



## **Welcome to a space of unparalleled tranquility.**

The Spa at Casadelmar has been fully renovated and reimagined to give our guests a complete sense of escapism and deep relaxation. Every element has been designed to cocoon and rejuvenate mind, body and soul.

ESPA is universally recognised as one of the world's leading luxury spa brands, and its products and treatments are now available exclusively at Casadelmar. The products blend exceptionally powerful ingredients for optimal synergy, yielding unmatched results. The Spa at Casadelmar offers a range of ESPA treatments, from results-driven facials to signature body treatments. These are targeted specifically to clients' needs, whether that be a head-to-toe relaxation therapy or a simple way to switch off and let go of tension.

The Spa at Casadelmar and ESPA offer you a unique space, with treatments and products especially designed with our guests' wellness in mind.

This peaceful space, in a perfect location, provides the ultimate spa experience.

# CONTENTS

ESPA FACIALS	P. 3
ESPA BODY TREATMENTS	P. 4
CASADELMAR MASSAGES	P. 5 - 6
ESPA EXPRESS TREATMENTS	P. 7
ESPA MEN	P. 8 - 9
ESPA FOR CHILDREN	P. 10 - 11
BEAUTY TREATMENTS	P. 12 - 13
HAIRDRESSER SALON – BARBER SHOP	P. 14 - 15
MAKEUP – MAKEOVER – ON REQUEST	P. 16 - 17
A RELAXING MOMENT	P. 18 - 19
SPA & FITNESS ENTRANCE	P. 20
HOW TO SPA	P. 21 - 24

# ESPA FACIALS

## PERSONALIZED FACIAL

60 mins €120

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, allow our therapists to tailor a facial to suit your skin's needs.

- **Skin radiance:** This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance
- **Re-hydrator:** An intensive and regenerating facial for dehydrated skin, leaving it supple and nourished.
- **De-sensitiser:** A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

## SKIN PURIFYING FACIAL

70 mins €130

**Perfect for oily, congested and problematic skin, or those suffering with hormonal imbalance.**

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

## INTENSIVE & AGE DEFYING

### LIFT & FIRM – AGE-DEFYER FACIAL

80 mins €150

**An extended version of the popular Age-Defyer Facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline and combat the signs of ageing.**

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

# ESPA BODY TREATMENTS

## BACK, FACE & SCALP TREATMENT

80 mins €160

Renowned as our 'Hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

## AROMATHERAPY MASSAGE

50 mins €150 - 80 mins €180

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Choose from the following:

1. De-Stresser
2. Muscle Relaxer
3. Jet-Lag Reviver
4. Immune Booster
5. Energiser
6. Body Toner
7. Detoxifier

## ANTI-CELLULITE MASSAGE

45 mins €110

The concept behind this therapy is to massage the affected areas of the body in a certain way. Circulation is improved and cellulite is softened and released from the body. (A course of 5 sessions is recommended at the special rate of €500).

## SCRUB & ESPA BODY WRAP

75 mins €130

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap.

Following skin brushing and soft exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage.

# CASADELMAR MASSAGES

Duo massages: relax with a partner or a friend in our double spa room (except Thai massage ) **50 mins €280 - 80 mins €350**

## **BALINESE MASSAGE** **50 mins €150 - 80 mins €180**

Originally from Indonesia, this deep-reaching treatment combines enveloping therapeutic massage techniques, kneading, and digito-puncture (a needle-less variation on acupuncture that concentrates on the pressure points of the fingers). It helps to relieve muscular tension and reduce stress.

## **AYURVEDA MASSAGE** **50 mins €150 - 80 mins €180**

Based on the principles of traditional Indian philosophy, this massage uses warm sesame oil and stimulating movements to rebalance the harmony of the body. An effective stress-reliever, it eases tension and calms the nervous system.

