

# 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

*REVITALISE* → GO

*GLOW* → GO

*Facial - Body - Massage*

MOOD  
SPA

# RELAX

## FACIAL

### MADE TO MEASURE FACIAL

A bespoke facial designed to meet the specific needs of your skin, carefully adapted to its unique characteristics for a fully personalised experience.

60 min, €135

### INDIBA® FACIAL

Indiba® technology encourages healthy cellular function and revitalisation through radiofrequency. This complete facial for décolleté, neck and face provides firming results from the first session.

60 min, €130  
45 min, €105

## BODY

### MEDITERRANEAN BLISS FACE & BODY

A ritual that combines a firming facial with an olive-extract mask offering antioxidant benefits to combat ageing and restore radiance. Includes a back and foot treatment.

90 min, €190

### PEELING & MASSAGE COCOONING

A purifying full-body exfoliation with sea salt that leaves the skin soft and radiant, followed by a personalised massage with aromatic oils.

60 min, €135

## MASSAGE

### RELAX & RENEW MASSAGE

A full-body massage with lavender essential oil to induce deep relaxation.

90 min, €155  
60 min, €125

### NEUROSEDATIVE

A sensory manual therapy focused on the nervous system to promote profound relaxation and restore physical and emotional balance. Ideal for tension, stress, insomnia, anxiety and fatigue.

75 min, €145

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# HEAL

## FACIAL

### THE HEALING RITUAL

A deeply repairing treatment designed to counteract the effects of environmental stress. It restores, purifies and hydrates the skin.

75 min, €150

### DEEP CLEANSE FACIAL

A deep-cleansing treatment that removes impurities created by both the skin and external factors. By eliminating dead cells through a precise technique, it provides a rebalancing effect.

60 min, €140

## BODY

### ANDALUSIAN GOLD

Inspired by the scents of the South, this exclusive ritual includes a citrus and salt exfoliation followed by an antioxidant facial enhanced with an olive mask, leaving the skin luminous and revitalised.

90 min, €180

### LYMPHATIC DRAINAGE

A gentle massage to improve circulation, reduce fluid retention, eliminate toxins and restore comfort, vitality and balance.

90 min, €160

60 min, €125

## MASSAGE

### SHIATSU

A body technique using pressure and stretching along Zen meridians to enhance mobility, flexibility and harmony of body, mind and spirit.

60 min, €130

### MADE TO MEASURE MASSAGE

A fully tailored massage experience where every detail is customised to enhance wellbeing and serenity.

90 min, €165

60 min, €135

30 min, €95

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# RECONNECT

## FACIAL

### LONGEVITY MEDITERRANEAN TOUCH

A deeply regenerating facial delivering a lifting effect with olive oil extract for extra nourishment.

60 min, €135

### KOBIDO FACIAL

A traditional Japanese technique using rhythmic and precise movements to relax the facial muscles, stimulate cell regeneration and promote collagen synthesis.

60 min, €135

## BODY

### TERRA & MARE EXPERIENCE

Reconnect with nature through the power of salt and mud as natural exfoliating and purifying agents, followed by a warm aromatic oil massage.

90 min, €175

60 min, €130

### ANTI-STRESS BACK REMEDY

A relaxing treatment combining a thermal mud mask with an aromatic lavender massage for back, neck and shoulders.

60 min, €125

## MASSAGE

### CHAMPI HEAD MASSAGE

A massage of the head, face, neck and shoulders using oil to stimulate blood and lymphatic flow, improving tissue nutrition, oxygenation and detoxification.

60 min, €125

### REFLEXOLOGY REBALANCE

Pressure applied to specific points on the feet to promote overall balance and relaxation.

45 min, €110

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# REVITALISE

## FACIAL

### DIAMOND ENERGY

A global anti-ageing facial with immediate lifting effect, combined with a myofascial gua sha massage.

60 min, €145

### CITRUS FACIAL

An antioxidant vitamin C facial that restores vitality to photo-aged skin and helps minimise signs of ageing.

45 min, €115

## BODY

### VITALITY AROMA BLEND

A revitalising full-body massage with ginger and camphor essential oils offering energising and restorative benefits.

90 min, €155

60 min, €125

### AYURVEDIC FACIAL MUKABHYANGA

### & PADABHYANGA FOOT MASSAGE

A personalised Ayurvedic facial and foot massage based on your Dosha, using natural detoxifying oils and Indian herbs.

60 min, €135

## MASSAGE

### AYURVEDIC PINDA HERBAL THERAPY

An Ayurvedic body massage using warm herbal pouches with natural rosemary and lavender, relieving pain and inflammation.

90 min, €190

60 min, €145

### DEEP TISSUE

Focused work on areas of tension using concentrated pressure on the deeper layers of muscle and fascia.

90 min, €195

60 min, €145

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## FACIAL

### DIAMOND LUMINOUS

An innovative treatment that rejuvenates, smooths and evens the complexion, helping to reduce pigmentation and dullness.

60 min, €140

### FLASH FACIAL

An exfoliating, firming and illuminating treatment that transforms the skin in record time, leaving it glowing.

30 min, €90

## BODY

### THE ROYAL RITUAL

Inspired by the strength and grace of one of history's most iconic women, this indulgent experience blends English rose essence, gold and honey for a radiant glow and a moment of pure serenity.

105 min, €210

### CITRUS CORPORAL

A vitamin C body treatment and exfoliation that helps minimise signs of ageing while revealing firmer, more luminous skin.

90 min, €155

## MASSAGE

### AYURVEDIC ABHYANGA

A personalised Ayurvedic massage based on your Dosha, using specific techniques that promote vitality and deep wellbeing.

90 min, €190

60 min, €140

### HOT STONES

Warm volcanic stones that detoxify, boost metabolism, ease muscular discomfort, reduce stress and support restful sleep.

75 min, €150

## SPORT ACTIVITIES

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

## NAILS & WAXING

Treatment	Price
Pedicure for her	€75
Pedicure for him	€65
Manicure for her	€65
Manicure for him	€65
Express pedicure	€45
Express manicure	€35
Shellac removal	€20
Shellac polish	€20
Nail polish	€15

## SPA CIRCUIT

Guest type	Duration	Price
External guest	180 min	€90
External guest	90 min	€45
External guest	60 min	€35
Hotel guest	90 min	€30

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

## FAMILY TIME

Mother to be	60 min	€135
Baby Bliss Pregnancy Facial	60 min	€130

## HAIRDRESSING

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

## SPECIAL CHILDREN'S MENU

Face Soft Touch	30 min	€55
Mini relax massage	30 min	€55
Mini manicure		€35
Mini pedicure		€35
Children's haircut		€30
Hair decor		€18
Nail decor		€14

BOOK YOUR  
APPOINTMENT



# 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