

GENERAL RULES

WHIRLPOOL CIRCUIT

FRESH WATER TREATED WITH BROMINE
MAXIMUM DEPTH 1.40 m.

Recommended time: 1 hour & 30 minutes.

PROHIBITED diving, obstructing water outputs & inputs & hanging from the swan neck fountain.

IT IS NOT RECOMMENDED to enter to the SPA with jewellery and other personal effects, also some clothing may suffer deterioration due to normal water treatment.

For hygiene reasons it is **NOT PERMITTED TO** enter the poolside areas with outdoor footwear, to enter without a full bathing costume. Baby pushchairs, toys, games, food, cans or bottles are also not allowed in the poolside areas.

USE OF SWIMMING CAP IS COMPULSORY.

IT IS COMPULSORY to use the changing rooms and to leave the poolside areas free from obstructions.

SAUNA

NOT SUITABLE FOR CHILDREN
TEMPERATURE 70°-90° · HUMIDITY 6%

Recommended maximum time: 10 minutes.

COMPULSORY to enter with a towel, swim suit & flip flops.

REMEMBER: That the sauna can cause VASODILATATION which can be harmful to the elderly or untrained (please consult your doctor). Benefits: Cleans & removes toxins, relaxes & tones the skin & venal systems with "Thermal Shock" (cold shower cycles).

TURKISH STEAM BATH

TEMPERATURE 30°-50° · HUMIDITY 40-50%

Maximum recommended time 10 minutes.

IT IS COMPULSORY to wear a swim suit & flip flops.

With Eucalyptus oil.

Benefits: Respiratorial system, relaxation & optimum skin care. Significantly reduces stress & colds.

DEAD SEA

NOT SUITABLE FOR CHILDREN

USE OF SWIMMING CAP IS COMPULSORY.

IMPORTANT: do not draw water from this pool.

The Dead Sea waters have such a concentration of mineral salts that they are capable of polishing your skin until it is healthy and soft like velvet. It also improves dermatological, muscular or rheumatism problems, the circulatory system and the renewal capacity of the cells. In addition, it increases the hydration capacity of the skin and promotes its detoxification.

RULES FOR USE OF THE GYMNASIUM

For hygiene reasons **IT IS COMPULSORY TO** use the machines with a towel.

Clean the bikes and treadmills with a towel after use.

Train with suitable sports clothing & footwear.

Respect the concentration of other users. (Suffer in silence).

For security reasons children under the age of 16 years are **NOT PERMITTED** in the gymnasium.

GENERAL INFORMATION SCHEDULE

MONDAY TO SUNDAY

10.00 TO 14.00

(CHILDREN UNDER 14 FROM 10.00 -11.00)

16.00 TO 20.00

(CHILDREN UNDER 14 FROM 16.00 -17.00)

The minimum age to use the water zone is 8 years.
Children have to be accompanied by adults at all times

DEPOSITS, HIRE & SERVICES

SWIMMING CAP	1€
FLIP FLOPS	1€
TOWEL HIRE	1€ + 10€ DEPOSIT
BATH ROBE HIRE	3€ + 25€ DEPOSIT
BATH ROBE CHANGE	2€

SPA ACCESS RATES

HOTEL GUESTS

ADULTS 9€
1 FREE ACCESS PER PERSON AND STAY IN RESERVATIONS MADE THROUGH THE OFFICIAL WEBSITE.

NON HOTEL GUESTS

MONDAY TO THURSDAY 20€
FRIDAY TO SUNDAY & BANK HOLIDAYS 25€
CHILDREN (Under 14 y/o) Half of the adult rate
Access to the Spa includes: circuit (Sauna, Turkish Bath, jacuzzi, cold plunge pool, solárium, leisure pool, air beds, hot beds, whirlpool, Dead Sea) and gymnasium.

WE HAVE GYM & SPA VOUCHERS.

