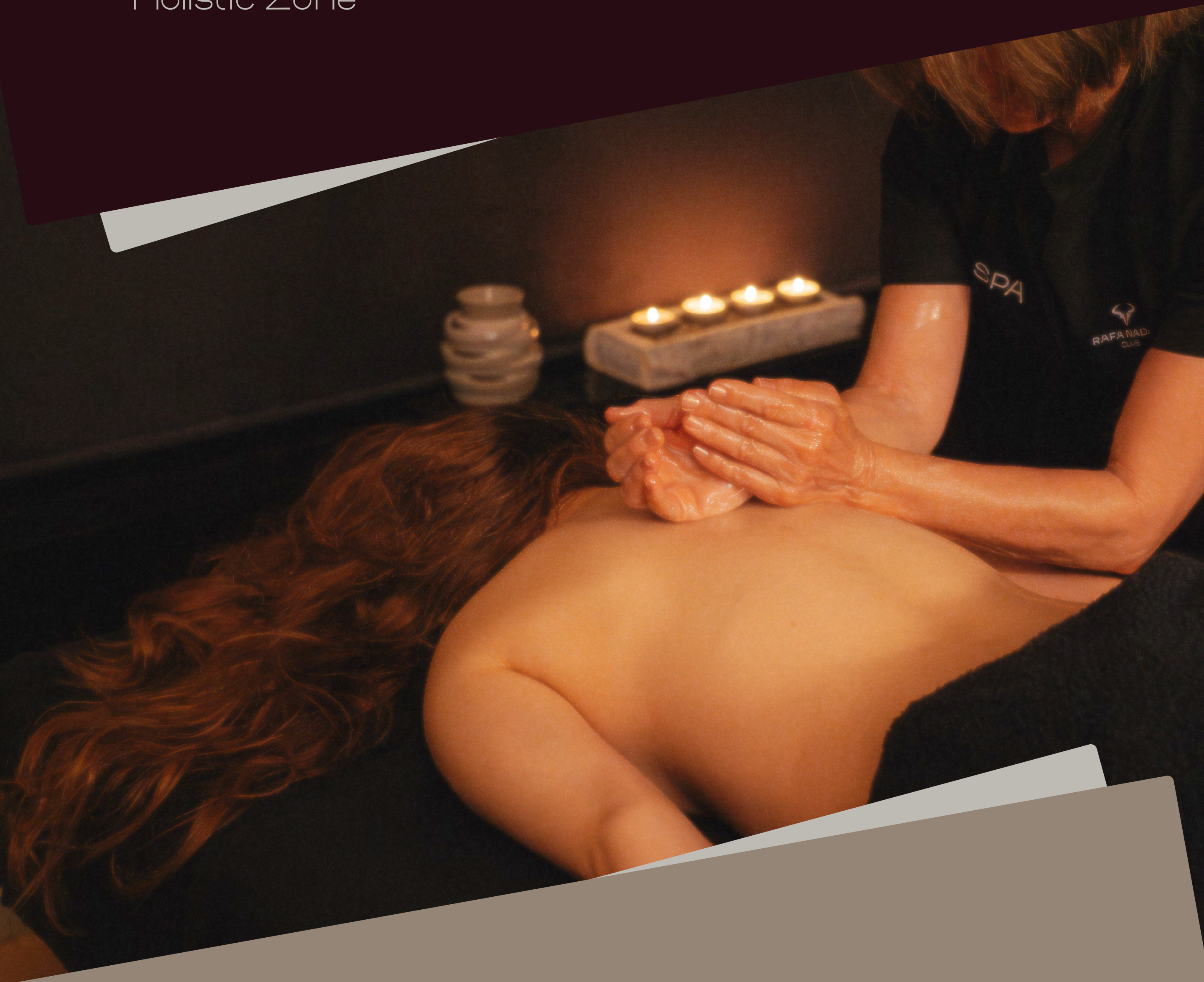
Indulge yourself with beauty and wellness experts at the Rafa Nadal Club. With a carefully curated selection of personalized treatments tailored to your needs, we enhance inner and outer beauty through a unique sensory experience.

Relax your body and mind with massages, rituals, facial treatments, hairdressing, and beauty services. Additionally, enjoy a complete wellness experience with our hydrothermal circuit, which combines the benefits of water with exclusive treatments.

Discover the beauty within you!

# Rituals & Massages

Holistic Zone



## Our Rituals

*DARJEELING...a trip to the Himalayas 80'* 148€

Detox effect thanks to its green tea and ginger root essences.