## **MASSAGE CASADELMAR WITH WARM OILS FROM THE MAQUIS** **50 mins €150 - 80 mins €180**

A relaxing, tailor-made body massage using a blend of aromatic essential oils from Corsica's wild Maquis shrubs (arbutus, myrtle, rosemary, heather). Our signature massage, an indulgent treatment that will leave you feeling relaxed and revitalised.

## **HAWAIIAN LOMI-LOMI MASSAGE** **50 mins €150 - 80 mins €180**

In Lomi-Lomi, the forearms and elbows make long, flowing strokes to create the sensation of many hands on your body at once. This therapy is especially good for reducing stress and boosting circulation, offering a deeply relaxing escape from the outside world.

## **TRADITIONAL THAI FOOT REFLEXOLOGY** **40 mins €110**

Thai foot Reflexology is an ancient healing art based on the principles that there are thousands of nerve endings anchored in the feet that correspond to every part, organ and gland in the body. By using acupressure and massage, it improves circulation, detoxification, reduce tension and much more.

## **PRE & POST NATAL TREATMENT**

**50 mins €150**

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. This massage is perfect for relaxing and relieving tension when shifts in posture cause muscles to tighten and feel uncomfortable.

## **DEEP MUSCLE MASSAGE**

**50 mins €160 - 80 mins €190**

**A powerful massage designed to alleviate deep-seated tension and muscular stress.**

Specialist techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

## **TRADITIONAL THAI MASSAGE**

**50 mins €160 - 80 mins €190**

(Outdoor massage, weather permitting.)

Traditional Thai Massage is a 2,500-year-old technique for relaxing the body physically and mentally. It can help to relieve back pain and tension in the neck and shoulders, as well as reducing problems such as stress and low energy levels.

The **basic form** of the massage is performed fully clothed on a mat on the floor (no oils are used). The technique involves applying gentle but firm pressure on the body with the palms and thumbs, as well as relaxing and stretching the limbs and back. In this way it works effectively on skin, muscle, and the skeletal structure. Blood and lymph circulation is boosted and waste substances are drained from tissues. While Thai massage feels intensely energising, it often leaves the body feeling exceptionally relaxed and even tired. The benefits last for several days.

# ESPA EXPRESS TREATMENTS

Why not complement your treatment with.....

## **PERSONALISED EXPRESS FACIAL**

**25 min €85**

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

## **BACK, NECK AND SHOULDER MASSAGE**

**25 mins €85**

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

## **SALT & OIL SCRUB**

**25 mins €85**

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

Perfect as a stand-alone treatment, or in preparation for an ESPA massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

# ESPA FOR MEN

Our ESPA face and body treatments for men are targeted to your skin type, each one specifically designed to ensure you experience the best physical and therapeutic benefits depending on your needs.

## **MEN'S PERSONALISED FACIAL**

**50 mns €110**

Whether your skin needs a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

## **SKIN PURIFYING FACIAL**

**70 mns €130**

**Perfect for oily, congested and problematic skin.**

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

## **BACK, FACE & SCALP TREATMENT**

**80 mins €160**

**Renowned as our 'Hero' treatment and loved by all,** this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes a back exfoliation – back massage – personalised facial – scalp massage.

## **DEEP MUSCLE MASSAGE**

**50 mins €160 - 80 mins €190**

**A powerful massage designed to alleviate deep-seated tension and muscular stress.**

Specialist techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.



## **MANICURE – PEDICURE FOR MEN**

Manicure or pedicure	<b>45 mins</b>	<b>€55</b>
Manicure and pedicure	<b>75 mins</b>	<b>€95</b>

## **WAXING FOR MEN**

Eyebrows	<b>15 mins</b>	<b>€15</b>
Face (ears, nose)	<b>25 mins</b>	<b>€25</b>
Underarms	<b>25 mins</b>	<b>€30</b>
Back or chest	<b>25 mins</b>	<b>€40</b>
Back and chest	<b>55 mins</b>	<b>€75</b>
Arms	<b>25 mins</b>	<b>€35</b>
Half legs	<b>25 mins</b>	<b>€45</b>
Full legs	<b>55 mins</b>	<b>€65</b>
Underarms – back – chest	<b>80 mins</b>	<b>€95</b>

## **HAIRDRESSER SALON – BARBER SHOP**

see page 14

(By appointment only)



## **ESPA FOR CHILDREN (6 to 12 years old)**

At Casadelmar we understand that our younger guests also like to relax during their holiday.