ENQUERIES & RESERVATIONS

696 257 038 · spa@valledeleste.es · Ext. 560



Spa
VALLE DEL ESTE



WWW.VALLEDELESTE.ES



FACIAL TREATMENTS

Facial cleansing/décolleté+Kobido massage+hydration	65€
Deep hydration	70€
Facial cleansing + Vitamin C+C	65€
Facial cleansing + anti-aging	72€

MASSAGE

Localizado 30'	50€
Piernas cansadas 30'	48€
Masaje podal 30'	45€
Masaje craneofacial 30'	46€

COUPLES MASSAGES

SPA Circuit + 30' Massage	99€
SPA Circuit + 30' Massage + Peeling	120€
SPA Circuit + 30' Massage + Facial Treatment	150€
Supplement: 1 bottle of cava + Delicatessen	20€

MANICURE & PEDICURE

Permanent polish removal	12€
Color change	20€
Manicure without polish	30€
Spa manicure + polish	35€
Manicure + permanent polish	38€
Spa pedicure without polish	30€
Spa pedicure with regular polish	40€
Spa pedicure with permanent polish	48€
Jelly Spa (foot massage + exfoliation) + pedicure	55€

Massages and treatments include Spa Circuit
PRICES WITH VAT INCLUDED:

INFO AND RESERVATIONS

696 257 038 · spa@valledeleste.es
Recepción Spa Ext. 560

VALLE THERAPIES 60

AIR CURE (Massage with Tibetan bowl sounds) 90€
Ayurvedic therapy aimed at the general well-being of body and mind. It stimulates positive emotions and increases energy (balancing the doshas: kapha, pita, and vata), resulting in increased longevity.

VALLE DEL ESTE MASSAGE 80€
Deep tissue massage that releases tension in the layers of muscle tissues and fascia using a kneading technique. It is ideal for relieving chronic tension and can help improve range of motion.

SWEDISH MASSAGE 82€
One of the most well-known relaxing massage types. It is characterized by long, fluid strokes on the muscles, promoting relaxation and improved blood circulation. Ideal for those seeking to relieve tension and improve mobility.

LIPO STONES (With hot stones) 85€
Geothermal massage designed to reduce muscle pain, balance the nervous system, and revitalize and oxygenate the skin, giving it a healthier appearance.

BALINESE MASSAGE 80€
Originating from Bali, it combines gentle movements with stretches. Known for its ability to restore body energy, relieve muscle pain, and promote relaxation.

THERAPEUTIC MASSAGE 75€
Particularly beneficial for those seeking to disconnect and relieve emotional and physical stress. It is characterized by long, fluid manipulations covering large areas of the body, promoting physical and mental relaxation.

ANTI-STRESS MASSAGE 70€
A technique focused on soothing muscles, improving circulation, and promoting a calm mental state through soft and rhythmic movements. Its goal is to release accumulated tension.

SPA & GYM PACKAGES

SPA & GYM 20 Accesses (Monday to Thursday)	140€
SPA & GYM 20 Accesses (Monday to Sunday)	180€
GYM Monthly (1 spa access included)	45€
GYM Weekly	20€
GYM 1 Access	6€
SPA 5 Accesses ... 75€ 1 Acces (M-T) .. 20€ (F-S & BH) 25€	

VALLE RITUALS 90'

DETOX RITUAL 120€
A perfect detoxifying treatment to renew yourself from within and achieve smooth, radiant skin on the outside.

We begin with a gentle body and facial exfoliation to open the pores, allowing your skin to breathe and be nourished. After that, we will massage the entire body and apply an Alginate mask to revitalize and tone the skin.

This ritual concludes with a facial treatment tailored to your skin's needs.

PEARL POWDER RITUAL 122€
Comprehensive wellness for the entire body.

A full-body exfoliation and massage using a natural pearl powder cosmetic range. Following this, we will perform a facial treatment tailored to your skin, providing immediate relief from signs of aging.

GOLDEN BODY 115€
Facial and body restorative treatment.

Eliminate impurities and dead skin cells with a full exfoliation using micro gold salts. This ritual includes a restorative massage and a body wrap, as well as a facial treatment tailored to your skin type.

SENSATIONS WITH CHOCOLATE RITUAL 100€
Delicious body exfoliation followed by a massage with chocolate mousse, which has antioxidant and regenerative properties. The treatment is sealed with a 20-minute wrap to enhance skin hydration, followed by a warm shower.

OPEN MIND RITUAL 125€
A unique sensory journey towards relaxation, featuring techniques and movements designed to achieve complete and pleasurable escapism.

This treatment includes a full-body exfoliation, full-body massage, cranio-facial and foot massage, plus a customizable facial treatment.

All rituals end with an infusion matching the treatment.

DEPILATION SERVICES

Eyebrows + Depilation + Design	20€
Upper Lip	8€
Chin	15€
Full Face	30€
Arms	20€
Full Legs	30€
Half Legs	20€
Brazilian Bikini Line	35€
Full Bikini Line	40€
Buttocks	20€
Chest	25€
Back	30€
Armpits	20€