

## TREATMENT MENU

### Signature experience

#### The Olive Oil Spa Sommelier's Massage

A unique ritual tailor made for Elaiwa Spa, an extension of the Spa Sommelier concept. Inspired by the three varieties of olives found in La Mancha - Picual, Arbequina y Cornicabra - and their numerous benefits, along with the best manual techniques from around the world, our team of qualified professionals have designed three exclusive massages and oil blends to offer you a truly unique spa experience. Our Olive Oil Spa Sommelier will start your experience with an olive oil tasting ritual, and depending on the oil you choose and your wellness needs at this moment in time, your therapist will personalise your massage.

60 / 90 minutes

### Massages

#### Jetsetter's Remedy

A massage designed to help those with a hectic travel agenda recover from their trips. Inspired by the benefits of cryotherapy, this treatment combines Swedish massage techniques with the use of cooling Akwaterra ceramic poultices on the legs to stimulate the body and improve blood circulation. A medium pressure massage that improves energy flow, strengthens the immune system and helps restore the body's natural biological rhythm.

60 minutes

#### Tight Back Relief

A massage that concentrates on the back, neck, shoulders, lower back and hamstrings. The perfect solution for back aches and pains. A firm pressure massage designed to relieve accumulated tightness and tension brought on by sporting activities, exertion, stress or poor posture. This massage also includes techniques applied to the face, lower back, hamstrings and calves - areas that tend to become stiff and lose flexibility due to back strain. A sense of relief and restored movement!

60 minutes

#### Relaxing Head & Scalp Massage

Enjoy a state of deep relaxation. This massage combines gentle and stimulating techniques applied to the back, shoulders, neck and head to improve blood circulation and nourish the scalp. Ideal for those who suffer from headaches.

30 minutes

#### Tired feet relief

Our feet are one of the most mistreated parts of the body. Under daily pressure from the body, shoes, walking and physical activity, our feet deserve as much care and attention as the rest of our body. A comforting and relaxing massage, combining soothing strokes and deep circular movements with L'Occitane's Revitalizing Essential Oil Blend, helps the body to unwind, improves blood circulation and releases tensions. Your feet and body feel lighter, ready for a new journey!

30 minutes

#### Booster Massage

Choose between a back, neck and shoulder massage or a leg massage. Enjoy your 30-minute massage tailored to your body's needs and its areas of tension and tightness. Ideal after a hydrothermal circuit and with a facial treatment.

30 minutes

## Oncological recovery therapies

Each person is unique, and each cancer is different. That is why our entire team at Elaiwa Spa has been trained by the prestigious non-profit organization, Wellness For Cancer. Each massage is carefully tailored to the wellness needs of each client to ensure a truly personalised experience.

### Relaxing Massage

A relaxing massage that is personalised according the wellness needs of the client at this moment in time. Ideal for alleviating emotional stress and physical pain, as well as helping with sleeping difficulties. Your body and mind feel truly calm and relaxed.

30 / 60 minutes

### Revitalising Massage

A revitalising massage that is personalised according the wellness needs of the client at this moment in time. Your body and mind enjoy more energy, leaving you feeling more revitalised.

30 / 60 minutes

### Foot Relief

comforting and relaxing massage, combining soothing strokes and deep circular movements that help the body to unwind, improves blood circulation and releases tensions. Your feet and body feel lighter, ready for a new journey!

30 minutes

### Relaxing Head & Scalp Massage

Enjoy a state of deep relaxation. This massage combines gentle and stimulating techniques applied to the back, shoulders, neck and head to improve blood circulation and nourish the scalp. Ideal for those who suffer from headaches.

30 minutes

### Skin Comfort Facial

Soothes. Comforts. Calms. Comfort your skin with this treatment to fortify skin tolerance, visibly reduce sagging and reverse microinflammation, which causes premature aging. Specifically designed for instant skin protection, this customized facial is your solution to hypersensitivity and rosacea.