*LAS ISLAS...a trip to the Pacific 80'* 148€

Repairing and moisturising effect thanks to Tiaré flower and aloe vera.

*UDAIPUR...a trip to India 80'* 148€

Relaxing effect due to its amber, musk and vanilla essences.

Choose your preferred option:

- 1.- Exfoliation 20' + Wrap 30' + Massage 30'
- 2.- Sensorial massage 80'

## Peelings & Wraps

*GREEN TEA AND GINGER SALTS* 75€

*BAMBOO FLOWER TIARE ALOE* 75€

*MUSK, INCENSE AND VANILLA* 75€

*DRAINING SEAWEED* 75€

# Our Massages

## *CLUB 50'*

Relaxing body massage with warm almond oil and aromatherapy.

75€

## *HOT STONES 50'*

Traditional massage technique with the application of volcanic stones at different temperatures to the skin.

75€

## *THAI MASSAGE 75'*

Traditional massage with a unique technique that relieves stress and improves flexibility through stretches and strategic pressure, balancing energy and well-being. It is performed on a futon, so comfortable clothing is recommended.

148€

## *THAI FOOT 25'*

Foot reflexology massage that stimulates blood circulation, energy flow and the functioning of internal organs.

42€

## *THAI FOOT + LEGS MASSAGE 50'*

80€

## *HAWAIIAN LOMI LOMI 50'*

Ancient massage technique with aromatic coconut oils that seeks relaxation and balance between body and mind.

75€

## *TIRED LEGS 25'*

Body treatment that stimulates the lymphatic system through gentle movements in order to balance pressure and blood flow.

42€

## *ANTICELLULITIC 25'*

High-intensity massage performed on areas affected by cellulite.

42€

## *CERVICAL-CRANIAL SHIRO 25'*

Massage technique applied to the head, neck, shoulders and arms that relieves headaches, tension, insomnia or stress.

42€

## *CERVICAL-CRANIAL SHIRO + BACK MASSAGE 50'*

80€

## *SPORTS MASSAGE*

Intense and stimulating muscle massage that seeks to relax the deepest tissues and relieve tension.

25' - 50€ / 50' - 85€



# Aesthetics

Belle Room

## Our Facials

*SERVE 50'* 85€

Purifying and detoxifying facial hygiene, a basic cleansing for young skin.

*SMASH 75'* 110€

Combined facial hygiene with 3 peels that provide luminosity, hydration, and rejuvenated skin.

*DRIVE 50'* 85€

Japanese double cleansing ritual that provides oxygenation and vitality to the skin, promoting a sense of well-being.

*LOB 50'* 100€

Multivitamin, repairing, antioxidant, and luminous treatment.

*VOLLEY 50'* 100€

Deep hydration with various hyaluronic acids that reveal luminous and softened skin.

*ACE 75'* 125€

Perfect Creation, an active smoothing and regenerating therapy with patented anti-aging ingredients for the face, neck, and eye contour, even for skin with couperosis.

*GRAN WILLY 75'* 125€

Customized, unique, and exclusive treatment just for you.

## Enchanting gazes

*EYELASH OR EYEBROW DYEING* 20€

*EYELASH AND EYEBROW DYEING* 28€

*EYELASH LIFTING* 55€

*EYELASH LIFTING AND DYEING* 65€

*SUBLIME RITUAL GAZE 50'* 80€



## Foot & Hand Care

<b>SIMPLE MANICURE 45'</b> Regular enamelling.	<b>26€</b>
<b>SHELLAC MANICURE 60'</b> Semi-permanent enamelling.	<b>38€</b>
<b>SPA MANICURE 75'</b> Enamelling of your choice, peeling and mask.	<b>55€</b>
<b>SIMPLE PEDICURE 45'</b> Regular enamelling.	<b>38€</b>
<b>SHELLAC PEDICURE 60'</b> Semi-permanent enamelling.	<b>50€</b>
<b>SPA PEDICURE 75'</b> Enamelling of your choice, peeling and mask.	<b>65€</b>
<b>ENAMEL REMOVAL 15'</b>	<b>20€</b>

## Advanced aesthetic

**CAVITATION / ULTRASOUND - NARL 40'**      *Session: 100€ / 10 Session voucher: 900€*  
Non-surgical technique to eliminate localized fat using low-frequency ultrasound applied to the treatment area, dissolving fat cells from the inside.

**RADIOFREQUENCY - INDIBA 40'**      *Session: 100€ / 10 Session voucher: 900€*  
Pain-free treatment that works with low-frequency waves acting on the dermis. Facial treatment rejuvenates the skin, eliminates small wrinkles, and above all, generates a firming effect. On a body level, it combats cellulite, fat, and localized flaccidity.

