

MOOD SPA



OUR WAY AND
PHILOSOPHY

The road to happiness and wellbeing is a personal and unique journey. Our specialists will guide you towards deep serenity and renewed energy, helping you find the balance between body, mind, and spirit.

Imagine immersing yourself in an oasis of peace, where each treatment is designed exclusively for you, following an analysis to determine your needs, using the purest and most effective natural ingredients, to provide you with a transformative experience.

Explore new levels of vitality at our exclusive wellness centre, one of the largest on the Costa del Sol. With the most advanced technology, antiageing beauty treatments, and the expertise of professional brands like Anne Semonin and Natura Bissé, each ritual becomes a moment of pure harmony and wellbeing.

MOOD
SPA

Five ways to enjoy Spa treatments, depending on your
MOOD

RELAX → GO

HEAL → GO

RECONNECT → GO

VITALISE → GO

GLOW → GO

Facial - Body - Massage

MOOD
SPA

RELAX

FACIAL

VNECK

An innovative non-invasive treatment that firms and tones the neck and décolleté, helping to prolong and extend the beauty of the face.

90 min, 150 €

KOBIDO FACIAL

Kobido is a jewel of Japanese tradition that focuses on improving facial comfort and health, relaxing your face with gentle and deep rhythmic movements, stimulating cell regeneration and collagen synthesis.

60 min, 135 €

MADE & MEASURE FACIAL

Designed to address specific skin concerns, this treatment embraces personalized care by adapting to the precise needs of your complexion, ensuring a truly unique and bespoke experience.

60 min, 130 €

BODY

MEDITERRANEAN BLISS FACE & BODY

Face and body ritual that includes a firming facial treatment with an olive extract mask that has an antioxidant effect to combat ageing and leave the skin radiant. This ritual includes a back and foot treatment.

90 min, 185 €

PEELING MASSAGE COCOONING

Ritual with a body peeling with sea salt that leaves your skin silky, detoxified and radiant followed by a personalised massage with aromatic oils.

60 min, 130 €

AYURVEDIC FACIAL MUKABHYANGA & PADABHYANGA FOOT MASSAGE

Personalized Ayurvedic facial and foot massage according to your Dosha, using natural detoxifying and relaxing oils, as well as natural herbs of Indian origin.

60 min, 135 €

MASSAGE



RELAX & RENEW MASSAGE

Full body massage with lavender essential oil that will lead you to a state of deep relaxation.

60 min, 120 € / 90 min, 150 €

NEURO-SEDATIVE

Neurosedative Massage is a sensory manual therapy whose purpose is to work on the nervous system, seeking a relaxing effect throughout, resulting in both physical and emotional balance. It is, therefore, perfect for physical tension, emotional disturbances, stress, insomnia, anxiety and exhaustion.

60 min, 120 €

ANTI-STRESS BACK REMEDY

Back treatment with thermal mud mask combined with a relaxing aromatic massage with lavender extract for the back, neck and shoulders.

60 min, 120 €

BOOK YOUR
APPOINTMENT

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HEAL

FACIAL

INDIBA FACIAL

Indiba®’s proven technology promotes healthy cell function and revitalisation through radiofrequency. Indiba® works at a specific frequency of 448 kHz, which causes thermal and subthermal effects, achieving firming results from the first session.

60 min, 125 €

THE HEALING RITUAL

An extremely restorative facial treatment with a deep skin clean, that combats the damaging effects of the environment we live in. A ritual that restores, purifies and moisturises facial skin.

60 min, 135 €

DEEP CLEANSE FACIAL

Procedure that eliminates all the impurities that are found in the skin, generated by the same organism and by the environment. This treatment allows the elimination of dead cells and helps to regulate the excess of sebum in the skin.

60 min, 135 €

BODY

MARINE SALT RITUAL

Body peel with detoxifying and revitalising sea salt which has a balancing effect on mind and body. Includes deep body hydration.

60 min, 125 €

BODY GUA SHA SCULPT

Exfoliation and guarana, green tea and artichoke wrap, perfect treatment to detoxify and reshape legs, buttocks, abdomen and back.

90 min, 150 €

UDVARTHANA DETOX

Ayurvedic body peel for detox effect using natural clays.