60 minutes

## Facial rituals

### Vitamin C Vitality

Revitalizes. Stimulates. Firms. An antioxidant treatment that restores vitality to sun-damaged skin and helps minimize signs of premature aging. vitamin C stimulates collagen production and renews skin firmness, while improving luminosity and hydration.

60 minutes

### The Hydration Cure

Detoxifies. Restores. Hydrates. A true antidote against the ravaging effects of our modern lifestyle on our skin. This deeply cleansing facial includes an innovative enzymatic detox, a steam to open and purify pores and a meticulous extraction process, for extraordinarily soft, radiant skin.

60 minutes

### 3D Collagen Shock

Sculpts. Firms. Tightens. Remodelling and firming treatment with three types of collagen of different molecular weights (high, medium and low), that sculpts and defines facial contour, improves skin density and preserves moisture. This innovative facial provides an outstanding lifting and firming effect for incredibly supple and plump skin.

60 / 90 minutes

### Instant Glow

Exfoliates. Renews. Regenerates. Using a combination of 5 AHAs, this triple exfoliating treatment will renew your skin and produce visible results in just 30 minutes. Enjoy its multifold benefits in record time.

30 minutes

## Body rituals

### Citrus Body Scrub

A delicious body scrub. This antioxidant treatment brings the highest concentration of pure vitamin C together with natural and botanical exfoliating agents to eliminate impurities and give your skin a silky smooth new look.

30 minutes

### Vitamin C Body Perfection

Enjoy this complete treatment to protect skin from dryness and premature aging in 3 steps. First, an exquisite body exfoliation with orange micro-beads. Next, an intense massage with a concentrated antioxidant of pure vitamin C. Finally, a citrus body soufflé to improve elasticity.

60 minutes

### Hydrating Boost

¿Do you dream of regenerating yourself from inside and out? To click reset and leave behind all the bad vibes? To get back your spectacular skin? The Hydrating Boost from the Diamond Well-Living line deeply nourishes your skin, restoring its fresh and healthy look. New skin and clear mind!

60 minutes

### Damascus Rose Ritual

Restores. Nourishes. Relaxes. A smoothing and nourishing body exfoliation and a regenerating massage using the exquisite fragrance of Damask rose oil. The perfect ritual to recover your skin's natural suppleness, radiance and elasticity while restoring your overall well-being.

90 minutes

## Experiences and packages

### El Vareo

Inspired by the process of the harvesting of olives, El Vareo, this highly regenerative and sensory ritual that polishes skin with highly effective exfoliating agents. This powerful flash treatment eliminates dead skin cells for extraordinarily radiant and protected skin.

30 / 60 minutes

### El Acarreo

Inspired by the second stage of the olive harvesting process, El Acarreo, this body ritual renews, regenerates and soothes. A nourishing full body polish is followed by one of our 60-minute massages of your choice. It reveals a radiant skin and brings you to a state of total relaxation.

90 minutes

### The Mill

Inspired by the Almazara, this ritual purifies, invigorate and revitalises. A complete ritual that combines a regenerative body polish followed by a personalised body wrap depending on your skin's wellness needs. This deeply revitalising treatment finishes with a personalised 60-minute massage. A truly revitalising ritual.

120 minutes

### La Criba

The ultimate cure for muscle pain brought on by the daily grind of life. We start with a personalised massage designed specifically to address your wellness needs at this moment, followed by the restoring facial The Cure, and we finish the ritual with a Relaxing Head and Scalp Massage to relieve accumulated fatigue. Take time out of your daily grind and enjoy a feeling of physical and mental relief.

120 minutes

## GENERAL INFORMATION

### Prices

#### All our treatments and rituals

30 minutes	75 €
60 minutes	135 €
90 minutes	195 €
120 minutes	255 €

### Blocks of Spa Time

Personalise your spa experience. Choose how much time you would like to enjoy for your spa experience and book a block of Spa Time.