**PRESOTHERAPY 30'**      *Session: 45€ / 10 Session voucher: 400€*  
Technique that achieves lymphatic drainage in people with medical and aesthetic problems, such as circulatory system disorders, tired legs, spider veins, edema, cellulite, and fat accumulation.

**LPG o ENDERMOLOGIE 40'**      *Session: 100€ / 10 Session voucher: 900€*  
100% natural cellular stimulation treatment that releases fat resistant to diet and physical exercise, reduces cellulite, and firms the skin thanks to the latest LPG technology.  
*\*The client must purchase a personal use garment to start the treatment. Cost: 30€.*

**DIODE LASER HAIR REMOVAL**      *Personalised*  
Light wave laser of 820 to 850 nm used for permanent hair removal. It is fast, effective, and painless.

**10 SESSION COMBINED VOUCHER**      *Personalised*

## Aesthetic medicine Expedient number: 5580

Discover our personalised medical facial and body treatments that will help restore, maintain and/or eliminate minor facial and body imperfections.

- Wrinkle removal, elimination of expression lines, lip augmentation, lip hydration, elimination of dark circles with hyaluronic acid, facial harmonization/facial rejuvenation, collagen induction, facial vitamins, hydrfacial, chemical peeling, nanopore, sclerotherapy (vascular vein treatment), mesotherapy (5 and 10-session packages available).

*\*Please ask about treatments and prices at our reception.*

# Hairdressing

Hair Salon



## Hair treatments

These are therapeutic hair care treatments for the hair and scalp.  
A prior diagnosis is recommended.

### *NOURISHING 45'*

55€

Nutrient, hydrating, and reconstructive treatment for the scalp, perfect for dry, weakened, and damaged hair. Strengthens the hair fiber, preventing breakage, while providing body, softness, and shine. It is composed of a combination of RICE PROTEINS and AMINO ACIDS.

### *REPLUMPING 35'*

45€

Long-lasting hydrating and elasticity treatment for all hair types. This treatment is rich in POLYPHENOLS and FLAVONOIDS, which are antioxidant substances that act against free radicals.

### *ENERGIZING 25'*

40€

Stimulating and preventive treatment for the scalp, ideal for fragile hair prone to falling out. It is a concentrate of multifunctional active ingredients composed of CAFFEINE PHYTOCEUTICALS combined with SIRTUINS and BETA-GLUCANS.

### *PURIFYING 25'*

25€

Intensive treatment to resolve both oily and dry dandruff.

### *REBALANCING 25'*

25€

Regulating and rebalancing treatment for oily hair issues.

### *CALMING 15'*

25€

Treatment for sensitized scalp.

### *ELEVATING*

20€

Enhance the performance of your ritual by adding Elevating.

## Highlights & Dyes

### *MASK COLOR*

42€

Root base coloring system to cover tones, gray hair, or simply intensify the natural hair color with endless possibilities.

### *MASK COLOR TOP*

80€

Root base coloring system to cover gray hair or change the tone, adding highlights or reflections to the front and sides to give more life to the color.

### *CLASSIC HIGHLIGHTS*

from 100€ to 170€

Coloring technique where you can play with a multitude of tones, based on picking up fine strands of color wrapped in aluminum foil, osmotic film, or cotton and mixing them with the natural color to achieve a radiant explosion.

### *PERSONALISED HIGHLIGHTS*

from 100€ to 190€

Customize your color with different styles and highlighting techniques.

### *VIEW COLOR*

35€

Ultra-bright demi-permanent coloration that reduces the risk of hair breakage.

## Cuts & Hairstyles

### *CUT HIM*

23€

### *CUT HER*

26€

### *WASHING & STYLING*

from 30€ to 38€

### *HAIR UP-DO*

75€





# SPA

Hydrothermal circuit



## SPA Zones

### *TEPIDARIUM 30° - Warm water pool with waterfalls*

Experience a sense of peace and tranquillity in this space, where you can enjoy intense water jets and waterfalls that will give you a feeling of wellbeing and relaxation.

### *JACUZZI & JETS 32° – Jacuzzis and jet zones*

Immerse yourself in an oasis of relaxation in our jacuzzi. Powerful jets of water and pressurised air provide a deep massage to relieve muscle tension, improve digestion and stimulate blood circulation.

### *CALDARIUM 32° – Hot water pool*

Relax in our warm water pool and experience its many health benefits. The warm temperature helps to reduce muscle tension, relieve pain and improve perspiration, which contributes to a natural cleansing and detoxification of the body.

