






# SPA EXPERIENCES

SENSATIONAL EXPERIENCES THAT IMMERSE YOU IN AN ABSOLUTE STATE OF WELLBEING AND WELLNESS. LET YOURSELF BE INTOXICATED BY OUR GENTLE AROMAS AND TEXTURES. A TRUE PLEASURE FOR THE SENSES.




### SPA

 60 MIN. | €28  
10 SESSIONS | €160  
DYNAMIC POOL, STEAM BATH,  
SAUNA, JACUZZI, BITHERMAL  
SHOWER AND SCOTTISH  
SHOWER






### TIME TO RELAX

 2 PERS. | €175  
- WELLNESS MASSAGE (25 MIN.)  
- EXPRESS FACIAL (25 MIN.)  
- SPA EXPERIENCE (60 MIN.)  
- TEA & SPARKLING WINE

### BEACH & POOL

 - RELAX MASSAGE (25 MIN.) | €50  
- COUPLE MASSAGE (50 MIN.) | €175

### AMÀRE SECRETS

 2 PERS. | €300  
- FACIAL TREATMENT FOR HIM/HER (50 MIN.)  
- WELLNESS MASSAGE (50 MIN.)  
- SPA EXPERIENCE (60 MIN.)  
- TEA & SPARKLING WINE

### FEEL THE MAGIC

 1 PERS. €145 | 2 PERS. | €280  
- FLASH EFFECT FACIAL (25 MIN.)  
- WOOD-THERAPY MASSAGE (50 MIN.)  
- SPA EXPERIENCE (60 MIN.)  
- TEA & SPARKLING WINE

### SPA PARTY

LOOKING FOR A DIFFERENT  
KIND OF CELEBRATION IN  
A PRIVATE ATMOSPHERE,  
WHERE RELAXATION AND  
WELL-BEING IMBUE EVERY  
CORNER? ASK IN THE  
SPA RECEPTION.

# HOLISTIC THERAPIES

### TIBETAN SINGING BOWL by Christine Heckel

 50 MIN. | 1 PERS. | €99  
80 MIN. | 1 PERS. | €145

An ancient Tibetan holistic therapy guided by the search for total stress relief, restoring energy and physical balance to your mind, body and spirit through the vibrational waves of Tibetan singing bowls. Using a combination of the different sounds and vibrations of the therapeutic singing bowls without distraction, you'll experience total holistic relaxation. Christine Heckel is representative of the Peter Hess Institute.



### WOOD-THERAPY

 50 MIN. | €99  
80 MIN. | €145

A natural holistic ritual for total stress relief, restoring the physical and energetic balance of your mind, body and spirit through the combination of a massage with wood-therapy.

### DIS-CONNECT

 80 MIN. | €148

Powerful therapy to help your skin and mind disconnect from environmental and digital pollution. An oxygen-based cure that prevents ageing while strengthening the defences of both your skin and mind. Disconnection is guaranteed by the oxygenating facial and a relaxing full body massage.

# MASSAGES

WE CAN ACHIEVE YOUR SOUGHT-AFTER RELAXATION AND WELLNESS THANK TO THE PROPERTIES OF ESSENTIAL OILS COMBINED WITH DIFFERENT MASSAGE TECHNIQUES. TAKE AN UNIQUE MOMENT FOR YOURSELF AND ENJOY ONE OF LIFE'S PLEASURES.

### AMÀRE

 50 MIN. | €99  
80 MIN. | €145



This massage is designed according to the personal needs and preferences using different techniques and pressures. You can choose from a combination of several massages.

### SPORT

 50 MIN. | €95

Sports massage with an Intense and deep massage technique that helps to release muscular stress and relieve pain. It oxygenates and relaxes your muscles. Leaving your body with a pleasant feeling of relief and wellbeing. Particularly recommended for sports enthusiasts and athletes alike.

### THERAPEUTIC

 25 MIN. | €59  
50 MIN. | €95

Relax your muscles in the affected zone thanks to the effect of heat and specific technical massages. Our staff will advise and recommend you on getting the best results from your treatments.

### LOMI LOMI

 50 MIN. | €95

Hawaiian relaxing massage that draws inspiration from techniques mirror the movement of the waves and sea breeze, achieving perfect harmony between body and mind.

### REFLEXOLOGY

 25 MIN. | €53  
50 MIN. | €88

Relaxing massage of the soles of the feet. A delicate massage of strategic body points using finger pressure gives a complete feeling of well-being.



TREATMENT FOR  
COUPLES



INCLUDES  
MASSAGE



INCLUDES  
STRONG  
MASSAGE



INCLUDES  
FACIAL



WEARING FLIP FLOPS  
IS MANDATORY



SERENITY



ENERGY



DETOX



FOR MEN



### TAPA THAI

 50 MIN. | €95

A massage with harmony of movements of Eastern disciplines, such as yoga, acupuncture and the meditation. Restores the circulation of energy vital to achieve a physical and energetic balance.