We offer a range of exclusive treatments and Spa services tailored to children and teenagers aged 6 to 16.

Children under 16 must be accompanied by an adult when booking their treatments.

Teenagers are welcome to use the Spa facilities but must be supervised at all times by an adult. We also require a signed consent form. For safety reasons, children under 12 are not permitted to use our Spa facilities. Access to the fitness room is restricted to over 16s.

## **ESPA FOR BOYS**

A collection of spa treatments specifically designed for boys aged from 6 to 12 years old.

Excludes the use of spa facilities: sauna, steam bath and fitness room.

### **GET MUDDY**

**20 mins €35**

A back, neck and shoulder massage combined with a relaxing and nourishing scalp massage with our hair and scalp mud.

### **BEACH RESCUE**

**25 mins €55**

A gentle hydrating facial, perfect for rescuing and nourishing the skin of beach boys, surfers and outdoor adventurers!

## **ESPA FOR GIRLS**

This collection of mini treatments is specifically tailored to girls aged from 6 to 12 years old.

Excludes use of Spa facilities: sauna, steam bath and fitness room.

### **SKIN SPARKLE FACIAL**

**25 mins €55**

A soft, gentle facial. Includes a delicate cleansing treatment, nourishing face mask and mini face massage.

### **OVER THE RAINBOW MINI MANICURE**

**30 mins €35**

Includes a mini hand and arm massage, file and polish with choice of tropical rainbow colours.

### **DANCING TOES PEDICURE**

**30 mins €35**

A treat for dancing feet, this pedicure includes a foot and ankle massage followed by toe polish.

### **GORGEOUS FROM HAND TOO TOE**

Nail polish hand or feet

**10 mins €15**

Nail polish hand & feet

**25 mins €25**



# BEAUTY TREATMENTS

## MANICURE - PEDICURE

Discover our brand new space with breath-taking sea views, dedicated to caring for your hands and feet.

Manicure or Pedicure **55 mins €65**  
(Nail polish included)

French Manicure or Pedicure **75 mins €75**  
(Nail polish included)

Nails polish **20 mins €25** French nail polish **30 mins €35**

## I-LAK BY PEGGY SAGE

Applied like nail polish and as powerful as gel, this varnish remains glossy and dries in seconds.

Manicure or Pedicure I-Lak **90 mins €85**  
(I-Lak polish included)

French manicure or pedicure I-Lak **90 mins €95**  
(I-Lak polish included)

Nail polish **30 mins €45** French nail polish **40 mins €55**  
I-Lak I-Lak

**\*I-Lak removal 30 mins €35**

\*removal is included in the I-Lak manicure or pedicure

## MANICURE — PEDICURE EXPRESS

Hand and Feet (no polish) **50 min 80€**  
Hand or Feet (no polish) **25 min 50€**

## **WAXING**

Eyebrows or lips	<b>15 mins</b>	<b>€15</b>
Brow shaping	<b>30 mins</b>	<b>€30</b>
Face	<b>30 mins</b>	<b>€35</b>
Underarms	<b>20 mins</b>	<b>€25</b>
Arms	<b>30 mins</b>	<b>€35</b>
Half legs	<b>30 mins</b>	<b>€45</b>
Full legs	<b>50 mins</b>	<b>€60</b>
Bikini line	<b>20 mins</b>	<b>€35</b>
Brazilian bikini line	<b>40 mins</b>	<b>€50</b>
Full bikini line	<b>50 mins</b>	<b>€65</b>
Underarms – half legs – bikini line	<b>80 mins</b>	<b>€110</b>
Underarms – full legs – bikini line	<b>95 mins</b>	<b>€130</b>

## **TINTING**

Eyelash tint	<b>30 mins</b>	<b>€35</b>
Eyebrow tint	<b>20 mins</b>	<b>€25</b>
Eyelash & eyebrow tint	<b>40 mins</b>	<b>€45</b>

# HAIRDRESSER – BARBER SHOP

Our salon is open on appointment only

\* Applied rates flexible depending on the length.