### *LACONICUM-HAMMAM 40° - Turkish bath*

In the Turkish bath, the atmosphere is characterised by 100% humidity and moderate temperatures of up to 48°. Sitting on marble or stone, visitors are immersed in a warm mist of eucalyptus steam that helps to decongest the breath and eliminate toxins through the sweating of the skin, providing a rejuvenating and relaxing experience.

### *DRY SAUNA 70° - Sauna zone*

The high temperature in the dry sauna (80° to 100°) helps to relax the muscles, improve blood circulation, care for the skin and release endorphins and toxins, providing a rejuvenating experience for the body and mind.

### ***SENSATIONS SHOWER - Sensory jet shower***

This sensory experience has a positive impact on the body similar to that of a massage. The sensation shower offers numerous health benefits, thanks to its changes in temperature and pressure that reactivate the circulatory system and tone the tissues. It is an effective way to rejuvenate the body and improve health.

### ***ESSENCE SHOWER - Scent shower***

Let yourself be carried away by an enveloping shower of sensations with aromatherapy! Relax both your body and mind thanks to the combination of tactile sensations and aromas. Experience a unique sensory moment!

### ***ICE FOUNTAIN***

In our Ice Fountain you can use the ice waterfall as an alternative to the cold water shower. The ice will provide benefits such as nerve relaxation, muscle relaxation, pain relief and stimulation of the body.

### ***FRIGIDARIUM 15° - Cold water pool***

Our cold water pool is maintained at a refreshing temperature of 15°, which produces a rapid contraction of the minor arteries through its effect on the nerves of the lymphatic system. This healing practice also promotes joint movement, reduces inflammation and improves blood circulation in the internal organs, providing a rejuvenating experience for the body and mind.

### ***PALESTRA - Hot thermal resting bench***

The palestra area was known as the central courtyard in the Roman baths and is a passageway to the hydrothermal circuit.

Here you will find a bench or hot stone to relax and rest before and after accessing the circuit. This bench produces intense sweating and maintains a low impact on the heart rate, providing a deep sense of relaxation and well-being.

### ***FLOTARIUM 30° - Saltwater pool***

In this pool you will float on salt water and enjoy benefits such as stress reduction, muscle tension relief, improved blood circulation and mental relaxation.

Immerse yourself in the unique sensation of being in the Dead Sea and experience the amazing effects of weightlessness!

### ***RELAX ROOM***

In this exclusive relaxation area you can enjoy that unique moment of peace and relaxation you were looking for.



## SPA Programmes

In our SPA you can reach the desired state of relaxation, enjoying exclusive programmes combined with access to our hydrothermal circuit with pools at different temperatures. Discover them!

### *SIMPLE SPA*

25€

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

### *HAMMAM SPA*

40€

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



## Experiencies

If you want a complete health and beauty experience, don't miss out on our exclusive packages! Ideal both as a gift and to give yourself a moment of wellness, these packages include special treatments that you will love.

### *RELAX PACK 85'*

55€

1-hour SPA + 25-minute gentle localized massage with aromatherapy.

### *RELAX PACK 105'*

83€

1-hour SPA + 45-minute gentle massage with aromatherapy.

### *ROMANTIC PACK 105'*

170€

1-hour SPA + 45-minute gentle massage with aromatherapy for 2 people.

### *LADAN PACK 105'*

90€

1-hour SPA + 25-minute gentle localized massage + 20-minute facial hydration.

### *EQUILIBRANT PACK 105'*

90€

1-hour SPA + 25-minute sports back massage + 20-minute Shiro cervical-cranial massage.



# RAFA NADAL CLUB

## Booking hours:

If you wish to make a reservation or obtain information, our customer service hours are Monday to Friday from 11:00 am to 2:00 pm and from 3:00 pm to 8:00 pm. You can call or send a WhatsApp message to 971 258 090.

## During the hydrothermal circuit:

- Please maintain silence.
- Taking photos, videos, and using mobile phones is strictly prohibited.
- Entry is prohibited for individuals under 18 years of age.
- Swimwear, cap, and flip-flops are mandatory.
- Showering before accessing the SPA and using a towel in the sauna is mandatory.
- All belongings must be stored in the lockers.
- Food and drinks are not allowed inside.
- Creams, peels, or any products in glass containers are prohibited from entry.

## Punctuality:

Out of respect for other clients' bookings, please note that we cannot extend your treatment time in case of delay.

## Cancellations:

If you wish to cancel or reschedule an appointment, please notify us at least 3 hours in advance (for gift vouchers, please notify us at least 24 hours in advance). Otherwise, 100% of the treatment price will be charged.

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