60 min, 145 €

MASSAGE

QUIROGOLF LA ZAMBRA

Muscle relaxation massage using golf balls and aromatic oils, perfect for stretching and relaxing all the muscles.

60 min, 120 €

REFLEXOLOGY REBALANCE

Massage with pressure on specific points in the feet to achieve a better functioning of the organism with a relaxing and healing effect.

45 min, 110 €



AYURVEDA SHIRODHARA ABHYANGA

Ayurvedic body massage in combination with Shirodhara with a healing effect. A blend of natural herbs depending on your Dosha will be applied to create a personalised and unforgettable experience.

90 min, 195 €

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RECONNECT

FACIAL

DIAMOND LIFE INFUSION

A revolutionary and innovative beauty ritual designed to regulate four key biomarkers of skin ageing, effectively preventing premature ageing while enhancing firmness and elasticity.

90 min, 215 €

OBSIDIANA THERAPY

Obsidian, designed for skin care, by stimulating circulation, blood and lymphatic flow helps to reduce the signs of wrinkles and facial tension.

60 min, 135 €

SIGNATURE MEDITERRANEAN LIFTING ANTI-AGING

Deep regenerating facial treatment with a special method to achieve a lifting effect and thoroughly nourish the skin with an olive extract.

60 min, 135 €

BODY

TERRA & MARE EXPERIENCE

Reconnect with nature through the power of salt and mud, exfoliating and purifying scrub, finished with a sensory massage of warm scented oils.

60 min, 130 € / 90 min, 175 €

MOTHER TO BE

A pregnancy massage can be a therapeutic and relaxing experience for expectant mothers, relieves pain, stress and improves blood and lymphatic circulation.

60 min, 145 €



AROMA SOUL RITUAL

Personalised body treatment using relaxing, traditional and oriental techniques and essential oils.

120 min, 230 €

MASSAGE

SHIATSU

A body technique involving finger pressure and stretching, focusing on Zen points and meridians. Improves your mobility and flexibility and brings harmony to your body, mind and soul.

60 min, 130 €

INDIBA LEGS RELIEF

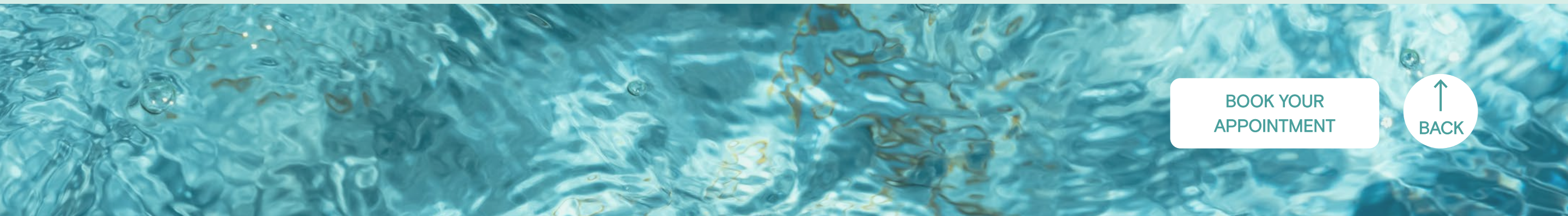
Indiba® relieves the feeling of heaviness in the legs, focuses on the stimulation of blood and lymphatic circulation through therapeutic heat, providing unique experiences of relaxation and rest.

60 min, 125 €

CHAMPI HEAD MASSAGE

Head, face, neck and shoulder massage with oil to stimulate blood and lymphatic flow, nourishing and oxygenating your tissues and eliminating toxins.

60 min, 120 €



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FACIAL

EYE EXPRESS RADIANCE ICE CUBE

The application of cold to bags and dark circles under the eyes reduces and softens puffiness under the eyes, giving a fresher and more rested look to the eyes.

30 min, 90 €

CITRUS FACIAL

Antioxidant facial based on vitamin C, which recovers the vitality of photo-aged skin and helps to minimise the signs of ageing.

45 min, 110 €

DIAMOND ENERGY

Global anti-ageing treatment with an immediate lifting effect with an advance myofacial massage with gua sha.

