

# SHAMBALLA DAY SPA

## *La Granja de Antonio*

### **...a place of peace...**



*Shamballa day spa, has been created to offer harmony and balance  
All the treatments are designed to bring balance and equilibrium*

#### **Neck & shoulders massage - 45 min**

This massage is focused to relieve all the pain and tension on your back.

€ 42.50

#### **Relaxing/Swedish massage - 60 min**

Relaxing massage incorporates Swedish massage strokes and gentle stretching, the overall result will be that you feel completely relaxed.

€ 55.00

#### **Deep tissue massage - 60 min**

Focused to relieve stress and muscle tensions, this vigorous treatment can be also made to suit the individual need.

€ 57.50

#### **Childrens massage - 30 min**

For children from 4 years old. An unforgettable experience for your child.

€ 24.50

#### **Foot reflexology - 30 min**

An extremely therapeutic massage, by concentrating on various points on your soles and the heels of your feet. The rest of your body can be treated, giving a complete feeling of well being.

€ 32.50



#### **Facial Care**

##### **Mini facial - 45 min**

This treatment is the ideal treatment due to the removal of the dead cells from the skin.

You will have a completely fresh skin after.

€ 37.50

##### **Full facial – 60 min**

This treatment is the ideal treatment due to the removal of the dead cells from the skin.

You will have a completely fresh skin after.

€ 45.00

##### **Pedicure - 60min / +15min**

You want your feet to look nice and healthy than this pedicure treatment is ideal for you!

€ 39.50 / + € 10.00

#### **Body treatments**

##### **Aloe Vera body wrap – 60 min**

You are sunburned and want to have a massage. A re-hydrating body wrap to re-balance natural skin conditions and can aid in healing of skin problems.

After a warm shower, the treatment will be finished with a delicious re-hydrating body cream.

€ 49.50



### **Green body Clay wrap – 60 min**

Body wraps have become very popular these days. Body wraps can aid in healing of skin problems, improve circulation and helps mobilizing fat so it can be eliminated from the body naturally.

After a warm shower, the treatment will be finished with a delicious re-hydrating body cream.

€ 49.50

### **Aromatic salty body scrub – 60 min**

Body scrub is a perfect way to keep your skin healthy, through exfoliation.

It removes the dead skin on the surface and you have a completely fresh skin after.

After a warm shower, the treatment will be finished with a delicious re-hydrating body cream.

€ 49.50

### **Coffee Maricita body scrub - 60 min**

Directly from the mountains of Colombia to your skin! Body scrub is a perfect way to keep your skin healthy, through exfoliation. It removes the dead skin on the surface and you have a completely fresh skin after.

After a warm shower, the treatment will be finished with a delicious re-hydrating body cream.

€ 49.50



### **Special Packages**

*All our treatments can be combined with massages and facials, ask Marina for more information.*

#### **Down here some nice combinations – 90min:**

**Foot reflexology**

**Pedicure**

€ 65.00

**Neck & shoulders massage**

**Mini facial treatment**

€ 69.50

**Aloe Vera body wrap**

**Full body relaxing Massage**

€ 69.50

**Coffee Maricita body scrub**

**Full body relaxing Massage - 90 min**

€ 69.50



#### **You want to do something special for your partner or someone you love?**

In our Shamballa mini SPA we have special things to enjoy.

Relax in our bubble bath, have a full body massage and afterwards join your partner with a drink and a bite in our Jardin del Eden located behind our mini SPA.

€ 99.00 – 2,5 hours

*For everybody our massages and treatments are suitable, also for children. If you have any wishes we can take into account, please let us know in advance. When you are pregnant it also is possible to have massage or other treatments, please tell Marina in advance.*

*Book a wonderful massage treatment in our Shamballa mini SPA to enjoy your holiday even more!*

**Experience, piece, relax**

**Our SPA is located at the La Casita holiday resort La Granja de Antonio in Alhaurin el Grande.  
Do you want to try? Please book at 0034 685 988 588 (English) or 0034 685 988 589 (Nederlands)**