



La Cala
RESORT
COSTA DEL SOL-SPAIN

The Andalusian Touch



The image shows a modern spa interior with teal-colored walls and glass railings. The space is bright and clean, with a focus on the color and design. A central text box is overlaid on the image.

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

F A C I A L S

LA CALA FACIAL (80') €100

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') €120

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') €85

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.

VITAMIN C FACIAL (50') €90

Rejuvenate with a Vitamin C Facial, the perfect treatment to stimulate collagen production, reduce hyperpigmentation, and lend greater clarity and luminosity to the skin.

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

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.

EXPRESS FACIAL (25') €50

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

BODY RITUALS

THE ANDALUSIAN RITUAL (110') €160

Inspired by techniques rooted in the Phoenician and Moorish ancestry of Spain, this signature ritual includes a full-body exfoliating scrub, an aromatherapy facial, a citrus body wrap, and a skin-nourishing, muscle-relaxing body massage.

SILKY SKIN EXFOLIATING RITUAL (80') €120

A full-body enzymatic scrub with bergamot essential oil, sea-salt crystals and micronized orange and papaya extract, followed by a relaxing and detoxifying body wrap and a deep-tissue back massage, topped off with a body-hydrating rubdown.

MEDITERRANEAN SEA SALTS RITUAL (50') €80

Reawaken body and mind with this intensive exfoliation and hydration ritual. Mediterranean Sea salts, beneficial minerals and the essential oils of geranium and lavender are combined with Mediterranean fragrances and flavours. It's a feast for the senses that reveals your smoothest, most velvety skin.

BODY-SHAPING RITUAL (80') €115

A 3-in-1 professional treatment to firm skin, reduce flaccidity and cellulite, and reshape the body. Vegan-friendly formula (96% natural/99% biodegradable) delivers results from the first session, including a visible reduction in fat nodules, improved appearance of cellulite, defined and lifted contours, firmer skin and decreased body volume through stimulated decongestion and drainage.

COUPLE'S RITUAL (110') €215

A private experience of 50-minute massages, ambient music, aromatic sensations and bubbly (Spanish Cava) available in our Andalusian Therapy Suite (featuring a private hammam and hydrotherapeutic jets) or our Presidential Therapy Suite (featuring a candlelit Jacuzzi and hydrotherapeutic sauna).

MASSAGES

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

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

HOT STONE AROMATHERAPY MASSAGE (80') €125

The mother of all relaxation massages, Mediterranean aromatherapy combined with the power of basalt stones, strategically placed to relieve muscle tension, ease pain, and increase blood flow. Benefits include reduced anxiety and deeper sleep.

SPORT MASSAGE (50') €95/ (80') €135

Designed for those looking to improve athletic performance and increase flexibility, with this massage we work deep tissues to reduce toxins, relieve tension and ease pain. Perfect as a warm-up before physical exertion or for relaxing afterwards.

NECK AND BACK (40') €80

This full back and neck massage stimulates the production of endorphins and serotonin, to soothe pain, increase circulation and relax your aching muscles.

EXPRESS MASSAGE (25') €50

The ideal treatment to complement our hydrotherapy circuit or for those with little time to spare. A tailored massage where you are in charge: tell us whether you prefer legs, craneo-facial, back or any combination thereof.

MASSAGES

COUPLE'S MASSAGE (50') €180

If you are looking to relax with a friend or a loved one, look no further. La Cala's Aromatherapy Massage for 50 minutes for parties of two.

FOOT REFLEXOLOGY (50') €95

Applying some of the world's oldest healing techniques, this treatment progresses from gentle massage to the stimulation of the foot's defined pressure points, providing benefits akin to those of acupuncture.

ANTI-CELLULITE MASSAGE (50') €95

A form of therapeutic massage that focuses on reducing the appearance and formation of cellulite, characterized by fatty deposits under the skin which often form an "orange peel" appearance.