### AROMAS D'ANDALUCÍA

 50 MIN. | €95

The smell of Andalusia can be felt in a massage with hot oil from a candle made of lavender, olive and citric fruits, combined with a multi-sensory massage to nourish and protect your skin, leaving it silky-smooth.

### RELAX & AROMATHERAPY

 80 MIN. | €135  
50 MIN. | €90

Anti-stress aromatherapy massage. The rhythm, movements and carefully selected aromas give you a deep sensation of well-being. Massage performed with essential oils.

### LYMPHATIC DRAINAGE

 50 MIN. | €88

Gentle massage with pumping techniques to stimulate venous and lymphatic return. Eliminating toxins from the body. Suitable for people who suffer from fluid retention and tired legs. An essential part of weight loss and anti-cellulite treatments.

# RITUALS

INNOVATIVE BODY TREATMENTS THAT DRAW INSPIRATION FROM THE BENEFITS OF THE SEA, NATURE AND LUXURY, GUARANTEEING INCREDIBLE RESULTS IN THE SKIN AND ABSOLUTE PLEASURE FOR THE SENSES.

### VITAMIN C + FLASH EFFECT

 CORPORAL | 50 MIN. | €115  
CORPORAL + FLASH FACIAL | 80 MIN. | €148





Luxurious firming flash effect treatment with great nutritious power, giving skin a new youthful look. Vitamin C activates collagen production and boosts skin firmness. This exuberant ritual involves exfoliation with orange skin particles together with a creamy nourishing wrap and massage. The flash effect mask will completely remove all signs of tiredness from your skin.

### AFRICAN BAOBAB





 50 MIN. | €99

Vitamin treatment that prevents skin aging thanks to the properties of African baobab oil. A perfect nutrition cure for sun-exposed and undernourished skin. A delicate exfoliation with baobab seeds combined with an enveloping scent of baobab oil will provide total well-being and relaxation.

### SILK TOUCH

 80 MIN. | €125  
A sublime face and body therapy to achieve absolute wellness. The therapy begins with mystical exfoliation with fine shells and poppy seeds, followed by a silk wrap and finished with an exclusive face and body massage to make your skin feel instantly comfortable.

### ESSENTIAL LAVANDA

 50 MIN. | €95  
An essential relax exfoliation ritual with deep skin hydration for the face and body. Removes dead skin cells to leave your skin feeling soft, smooth and hydrated. Eliminates signs of fatigue and brightens the skin for a youthful appearance full of vitality.

# BEAUTY

### AESTHETICS

DELUXE MANICURE | €45  
DELUXE PEDICURE | €55  
UVA RAYS | €15

### HAIRDRESSER

WASH & BLOW DRY | FROM €31  
LADY'S CUT | €35  
GENTLEMEN | €29  
BEARD | €25  
LOTIONS | €5  
TREATMENTS | €8

### ACCESSORIES

FLIP FLOPS | €6  
CAVA + CHOCOLATES | €20





# FACIALS

GERMAINE DE CAPUCCINI DESIGNS ADVANCED FACIAL TREATMENTS FOR ALL SKIN TYPES BY COMBINING EXQUISITE PROTOCOLS. SKIN SOLUTIONS FEATURING THE LATEST COSMETIC TECHNOLOGY, GIVING YOU A BEAUTIFUL YOUTHFUL SHEEN.



## “PREMIER” CELLULAR ANTI-AGEING



80 MIN. | €140

Highly firming anti-ageing treatment. The deepest wrinkles disappear thanks to the application of products with highly concentrated active ingredients. An optimal "skin architecture". The visible signs of ageing and skin fatigue disappear.

## GLOBAL “ANTI AGE ON”



50 MIN. | €125

Revolutionary all-round anti-ageing treatment that adapts to your skin's history to slow down the aging process. Epigenol, a promising ingredient extracted from the marigold flower, reverses the aging process and acts as a switch to turn "on" the genes that have been turned off by certain epigenetic factors. An intensive cure with a skin density and hydration effect.

## BE EXPRESSIVE “LIFT IN”



50 MIN. | €130

The reinvention of Cosmetic Lifting achieves results in three rejuvenation vectors: Lifting, filling and tightening. Innovative V-Matrix technology. High performance complex that stimulates synthesis and restructure the skin matrix. Firmness is restored from the inside. Creating a lifting effect on the surface

## “FLASH EFFECT” VITAMIN C+C



50 MIN. | €128

Illuminating flash effect treatment. Vitamin C+C firms up the skin by activating collagen production. Its complex range of highly effective active ingredients immediately achieves skin resplendent of youth and favours a beautiful tan.

## OXYGEN “CURE O2”



50 MIN. | €125

Powerful therapy to help your skin and mind disconnect from environmental and digital pollution. An oxygenenatic CURE that prevents ageing while strengthening your skin and mind's defences. Disconnection is guaranteed by the oxygenating facial.

