



LAS DUNAS SPA ETIQUETTE

At Naturhouse Health & Spa Center we provide the latest in exclusive treatments designed to enhance your sense of well-being – leaving you feeling renewed and refreshed. We are the area's premier Naturhouse Medical Spa designed to make you look and feel more beautiful and – more important: Healthy & Happy!

To fully enjoy and experience our spa we offer a few suggestions

When should I arrive?

For your enhanced comfort and relaxation, we suggest that you arrive 15 minutes before your scheduled treatment. This will allow you to prepare for your spa treatment and relax.

Cancelation policy

Please provide 24hrs notice if you must cancel or reschedule your appointment. Failure to call or show for your appointment will result in a 100% charge for reserved service.

Who can guide me in choosing my treatments?

Our spa reservation department will help you plan the perfect experience, including the best order in which to enjoy your treatments.

What should I wear during my treatment?

Our team will supply you with disposable undergarments. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided. Lockers are available for your personal items. Swimming suits or trunks are mandatory for the use of the Thermal Circuit and pool areas.

What about my jewellery and valuables?

If you are staying in the hotel, please leave valuable items in the safe in your guest room. Otherwise, lockers are available for your personal items in the spa facility.

Health Considerations

Please advise spa team about any specific medical condition.

Pregnancy

Enjoy. Let us pamper you during this very special time in your life. Appreciate the luxury of relaxing and comforting Spa Treatments specially designed and adapted for the future mother.

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SPA CIRCUIT EXPERIENCE

SIGNATURE TREATMENTS...THE MOST DESIRED TREATMENTS

ADVANCED BEAUTY

FACIAL BEAUTY

BODY BEAUTY

REVITALIZING HIDROTHERAPY TREATMENTS

VIP SPA

SPA CIRCUIT EXPERIENCE

3000 m2 to immerse yourself into a deep relaxation that will awake all your senses.

Discover the wellbeing ...Water area: revitalizing dynamic swimming pool, swim lane and contrast plunges.

Disconnect to reconnect...thermal area: salt cave, tepidarium, snow cabin, sauna, steam bath.

Duration of the circuit: 2 hrs. External guests: 50€

SIGNATURE TREATMENTS...THE MOST DESIRED TREATMENTS

Manual Aquatic Massage

A sophisticated transformation of the classic massage in an individual bathtub. Through the use of a pressurized jet directed by one of our skilled therapists, stress and tension will ebb away. Sculpting, diuretic and very relaxing. It helps with concerns of cellulite and water retention

40min/100€

Flotarium

Disconnect from the cares of the world. Experience a profound sense of weightlessness that will allow you to reach a higher level of physical and mental relaxation. Find yourself reborn.

25min/€50

Four-Hand Harmony Massage

Includes our Welcome Ritual for the feet, followed by a relaxing massage performed by two therapists working simultaneously. Disconnect and allow yourself to receive this gift. An absolute pleasure for the senses.

50min/225€

ADVANCED BEAUTY

Latest technology to boost your beauty.

Our cutting edge Indiba deep beauty® method optimizes the ionic exchange in order to stimulate our cells regeneration. The skin tissues will improve their oxygenation while recovering their natural elasticity and reducing fat and toxins.

Facial Indiba

Reduce wrinkles, improve puffiness and dark circles and get a lifting effect sculpting face, neck and décolleté, moisturizing your skin by boosting the natural production of collagen and making your facial contour redefined.

50min/130€

Body Indiba

Intensive reshaping the silhouette with a strong reaffirming action and fighting intensively cellulite and stretch marks.

Speed up the injuries healing process.

50min/130€

Presotherapy

Mechanical Lymphatic Drainage. Your best allied to combat water retention, cellulite, reshape your figure and pump your circulation while sinking into a deep relaxation. You can choose by upper or lower body.

50min/ 90€

FACIAL BEAUTY

All our exclusive facials include cleansing, massage, acupressure, lymph drainage, mask and oriental head massage.

Deep Marine Purifying Facial

Suitable for oily, combination, congested or problematic skins.

Includes gentle cleansing, exfoliation, massage, acupressure points, lymph drainage, purifying mask and scalp massage. Specially designed to rebalance and refresh the skin.

50min/130€

Soothing Facial

Suitable for sensitive skin prone to redness and irritation.

Includes gentle cleansing, exfoliation, massage, acupressure points, lymph drainage, soothing mask and scalp massage. This treatment will leave you looking radiant and restore your natural moisture.