The massage technique involves the application of specific strokes, firm pressure and a vigorous kneading motion that works over tissues affected by cellulite.

LYMPHATIC DRAINAGE (80') €115

Lymphatic massage involves gently manipulating specific areas of the body to ease excess fluid away from these tissues and into the blood vessels and lymph nodes responsible for flushing out toxins.

Ideal for those with poor circulation, cellulite or water retention.

PRENATAL THERAPY (50') €95

Only available after your first trimester, this massage is individually tailored to ease the discomfort of pregnancy, offer prenatal care, hydrate the skin and relieve tension.

PACKAGES

EARLY-TO-SPA DAY PACK

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

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

COUPLE'S RETREAT - €195

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

HITTING THE GREEN - €135

La Cala's revitalizing, deep-tissue Sport Massage (50') 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 - €240

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 €5).*

INSTANT COMFORT - €255

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).*

FINISHING 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.

**Choose semi-permanent polish for €15 more (removal of old s.p. polish €5).*

Men's Manicure €45

A complete treatment to get your hands in perfect shape, including exfoliation, hydration, massage and the exceptional grooming of your nails.

La Cala Pedicure €60

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

**Choose semi-permanent polish for €15 more (removal of old s.p. polish €5).*

Men's Pedicure €50

A complete treatment to get your feet in tiptop shape, including exfoliation, hydration wrap and foot massage, followed by the expert grooming of those oft neglected nails.

Regular Polish Application €15

La Cala's Manicure & Pedicure Duo €105

Men's Manicure & Pedicure Duo €90



ADVANCED ESTHETICS BY CARMEN

BODY OR FACIAL DIATHERMY (50') €90/ (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') - €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') - €85

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.



HYDROTHERAPY CIRCUIT

These state-of-the-art installations guarantee you an unforgettable spa experience.

**Tepidarium, Herbal Steam Bath, Hammam,
Dry Sauna and Igloo**

Kneipp Foot Baths and Aromatic Sensation Showers

**Indoor and outdoor Hydromassage, Hot Tubs
and a climate controlled Indoor Swimming Pool**

**Relaxation Lounge and Sunny Terraces
with expansive views**

We offer 2 distinct ways to enjoy a day at the spa,
either on your own or among friends.

Hydrotherapy Circuit (120')	€40
Hydrotherapy Circuit (120') & Lunch <i>- starter, entrée, dessert & 1 drink included</i>	€65

*The minimum age for Spa access is 16; all guest must wear non-slip footwear, bathing suit and swim cap.

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

Perm

From €60

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

La Cala
Boutique

SPA BOUTIQUE

If you are looking to add longevity to the results of your treatment, recreate your Spa experience at home or to pick up a smart gift, then our boutique is a must. We offer a selection of exclusively Spanish goods, clothing and products that will delight and surprise you.

GIFT CERTIFICATES

We offer a full range of gift certificates for our treatments, products and services, as well as special passes for multiple visits, personal training, group classes, etc. Please inquire at Spa Reception for further details.



FITNESS CENTER & RACQUET CLUB

FITNESS CENTER

DAY PASS for Gym €12

DAY PASS PLUS for Gym and one 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') €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 charitable events.

We offer a stunning indoor/outdoor venue coupled with services available from La Cala Resort, including the coordination of food & beverage, arrangement for live music or DJs and specialized activities for your guests.

But lest you forget, we also offer private access to the Spa itself.

Further information and pricing options are available in consultation with the Spa.

CLUB MEMBERSHIPS

Various plans are available for One-month, Three-month and Annual Club Memberships. Please consult our price list or a receptionist for further details.

IMPORTANT INFORMATION & REGULATIONS

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

Cameras and mobile phones 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 damage to personal items.

All prices include applicable taxes.

The minimum age for Spa access is 16.

La Cala
RESORT
COSTA DEL SOL-SPAIN

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We'd love to have your stay