



SPA TREATMENT MENU



ELBA
THALASSO
SPA



MASSAGES THALASSO

Have an unforgettable experience of relax and wellness. Enjoy a pleasant massage performed by well trained and certified staff.

- >> **LOCALIZED PALMISTRY: BACK OR LEGS** 25 min. 45€
Localized decontracting or relaxing massage, choose the area to be treated between the back, legs, head or feet.
- >> **RELAXING BALANCING** 55 min. 80€
Traditional relaxing body massage, recovers energy, vitality and strength, balances yin and yang
- >> **GEOTHERMAL** 55 min. 70€
Millenary therapy using hot and cold volcanic stones to give you physical-energetic equilibrium. Eliminates toxins, stimulates the circulation, reduces pain, helps you to have a good sleep and raises your mood. Get rid of the daily noise and relax during 55 minutes.



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- >> **REVITALIZING DECONTRACTING** 55 min. 85€
Full body decontracting massage, indicated for people with a high load of muscle tension, prevents injuries and relaxes the muscles.
- >> **BALINESE MASSAGE WITH AROMATHERAPY** 55 min. 85€
Harmonious massage with slow and harmonious movements, performed with essential oil of bali bliss.
- >> **HAMMAN MASSAGE (VICHY SHOWER)** 45 min. 80€
Underwater massage and exfoliation, temperature changes, traditional Middle Eastern smells, a new experience that all your senses will enjoy, includes Moorish tea tasting.





THALASSO EXPERIENCE FOR COUPLES

>> **HEALTHY BACK** 55 min. 160€/ couple

To relieve a back full of tension. An intense back and neck massage for 20 minutes, add a local application of decontracting parafangos and a bath of essences with sea water and you will get a perfect moment with your favorite companion.

>> **VULCAN TIRUAL** 55 min. 160 €/couple

A trip to the center of the earth. Enjoy with your partner the combination of a 20-minute geothermal back and neck massage and the application of a comforting aloe vera wrap with micronized volcanic stones.

>> **SUKHA RITUAL** 55 min. 210 €/couple

Sukha means "permanent state of happiness" in India, perhaps the most elaborate ritual in our Thalasso spa, performed by two of our therapists in the same cabin and with endless smells and sensations. Feel an emollient exfoliation with pink Himalayan salt infused with Ayurvedic flowers, a wrap based on white clay, lotus flower and jasmine, ending with a full body massage with kikui and hazelnut oil.

All couple rituals include a 60 min. session of the Thalasso Spa circuit. Not cumulative with other promotions.

THALASSO BEAUTY

>> **KOBIDO FIRMING FACIAL TREATMENT** 55 min. 80 €

A combination of 5 different massage techniques, including digital pressure, facial lymphatic drainage, lift, shiatsu and kobido massage, an ancient Japanese technique, Rejuvenate your skin and relax your mind thanks to this complete facial treatment.

>> **FACIAL HYGIENE** 55 min. 70 €

Get skin free of impurities and imperfections, thanks to a gentle exfoliation, double cleansing and extraction, your skin will become luminous again.



- >> **FEET RITUAL** 55 min. 70 €
Includes non-permanent polish removal, exfoliation, relaxing massage, hydration, cuticle treatment, filing and polishing nails.
- >> **HAND RITUAL** 55min. 70€
Includes non-permanent nail polish removal, exfoliation, relaxing massage, hydration, cuticle treatment, filing and polishing nails. Get a skin free of impurities and imperfections. Thanks to mild scrub, double purification and extraction, your skin will shine again.

THALASSO RITUALS

Perfumes, tastes and textures. If you look for something more than a massage, try our rituals for a different experience. Relax and let us stimulate your sensations.