50min/130€

Hydrating Facial

Suitable for dry, dehydrated, flaky skin.

Includes rehydrating cleansing, exfoliation, massage, acupressure points, lymph drainage, moisturizing mask and scalp massage. Revitalizing and nourishing treatment to leave your skin renewed. Great after holidays to hydrate sun exposed skin

50min/130€

Skin Brightener Facial & Anti –Brown Spot Treatment

Suitable for all skin types. Includes cleansing, exfoliation, massage, acupressure points, lymph drainage, mask and scalp massage. Radiance face treatment to improve texture and appearance of the skin. Reduces irregular pigmentation and promote youthful glow.

50min/130€

Firming Facial

Suitable for mature, dehydrated, stressed or those suffering with lack of tone and firmness. Includes advanced lifting and firming massage techniques, lymph drainage, lifting and firming mask and scalp massage. Fine lines and wrinkles are softened. Totally relaxing experience to regenerate, hydrate and firm your skin.

50min/130€

BODY BEAUTY

BODY MASSAGES

Pamper yourself and combine any massage with Facial and Body Treatments.

Manual Lymphatic Drainage

Stimulates the lymphatic system and improves circulation. Designed to gently drain away toxins and tone to create either a firming; contouring or body refining.

50min/130€

Anticellulite Massage

Concentrates on the Hip and Thigh area to help with concerns of cellulite and water retention. Improves circulation and the elimination of toxins. This treatment stimulates the body's own detoxifying process.

50min/130€

Aromatherapy Massage

Gentle and relaxing full body massage using soothing strokes, acupressure points and individually chosen essential oils. Soothing for mind and body to indulge in deep relaxation.

50min/130€

Sport Massage

Specially designed to improve circulation, flexibility and facilitate cellular recuperation. Achieve deep muscular relaxation and say goodbye to daily stress.

50min/140€

Healing Hot Stone Massage

Specialized treatment that includes Oriental Head Massage to rebalance mind, body & spirit. This massage opens the chakras by increasing your energy levels. A one of a kind experience at the highest level.

80min/170€

Prenatal Massage

Soothing, caring, nurturing for the mother to be, leaving the skin soft and nourished. Includes gentle exfoliation, legs and scalp massage. Total care to revitalize your skin.

50min/130€

ULTIMATE BODY WRAPS & SCRUBS

Algae Treatment

Detoxifying body wrap with seaweed extracts followed by a moisturizer. A complete experience to improve skin condition, fight cellulite and detoxify the body.

50min/135€

Slimming Treatment

Reshaping treatment with marine mud, applied as a mask followed by sculpting massage to stimulate fat burning and prevent cellulite. Soothes aches and pains. Creates a state of health and wellbeing helping you to feel renewed.

80min/170€

Mediterranean Sea Salt Body Wrap & Scrub

To remove dead skin cells and improve the texture of the skin with sea salt. Brightens skin to restore natural moisture that will transform your appearance whilst re-mineralizing your body.

50min/130€

REVITALIZING HIDROTHERAPY TREATMENTS

Our hydrotherapy treatments will reshape your body and renew your mind

Vichy Exfoliation

Stimulating exfoliation with salts and oils under the Vichy Rain Bar to detox your skin. Treatment used to soften the skin and discover a new radiance.

45min/100€

Vichy Detox

Two step massage under this gentle rain shower combining exfoliation and algae mask. Removes dead skin cells and rids the body of toxins.

75min/170€

Waterjet Massage

A water high-pressure jet massage to relieve sore muscles and improve circulation. Especially recommended for post-sport activity, e.g. Golf, Tennis...and prevention of cellulite.

20min/€50

Manual Aquatic Massage

A sophisticated transformation of the classic massage in an individual bathtub. Through the use of a pressurized jet directed by one of our skilled therapists, stress and tension will ebb away. Sculpting, diuretic and very relaxing. Improves the appearance of cellulite, eliminates fat and drains toxins, for aesthetic and therapeutic purposes.

40min/100€

VIP SPA

Spa Suite

An authentic sanctuary for relaxation. Our unique suite has been carefully designed to allow two therapists to provide relaxing treatments of 60 minutes with a jetted Jacuzzi tub, or for couples who prefer to share a luxurious therapeutic experience with sauna included.

120min/2 pax /360€

Exclusive Spa...Parties & Events

Healthouse Las Dunas offers its spa facilities in hosting your next event: bridal parties, showers or special occasions. From small gatherings or meetings with mini-spa treatments to renting out the entire spa exclusively.

*Prices according to agreed services.

