



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.

- >> **LOCAL RELAX** 25 min. .... 30€
- >> **LOCAL DECONTRACTING** 25 min. .... 35€  
Localized decontracting massage, choose the area to be treated among back, legs, craniofacial or foot.
- >> **EQUILIBRIUM** 55 min. .... 60€  
Get back your energy, vitality and strength. A ying and yang in harmony thanks to interacting aromatherapy and traditional massage.
- >> **GEOTHERMAL** 55 min. .... 65€  
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.
- >> **REVITALIZATION** 55 min. .... 70€  
An ideal massage for sportspersons. Have a massage after or before doing exercise, to prevent injuries and relax your muscles. We will apply a releasing agent.
- >> **BALINESE MASSAGE WITH AROMATHERAPY** 55 min. .... 70€  
Harmonious massage with slow and harmonious movements, performed with essential oil of bali bliss.
- >> **DUCHA VICHI** 40 min. .... 75€  
Enjoy an exclusive massage under water jets that vary the intensity and temperature.



## THALASSO EXPERIENCE FOR COUPLES

- >> **CHOCOLATE FANTASY** 55 min. .... 145€/couple  
Stimulates the senses, scent, taste and sense of touch. A delicacy for your skin. Enjoy a local, therapeutic and relaxing massage accompanied by a hot chocolate wrap, but not if you have sweet tooth.
- >> **HEALTHY BACK (new)** 55 min. .... 145€/couple  
To reduce the pain of a back full of tensions. We can enhance the effect of the massage with local mud applications. We add a bath tub of essences with sea water and you will get a perfect moment with your favorite partner.
- >> **ALEPPO RITUAL (new)** 55 min. .... 145€/couple  
A trip to the heart of Middle East, this ritual will make you enjoy the best perfumes and sensations that this distant land can offers us. It will start with a scrub of Aleppo soap in order to perform a deep cleansing of the skin with the help of your partner, in our vapour room. Then in the massage cabine, together you will be hydrated with a creamy wrap and a body massage with essential oil of myrrh. Ending with a relaxing infusión.

All couple rituals include a 60 min. sesion of the Thalasso Spa circuit.

## THALASSO BEAUTY

- >> **HANDS RITUAL** 55 min. .... 60€  
Includes elimination of nail polish, scrub, relaxing massage, hydration, cuticle treatment, file and polish nails.
- >> **FEET RITUAL** 55 min. .... 60€  
Includes elimination of nail polish, scrub, relaxing massage, hydration, cuticle treatment, file and polish nails.
- >> **FACIAL HYGIENE** 55 min. .... 60€  
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.

- >> **TANNED SKIN** 55 min. .... 60€  
Stimulating treatment for the melanin, thanks to a mild body scrub. Eliminates dead cells and provides a uniformed hydration of the skin. Afterwards, giving a relaxing massage, we apply a beta carotene wrap that stimulates the production of melanin. A tanned skin is a protected skin.
- >> **GOLD SECRET** 55 min. .... 65€  
The secret of beauty, luminosity, luxury and wellbeing are mixed in this ritual for the most demanding guests. Feel how your skin is getting rid of dead cells thanks to a scrub with micro crystals and how it is dipped into bath of a Golden liquid. Additionally you will get a relaxing head and face massage.
- >> **ROSE THERAPY** 55 min. .... 75€  
Body and face treatment only for women, for the wellbeing of the female organism. Anti crinkles and regeneration treatment for your face. Hormonal equilibrium, elimination of toxics and supply of vitamin E for your body. And on a mental level, regulates hormonal problems, helps against depressive moods and generates harmony of body and soul.
- >> **GOURMET RITUAL (new)** 55 min. .... 75€  
Our tasting menu consists of three dishes, one bath tub of lemon sorbet, in the second place a refreshing peeling of mojito and to close we will do with a delicious dessert in the form of a massage of yogurt cream and cinnamon.
- >> **KOBIDO RITUAL (new)** 55 min. .... 80€  
A combination of 5 different massage techniques, among them digito pressure, facial lymphatic drainage, remonter, shiatsu and Kobido massage, a millenary japanese technique. Rejuvenate your skin and relax your mind thanks to this complete facial treatment.

# ELBA THALASSO SPA



- >> **ATLANTIC RITUAL (new)** 90 min. .... 110€  
The healing triangle, that is how the doctor Tolossa Latour, founder of the Santa Clara spa, called the waters of Rota and Chipiona in 1892. In homenaje to this waters that bathe our hotel, we have created a ritual that includes a bath of essences, an exfoliation of salts, an antioxidant hot water body wrap, slimming and moisturizing, ending on a high note with a relax body massage of 40 minutes.

## THALASSO CIRCUITS

Sea water just coming out of the Ocean for your health and wellbeing.

- >> **THALASSO CIRCUIT** ..... 25€/adult - 15€/child
- >> **THALASSO CIRCUIT HOTEL GUEST** ..... 22€/adult - 12€/child  
90 minutes of a genuine therapy with sea water just recently extracted from the Ocean for your health and wellbeing. In our Thalasso Spa you can enjoy our ocean water pool, the sensations showers, jacuzzi, pediluvio, hammam, finish sauna, roman therme and iglu.
- >> **THALASSO RELAX CIRCUIT** ..... visitor 37€ / hotel guest 34€  
Relaxed body and luminous skin. You can add to our thalasso circuit a treatment with our exclusive masks with hyaluronic acid that give you skin a strong hydration and luminosity and all this in an unique enviromen: our relax room.

# ELBA THALASSO SPA



## 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. .... 40€

## GENERAL RULES OF USING THE SPA

- >> Please, be silent in the Spa area.
- >> All visitors must have a bathing suit and slippers. The Thalasso spa will provide you with a towel and a bathing cap.
- >> 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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