## LADIES

### ...A LA CARTE

Shampoo and blow dry short hair	<b>€60</b>
Shampoo and blow dry medium length hair	<b>€70</b>
Shampoo and blow dry long hair	<b>€80</b>
Haircut *	<b>€50 - €70</b>
Mask	<b>€15</b>
Serum	<b>€10</b>

### ...TINTING – HIGHLIGHTS

(Without ammoniac)

Colour		<b>€60</b>
Colour and Highlights		<b>€80</b>
Additional charge thick or long hair		<b>€20</b>
Tie and Dye « Effet soleil »*	from	<b>€80</b>
Highlights*	from	<b>€100</b>

## **MEN AND CHILDREN**

### **...HAIRDRESSER SALON**

Shampoo and hairstyle (men) **€65**

Shampoo and hairstyle (children aged 12 and under) **€50**

### **...BARBER SHOP**

Rediscover the traditional shave! The legendary straight blade razor shaving technique, followed by a hot towel and applying an after shave-balm.

Traditional shave **€65**

Beard cut finishing razor **€75**



# MAKEUP – MAKEOVER

(By appointment only)

## ...MAKEUP

Day makeup	<b>€80</b>
Evening makeup	<b>€90</b>

## ...BRIDE TO BE

Tailored services on request

## ...IMAGE MAKEOVER

Colorimetry session 60 mns	<b>€70</b>
Face session 60 mns	<b>€70</b>
Personal shopping 60 mns	<b>€90</b>
Makeup's lesson session 120 mns	<b>€140</b>
Morpho-style session 120 mns	<b>€140</b>



# ON REQUEST

## PERSONAL TRAINER, OSTEOPATH, PODIATRIST, ETC.

Osteopathy – Chiropractor	<b>€150</b>
Personal trainer	<b>€85</b>
Yoga coach	<b>€85</b>
Pilates coach	<b>€85</b>
Medical pedicure	<b>€85</b>
In-room massage	<b>50 mns €190</b>
	<b>80 mns €230</b>
Eyelash extensions	<b>€190 – €250*</b>
(*Price depends on whether you have a classic set or a volume)	
- Half set of Xtreme lash extensions	
- Full set of Xtreme lash extensions	



## A RELAXING MOMENT

Indulge in a blissful Spa break – the perfect gift for yourself or someone special.

Spa Casadelmar's exclusive packages are the ideal opportunity to discover this unique haven of relaxation and escape from the stress of everyday life.

Your package includes: use of our Spa facilities (including sauna, steam, ice fountain and sensorial spa), a personal consultation followed by one or more treatments, and a delicious lunch\* in our lounge bar.

Treat yourself to an unforgettable experience.



## **SPA DISCOVERY**

**€150 for one person – €280 for two people**

- Use of the facilities for half a day, sauna, steam room, sensorial spa, ice fountain and relaxation room with tea corner  
(9am – 1pm or 4pm – 8pm)
- Choice of one treatment from the list below

## **SPA JOURNEY**

**€230 for one person – €430 for two people**

- Use of the facilities for a full day (the spa is closed from 1pm – 4pm)
- Outdoor swimming pool, sauna, steam bath, sensorial spa, ice fountain and relaxation room with tea corner
- Choice of one treatment from the list below
- Lunch, choose from the following:  
(Includes a half-bottle of mineral water and a hot drink)
  - Bento box **400Kcal\*\***
  - Starter and main course
  - Main course and dessert
- Complimentary fresh fruit cocktail by the pool

\*Lunch included only in the “Spa Journey” package

\*\*The bento box is a healthy Japanese-style lunch box, 400kcal.