60 min, 140 €

BODY

CITRUS CORPORAL

Body treatment and body peeling with Vitamin C to help minimise the appearance of the signs of ageing and reveals firmer, brighter, more luminous and energised skin.

90 min, 150 €



SEA SALT SCALP SCRUB

Comprehensive hair treatment, deep sea salt exfoliation and hair nourishing massage and hair nutrition massage, cleanses, detoxifies, de-stresses and fortifies your hair.

60 min, 120 €

COOLING BODY WRAPS

The feeling of tired legs is reduced with wrapping compresses and circulatory massage helps to refresh and reactivate the legs by improving microcirculation.

60 min, 130 €

MASSAGE

VITALITY AROMA BLEND

Revitalising body massage with ginger and camphor essential oils for healing and energising effects.

60 min, 120 € / 90 min, 150 €

DEEP TISSUE

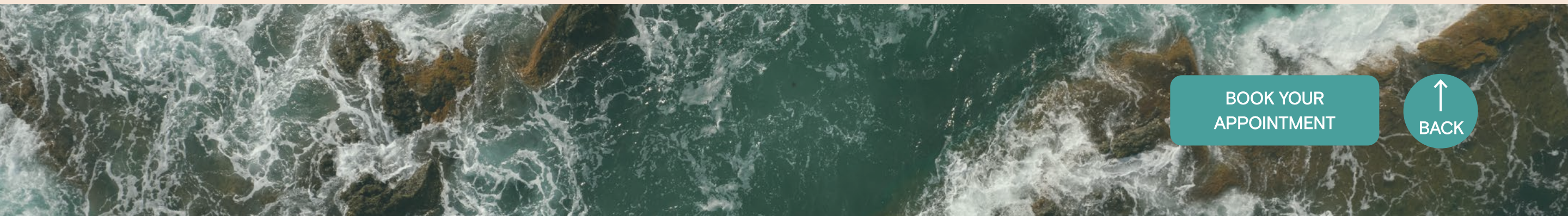
This technique targets areas of tension or tightness by applying concentrated pressure to the sublayer of muscles and fascia, the connective tissue that surrounds your muscles.

60 min, 140 € / 90 min, 190 €

JET LAG RECOVERY

Revitalize your whole body and restore your inner well-being after a long journey.

60 min, 120 €



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FACIAL

PRECIOUS PEARL

Facial treatment to combat wrinkles. It will treat flaccidity and dull skin tone, leaving your skin and facial contours in the best condition. It includes a series of lifting and lymphatic drainage massage techniques.

90 min, 215 €

DIAMOND LUMINOUS

This innovative treatment stands out for its dual effectiveness in rejuvenating, renewing, and achieving greater skin uniformity, focusing on reducing spots and dullness.

60 min, 140 €



FLASH FACIAL

Exfoliating, firming, and illuminating treatment that transforms your skin in record time to look radiant.

30 min, 90 €

BODY

VITAMIN BUMP / BOOST: FACE & BODY TREATMENT

The global care of this ritual provides you with the vitamins you need to look radiant. Let yourself be enveloped by its citrus aromas and boast a splendid, elastic and luminous skin.

90 min, 185 €

HEAVENLY ENERGISING BODY & FACE RITUAL

Facial with immediately visible results, using cryotherapy and body massage with revitalising ginger and camphor essential oils.

120 min, 235 €

RADIANCE GOLDEN

Luxurious body treatment with exfoliation providing an immediate and long lasting moisturising effect, relaxes and regenerates the skin leaving it soft and comfortable.

60 min, 125 €

MASSAGE

HOT STONE

Hot volcanic stones help to eliminate toxins, boost the metabolism, relieve muscle pain, reduce stress and help you to fall asleep.

75 min, 145 €

AYURVEDIC ADVAYANGA

Personalised Ayurvedic massage depending on your Dosha using specific techniques that will leave you with vitality and a feeling of deep wellbeing.

60 min, 135 € / 90 min, 180 €

AYURVEDIC PINDA HERBAL THERAPY

Ayurvedic body massage with herbal pindas including rosemary and natural lavender. This massage relieves pain and inflammation.

