

Manicure (1hr) Including hand & arm massage & polish €28

Mini-manicure (30mins) File, buff & polish €18

Deluxe Paraffin Wax Manicure (1hr 30mins) Rehydrating & warming for dry hands and stiff joints €35

Pedicure (1hr) Including spa, foot & leg massage, rough skin removal & polish €30

Deluxe Paraffin Wax Pedicure (1hr 30mins) Relaxing leaving the skin soft and smooth €40

To make an appointment with Karen please contact the Almanzora Lifestyle & Golf Shop or call 610 944494

Gift Vouchers Available.

Please give as much notice as possible when cancelling treatments.

The Elemis range of advanced skincare formulations are available to purchase.



Each of our unique Elemis spa-therapies begins with **The Welcome Touch** * a warm aromatic compress on your feet * a cleansing ritual to remove the urban environment, focus your senses and centre your thoughts. Rediscover your senses . . . rest your mind . . . and breathe freely as you step in our temple of touch and exquisite aroma. Your spa-therapy ends with **The Awareness Journey** * the final caressing touch from your therapist to bring your body's awareness back together as one.



The Day Spa @ Desert Springs
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Almería – España

Email kk@almanzora.com

The Day Spa @ Desert Springs



desert springs
A LIFESTYLE OF QUALITY,
GOLF AND LEISURE

Luxury Treatment Menu



Contact Karen on:
610 94 44 94

Elemis Skin Specific Facials prescribed: (1hr)

The perfect skin maintenance facial, combining exceptional skin conditioning plant actives with unique Eastern massage techniques to deeply cleanse the face, whilst renewing radiance and treating the skin.

Fruit Active Glow – for dull, lifeless skin €55

Exotic Moisture Dew – for dry skin €55

Herbal Lavender Repair – for combination & oily skins €55

Course of 6 €275

Elemis Advanced Performance Facials prescribed: (1hr 15mins)

This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in advanced skin therapy.

Oxygen SkinCalm Facial – Face & eye treatment offering pure soothing heaven for sensitive skins €75

Elemis S.O.S. Purifying Facial – Face & eye treatment purifying for oily, problem & congested skin €75

Course of 6 €375

Elemis Advanced Anti-Ageing Facials prescribed: (1hr 15mins)

This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in scientific skin therapy.

Visible Difference Facial – Independently tested anti-ageing face & eye treatment instantly firms, rejuvenates and plumps the skin €95

Pro-Collagen Marine Facial – This exceptional face & eye treatment helps to slow down the signs of premature ageing, reducing the appearance of fine lines and wrinkles €95

Course of 6 €475

Ultra Visage™ Non-Surgical Face Lifting (1hr 15mins)

Using unique micro-current technology to stimulate the facial muscles & tissue, improving tone and appearance of the skin. For prolonged results a course of 10 treatments is recommended €55

Course of 10 €500

Continental Facial (1hr) Using specially selected skin care products which include active ingredients of essential oils, herb & plant extracts €45

Eyes (Tinting requires a patch test 24hrs prior to treatment)

Eyebrow (pluck) shape (30mins) €12

Eyelash tint (30mins) €15

Eyebrow tint (15mins) €9

Lash & brow tint (30mins) €22

Elemis Deep Tissue Muscle Massage prescribed: (1hr)

Focusing to relieve specific stress & muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout.

• **Stress-a-Way** soothe & relax with Lavender, Chamomile, Melissa, Geranium & Bergamot €60

• **Spirit Reviver** uplift, detoxify and renew zest for life with Lemon, Lime, Peppermint & Grapefruit €60

• **Muscle Melt** ease away aching muscles with warming Rosemary, Juniper, Thyme, Birch & Chamomile €60

• **Chakra Balancing** bring your body & emotions into total equilibrium with Ylang Ylang & Geranium €60

Swedish Body Massage (1hr) Improves circulation & aids in lymphatic drainage. Swedish massage techniques are used to ease away stress, aches & pains €55

Elemis Deep Tissue Back Massage (30mins) €30

Swedish back, neck & shoulder massage (30mins) €30

Indian Head Massage (45mins) Therapeutic massage based on ancient Indian health customs. Massage is gently applied to the top of your back, shoulders, neck, upper arms, head, face & ears €40

Hopi Ear Candles (30mins) Indian relaxation ceremony calms the mind and soothes the head and ears €38

Elemis Aroma Spa Ocean Wraps (1hr 15mins)

• **Musclease Aroma Spa Ocean Wrap** a warming blend of Pine & Rosemary essential oils help ease the pains of rheumatism, arthritis, muscle spasm & fatigue €75

• **Cellutox Aroma Spa Ocean Wrap** a detoxifying blend of Juniper & Lemon essential oils decongest & stimulate the body's systems. Excellent for improving the dimpled appearance of cellulite & reducing fluid retention €75

Elemis Absolute Spa Ritual (2hrs) from the soles of your feet to the tingling top of your scalp, embark on a journey to sensory heaven for the face & body. Choose from one of the unique Elemis Advanced Anti-Ageing or Advanced Performance facials and combine it with the powerful effects of the Deep Tissue Muscle Massage €125

Waxing Using luxurious highly refined wax therefore better for sensitive skin types. Contains aloe vera to soothe & stimulate cell renewal.

Full Leg (1hr) €30

Half Leg (30mins) €22

Bikini Line (20mins) €15

Underarms (20mins) €12

Full Arm (30mins) €20

Half Arm (15mins) €15

Lip or Chin (15mins) €10

Lip & Chin (30mins) €14

Eyebrows (30mins) €12

Gentleman's waxing prices available on request.

(Timings are approximate)