- >> **BRONZE SKIN** 55 min. 80€
Melanin precursor treatment, thanks to a gentle body exfoliation, we remove dead cells, promoting uniform hydration of the skin. Subsequently, through a relaxing massage, we apply a beta-carotene wrap based on carrot and pumpkin, promoting the production of melanin. Tanned skin, protected skin.
- >> **ROSE THERAPY** 55 min. 95 €
Exclusively feminine body and facial treatment, based on the well-being of the entire organism and the enhancement of women's femininity. On a facial level, it treats wrinkles, creating a natural lifting thanks to the Vietnamese method of facial reflexology with rose quartz. At the body level, it releases endorphins, producing relaxation and well-being with lymphatic circulatory massage based on grapefruit and cypress essences. On a mental level, it regulates hormonal problems, reduces depressive states and provides a state of harmony.
- >> **NEW SECRET GOLD** 55 min. 100 €
Prepare your skin for the dream day, luxury and well-being are combined in this ritual. Illuminate your face and body with a bath of liquid gold. Express facial treatment, exfoliation and body massage will make you the most important person on your most important day.

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- >> **RITUAL SUKHA** 55 min. 110 €
Sukha means "permanent state of happiness" in India, perhaps the most elaborate ritual in our Thalasso spa, performed by one of our therapists and with endless smells and sensations. Feel an emollient exfoliation with pink Himalayan salt infused with Ayurvedic flowers, a wrap based on white clay, lotus flower and jasmine, ending with a full body massage with kikui and hazelnut oil. This ritual includes a 60-minute tour of our Thalasso spa.

- >> **ATLANTIC RITUAL** 90 min. 130 €
The healing triangle, that is what Doctor Tolossa Latour, founder of the Santa Clara Spa, called the waters of Rota and Chipiona in 1892. In tribute to these waters that bathe our hotel, we have created a ritual that includes an essence bath, a salt exfoliation, a hot antioxidant, slimming and hydrating seaweed wrap, ending in style with a 40-minute relaxing body massage.

THALASSO CIRCUITS

Seawater freshly extracted from the ocean for your health and well-being.

- >> **THALASSO CIRCUIT HOTEL GUEST** 90 min. 28€ /adult - 14€/ child
90 minutes of authentic seawater therapy freshly extracted from the ocean for your health and well-being. On our tour you can enjoy an ocean water pool, showers of sensations and contrasts, jacuzzi, footbath, igloo, Hamann Finnish sauna and relaxation room.
- >> **CIRCUITO THALASSO** 90 min. 30€/adult - 15 €/child
90 minutes of authentic seawater therapy freshly extracted from the ocean for your health and well-being. On our tour you can enjoy an ocean water pool, showers of sensations and contrasts, jacuzzi, footbath, igloo, Hamann Finnish sauna and relaxation room.
- >> **CLUB THALASSO GYM** 80 € / month - Monday to friday
For those who take better care of themselves, a service intended for clients not staying at our hotel so that they can enjoy our Thalasso spa and a complete gym every day.



THALASSOTHERAPY

Elba Thalasso Spa Costa Ballena is the only thalasso therapy center of the Province of Cádiz. Enjoy the excellent properties that Atlantic Ocean is offering us with the following services:

- >> **SEA WATER BATH TUB** 20min. 25€
- >> **SEA WATER BATH TUB WITH ESSENTIAL OIL** 20min. 30€
- >> **ALGAE WRAP / MUD** 45€
- >> **SEA SALT SCRUB + HYDRATION** 25min. 42€

GENERAL RULES OF USING THE SPA

- >> Please be silent in the Spa area.
- >> Visitors have to wear a bath suit, a bath cap and slippers and should bring a towel.
- >> If you are sick or if you are pregnant please inform our staff before entering the Spa
- >> Please do not take any photos, note even with the mobile phone inside the Spa area.
- >> We do not assume any responsibility for objects being deposited in our lockboxes or anywhere else inside the Spa.
- >> The Spa center is keeping the right of Access. It is forbidden to Access the Spa center under the effect of alcohol or drugs.



ELBA COSTA BALLENA BEACH & THALASSO RESORT

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