60 min, 145 € / 90 min, 190 €

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SPORT ACTIVITIES

Activity	Duration	Price
Yoga	60 min	95 €
Yoga	90 min	140 €
Pilates	60 min	95 €
Pilates	90 min	140 €
Personal trainer	60 min	95 €
Personal trainer	90 min	140 €
Group pilates or yoga	45 min	25 €

SPA CIRCUIT

Guest type	Duration	Price
Hotel guest	120 min	30 €
External guest *	120 min	50 €
External guest *	360 min	90 €

*Access to the spa circuit will be priced at 20 € when booking a body or facial treatment. lasting one hour or more.

NAILS & WAXING

Treatment	Price
Pedicure for him	65 €
Pedicure for her	75 €
Manicure for him	55 €
Manicure for her	65 €
Nail polish	15 €
Shellac removal	20 €
Shellac polish	20 €
Express manicure	35 €
Express pedicure	45 €
Manicure for children	45 €
Pedicure for children	45 €
Half leg waxing	45 €
Full leg waxing	65 €
Brazilian waxing	65 €
Bikini waxing	45 €
Underarm waxing	45 €
Eyebrow correction	45 €

HAIRDRESSING

Treatment	Price
Wash & dry for him	45 €
Wash & dry for her	65 €
Cut, wash & dry for him	60 €
Cut, wash & dry for her	95 €
Capillary exfoliation	25 €
Extra treatment nutrition	30 €
Children's cut	30 €

ETIQUETTE

Arriving at Mood Spa

In order to give you sufficient time for your treatment, we recommend that you arrive 15 -30 minutes prior to your appointment, giving you ample time to fill in our health questionnaire and enjoy our welcoming rituals. Arriving late may affect the duration of your scheduled treatment.

Booking Scheduling

To schedule or reschedule an appointment, please contact the reception at Mood Spa. Our team will be delighted to assist you in selecting the perfect treatment. We recommend booking treatments in advance to ensure availability. A valid credit card is required to confirm your reservation.

Cancellation Policy

If you need to reschedule or cancel your reservation, please provide at least 24 hours’ notice to accommodate your request. For no-shows or last-minute cancellations, 100% of the service fee will be charged. If the appointment is canceled less than 6 hours before the scheduled time, a 50% service charge will apply.

Mood Spa Dress Code

Bathrobes, slippers, and disposable garments are available at Mood Spa for your treatment sessions. Swimsuits must be worn while using the steam room and sauna.

Health Conditions and Allergies

Please consult your doctor prior to any treatment or use of our facilities. If you have any allergies, please inform our Mood Spa team or fill in our health questionnaire prior to your first appointment.

Cleanliness

Our equipment is cleaned and sterilised after each guest leaves. Safety and cleanliness are our top priorities.

SILENCE AND CONSIDERATION ARE PART OF OUR MOOD SPA PHILOSOPHY. PLEASE RESPECT OTHER GUESTS’ SPACE AND PRIVACY. PLEASE SWITCH OFF OR SILENCE ANY ELECTRONIC DEVICES YOU HAVE WITH YOU BEFORE ENTERING THE FACILITY.

Water Area and Gym Use Rules

- Please book an appointment to use the water area.
- Maximum recommended time for the hammam: 20 minutes per session.
- Please shower before using the pool.
- Eating and/or drinking alcohol is not permitted inside the water area.
- Please do not bring glass objects inside the water area.
- Any person suffering from a contagious disease in the last 48 hours must not access the water area.
- No diving, swimming and/or running in the water area.
- Bathers use the water area at their own risk. No lifeguard is on duty.
- Pregnant women should consult their doctor or midwife prior to accessing the water area.
- Use of the gym is reserved for hotel guests with a booked appointment. The gym is open 24/7 and the estimated use is 1 hour.
- Age requirement: 16 years.

Loss or Damage of Valuables

Please place all your valuables in the lockers provided to prevent any loss or damage during your treatment at Mood Spa. We kindly inform you that Mood Spa will not be liable for any damage or loss of your personal items during your visit.

Children

Please contact Mood Spa reception for further information regarding spa and indoor pool access for children.



MOOD SPA



LA ZAMBRA