## TIMEXPERT HYDRALURONIC



50 MIN. | €99

The cosmetic alternative and/or complement to medical-aesthetic filler treatments. A moisturizing and plumping effect that allows to recover and preserve the hyaluronic acid in the skin. Indicated for skins from 20 years. dermatologically tested on sensitive skin and on patients oncology.

## PREMIER ANTI-AGEING FOR MEN



50 MIN. | €115

Anti-ageing treatment specially formulated for men's skin. Adapts to each unique skin type and its needs. A deeply relaxing treatment that boosts skin density and hydration.

## KIREI TIBETAN SCALP-FACIAL



50 MIN. | €99

A relaxing head, face and neck massage experience inspired by ancient Japanese and Tibetan rituals. A perfect combination of the products' active ingredients, Japanese massage techniques, and sound vibrations from Tibetan singing bowls. The perfect balance of relaxation for the body and mind.

## INDIBA CELLULAR



INDIBA | 25 MIN. | €55

INDIBA + MASK | 50 MIN. | €80

BASIC FACIAL PURITY + INDIBA | 50 MIN. | €120

Regenerates, hydrates and renews your skin with the therapeutic effect of diathermy through the use of an Indiba machine that allows local temperatures to be raised. Its effects deeply treat wrinkles and flaccidity, facilitating hydration.

## EXTRA EXPERTS\*



\*Only available with other treatments

FACE MASK | €25

CLEANING & EXTRACTION | €45

HAND MASK | €10

FEET MASK | €12

NAIL POLISH | €20

# FAQs

WELCOME TO SPA BY GERMAINE DE CAPUCCINI, OUR STAFF WILL HELP YOU TO OPTIMISE YOUR VISIT BY RECOMMENDING THE PERFECT EXPERIENCE WHEN YOU MAKE YOUR APPOINTMENT.

## BOOKINGS

Please book your treatment in advance by phone, WhatsApp, e-mail or at the spa reception. Booking requires a prepayment through a link that you will receive to your phone or credit card with authorization by e-mail or at the Spa.

## CANCELLATION POLICY

The charges or cancellation do not entail any cost, as long as they are made a minimum of 24 hours before the appointment, if not we charge the total cost. Likewise, in case of customer delay, the service time will be reduced. Please make cancellations at the spa reception, not at the hotel reception.

## OPENING HOURS

The opening hours are according to season, please consult at the Spa. Last entrance to the wet area 75 minutes before closing time. Exit from the wet area 30 minutes before closing time.

## ARRIVAL

We recommend arriving 15 minutes before your booking time to avoid possible delays.

## PARKING

Two hours of free car parking in the hotel's garage (subject to availability).

## WHAT SHOULD I WEAR TO VISIT THE WET AREA?

A bathing suit and plastic flip flops or sandals must be used (on sale at the Spa reception). Free towels service.

## WHERE CAN I CHANGE?

We have changing rooms for changing before entering the Spa, as well as showers and hair dryers.

## WHERE CAN I PUT MY BELONGINGS?

We have free personal lockers in the changing rooms. The Centre assumes no liability for any possible losses or breakage of items. We do not recommend wearing any type of jewellery in the Spa or to any of the treatment sessions.

## CONTRAINDICATIONS

You declare yourself to be in good health to use the spa, otherwise, you need consult with your doctor before. We don't recommend using the wet area if you suffer from infectious skin disease, if you've recently suffered a heart attack, high blood pressure, fever, other illnesses or if you generally feel unwell. Please ask our staff about the rest of the treatments. If you are pregnant, consult your doctor and inform the therapist.

## HAIR REMOVAL

Hair removal treatments should be done before enjoying the wet area. If you haven't been exposed to the sun for a long period of time, please ask the staff for details.

## SHAVING

For a perfect result, it is advisable to shave two hours prior to treatment.

## SILENCE AND TRANQUILITY

Silence and tranquillity are essential for enjoying relaxing moments in the Spa. To ensure that everybody can relax, we recommend keeping your voice low and setting your phone to silent in your locker.

## COURTESY AND RESPECT

The Spa is a place to relax and wellness, it is forbidden to enter with luggage in the changing rooms. It is necessary taking a shower before using the facilities (swimming pools, sauna, Turkish bath) as well as using a towel. We ask that you behave correctly and decently.

## SPA BOUTIQUE

If you want to continue your treatment at home, all products used for our treatments are available at our spa boutique. Sale of sun protection products.

## GIFT WELLBEING. GIFT SPA.

All our services are available to give as a gift, request our relaxing and wellness gift voucher. Please ask our staff.

# SPA

by



GERMAINE DE CAPUCCINI  
ADVANCED PROFESSIONAL COSMETICS

# IT'S TIME TO RELAX

# A

AMARE  
BEACH HOTEL  
MARBELLA

SPA  
by  
GERMAINE DE CAPUCCINI  
ADVANCED PROFESSIONAL COSMETICS

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