

wellness & fitness

information and rates 2024



What is a Finnish sauna?

A Finnish sauna is a type of sauna that harnesses the power of dry heat. Unlike steam rooms, also known as wet saunas, moisture and steam are kept at low levels in a Finnish sauna. In fact, the humidity is typically kept around 5-20% and the temperature is set around 80°C.



Finnish sauna

Reveal yourself and enjoy our Finnish sauna with sauna scent of your choice

- + 2 hours use of the Finnish sauna
- + Sauna scent of your choice
- + Bottle of water + use of sauna towel(s)

SAUNA FINLANDESA

Relájese y disfrute de nuestra sauna Finlandesa con la fragancia de sauna que prefiera. El paquete incluye:

- + 2 horas de uso de la sauna Finlandesa
- + Fragancia de sauna de tu elección
- + Botella de agua + uso de toalla(s) de sauna

FINSE SAUNA

Ontspan en geniet van onze Finse sauna met de saunageur naar keuze. Het saunapakket bestaat uit:

- + 2 uur gebruik van de Finse sauna
- + Saunageur naar keuze
- + Flesje water + gebruik van sauna handdoeken

Sauna para 1 persona

Sauna for 1 person

€ 10.00

Sauna para 2 personas

Sauna for 2 persons

€ 15.00

Reservation required - Rates subject to change
Se requiere reserva previa - Tarifas sujetas a cambios
Reserveren noodzakelijk - Tarieven onder voorbehoud

Hot tub, fitness & swimming pool

A day of relaxation

Feel the warmth of the Spanish sun on our sun terrace and read a book. Take a refreshing swim in the large swimming pool or enjoy the jacuzzi whilst zipping a cold drink. The hot tub, fitness and swimming pool are free of charge for our guests. Before you enter the hot tub and swimming pool please have a shower. **IMPORTANT: When the robot is in the pool, it is not allowed to enter the pool.**

BAÑERA DE HIDROMASAJE, GIMNASIO Y PISCINA

Siente el calor del sol en la terraza y lee un libro. Tome un refrescante baño en la piscina o disfrute del jacuzzi mientras toma una bebida fría. Nuestro Bañera de hidromasaje, la piscina y gimnasio son gratuitos para nuestros huéspedes. Antes de entrar en bañera de hidromasaje y la piscina le pedimos que se duche. **Cuando el robot está en la piscina, no se le permite entrar a la piscina.**

BUBBELBAD, FITNESS & ZWEMBAD

Voel de warmte van de Spaanse zon op het zonneterras en lees een boek. Neem een verfrissende duik in het grote zwembad of geniet van de jacuzzi onder het genot van een koud drankje. Het gebruik van het bubbelbad, fitness en zwembad is gratis voor onze gasten. Voordat je het zwembad en het bubbelbad in gaat vragen wij je te douchen.

BELANGRIJK: Het betreden van het zwembad is niet toegestaan wanneer de robot zich in het zwembad bevindt.

Massage

Unwind and enjoy a wonderful relaxing massage in the villa

Entirely tailored to your needs for pure relaxation. Ask us for possibilities and make your reservation. Our female masseuses will speak English and Dutch. Reservation required.

MASAJE: Relájate y disfruta de un maravilloso masaje relajante. Completamente adaptado a sus necesidades de pura relajación. Consúltanos posibilidades y haz tu reserva. Nuestras masajistas femeninas hablan inglés y holandés. Se requiere reserva previa.

MASSAGE: Geniet van een heerlijke ontspannende massage

Geheel aangepast aan jouw behoefte voor pure ontspanning. Vraag ons naar de mogelijkheden en maak je reservering. Onze vrouwelijke masseuses spreken Engels en Nederlands. Reserveren is noodzakelijk.

A tailor-made massage is possible based on your needs. This can also be a mix of the options below.

Relaxation massage (most reserved)

Just a moment for yourself. A relaxation massage has a calming effect because it uses gentle strokes. For complaints such as stress, tension, fatigue or muscle pain, a relaxation massage can be a solution for you. Even without complaints, you can experience a wonderful relaxing massage and boost your immune system. You can enjoy a full body massage for 60, where falling asleep is no exception.

Sports massage

A sports massage involves a firm massage, loosening underlying tissue and removing knots from your muscles. During a sports massage, the capillaries in the skin and muscles open further, causing a clear increase in blood flow.

Deep tissue massage

A deep tissue is a powerful form of massage that focuses on muscle knots and stiffness in the body. If you suffer from poor posture, stress or worries for a long time, the muscles and connective tissue can unconsciously cramp and the circulation of oxygen and blood is locally blocked. These areas are massaged loosely by means of firm grips with the knuckles, fist and elbow and this helps to bring your body back into balance by letting everything flow again. Please note that you may experience soreness and muscle pain after a deep tissue massage. This is a normal response to the tissue damage that has occurred. Our body has a wonderfully large self-healing capacity, and this is activated immediately after the treatment.

Energetic massage

The mind and the body are not separate. What affects one, affects the other. This form of massage works on the energy flows in the body and its self-healing capacity. Emotions and pain can cause the energy flow to block and/or stagnate. We get stuck, literally and figuratively. During an energetic massage, the journey takes place inward, and it is time to feel and experience what you need at that moment. Soft and deep techniques are combined. This activates the parasympathetic nervous system. The body comes into rest and recovery.

Cupping therapy

Cupping can be effective on both a physical and mental level. Due to emotional blockages, the connective tissue can become extremely sticky, causing us to become less flexible, tense or overstressed and suffer from various ailments. The body is active and has little or no rest. Cupping helps to detoxify the waste products in the body, so that you get an energy boost and inflammation has less chance to develop further. The professional has various cups (glass, silicone) that she uses for massage or statically placement. The pulling force of the cups ensures that the underlying tissue is supplied with extra blood, oxygen, and energy. The skin may become red in some places. The body gets rid of waste products through the pores and through the blood. The darker the spot, the more waste products accumulate in that area. But it is also a sign that the body is clearing it out.

STANDARD relaxation massage

Your masseuse is Carolina

60 minutes

€ 55.00

LUXURIOUS relaxation massage

sports massage / deep tissue massage

energetic massage / cupping therapy

& customized options. Your masseuse

is Kim from Pure Imkota

60 minutes

€ 70.00

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Arab bath rituals

In Málaga you will find an authentic Hammam (Arab Bath). Discover the secrets of this luxury Moorish bath house. Choose one of the various packages for a couple of hours of true relaxation.

HAMMAM AL ÁNDALUS

www.malaga.hammamandalus.com

EL HAMMAM

www.elhammamspa.com