Choose your treatment from the list below:

**Aromatherapy Massage by ESPA - Body Scrub & re-hydration - Personalised Facial by ESPA**

**Balinese Massage - Ayurveda Massage - Massage with Warm Oils from the Maquis**

**Manicure - Pedicure**

**(All treatments are 50 minutes treatment)**

# SPA & FITNESS ENTRANCE

For non-residents, enjoy the facilities, according to availabilities between 9:00 am – 12:00pm and 4:00 pm – 7:00pm

## Spa & Fitness ( by appointment only)

€65

(Possibility for a bathrobe, a towel and a locker on arrival)

Non-resident customers' access to the sauna, steam room, relaxation area and fitness room. The swimming pool is only for our hotel guests.



# **THE WELLNESS SPACE IS OPEN 7 DAYS A WEEK, SUBJECT TO AVAILABILITY.**

## **SPA OPENING HOURS & TREATMENT TIMES**

Monday to Sunday **9am – 1pm / 4pm – 8pm** (Closed daily from 1pm – 4pm)

### **SCHEDULING AN APPOINTMENT**

To schedule an appointment for your perfect treatment, please contact our Spa reception team who will be able to guide you to the right choice.

To ensure your preferred time and service is available we recommend you book in advance.

**All spa treatments and packages for non-hotel guests will need to be guaranteed with a credit card.**

### **ARRIVAL TIME**

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 30 minutes in advance of your treatment so that you can change, relax and enjoy the Spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The Spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

### **CANCELLATION POLICY**

A 50% charge will be incurred for any treatment cancelled within 4 hours of your scheduled time. Late arrival will shorten your treatment time.

### **HEALTH CONDITIONS**

Kindly advise us of any health conditions, allergies or injuries that could affect your choice of treatment when making your Spa reservation.

### **PREGNANCY**

We have specially designed treatments for expectant women or nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable during this special time.

## **NAIL STUDIO**

A glamorous studio dedicated to manicures and pedicures.

Guests who have booked a nail treatment only, will be escorted directly to and from the Nail Studio.

## **FITNESS ROOM**

A state-of-the-art fitness room equipped with cardio vascular and strength machines by MATRIX and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine. The fitness room is available to hotel guests, members and day spa guests when booked in for treatments. “Spa Journey” package guests and hotel guests may also use the outdoor swimming pool.

## **CHILDREN’S POLICY**

We are delighted to offer treatments for children under 16 years old; however they must be accompanied by an adult, when booking their treatments.

Teenagers are welcome to use the spa facilities but must be supervised at all times by an adult. We also require a signed consent form. For safety reasons, children under 12 are not permitted to use our spa facilities. Access to the fitness room is restricted to over 16s.

## **SPA ETIQUETTE**

Our Spa environment is one of relaxation and tranquillity.

Please respect all Spa guests’ right to privacy and serenity.

In light of this, the spa is a mobile phone, smartphone, tablet, and smoke free zone

## **VALUABLES**

The Spa at Casadelmar accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

## **LOST PROPERTY**

All lost property found on the premises should be handed in at Spa reception. Items will be stored for six months. Liquids, under garments and hairbrushes are kept for 24 hours only.

## **HOMECARE**

To continue your Spa experience at home, most products used in our treatments are available at Spa reception.

## **PRICES**

All prices are quoted in EUR and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

## **GIFT VOUCHERS**

An ideal gift for someone special.

Please contact the Spa reception team for details.

**TO MAKE AN APPOINTMENT FOR THE PERFECT TREATMENT,  
CALL THE SPA ON**

**+33(0)4.95.72.34.39**

**E-MAIL: [SPA@CASADELMAR.FR](mailto:SPA@CASADELMAR.FR)**

**WEB-SITE: [WWW.CASADELMAR.FR](http://WWW.CASADELMAR.FR)**