

GRAN HOTEL MIRAMAR\*\*\*\*\*GL HOTELES SANTOS
Paseo de Reding, 22-24, 29016 Málaga
+34 952 603 011 | spa.miramar@hsantos.es

## **About Botanic SPA**

Botanic Spa is an oasis of wellness with oriental inspiration, located in the heart of Malaga and facing the Mediterranean Sea; but at the same time, it is the perfect place to escape from the hustle and bustle of the city in order to immerse yourself in a space created for the renewal of body an mind.

Delight yourself by a unique experience, a holistic and sensory journey of calm, tranquillity and harmony.

We have four single cabins and a double cabin with sauna and private Turkish bath, where you can enjoy exclusive massages and body and facial treatments, accompanied by natural products that respect our environment, from the hand of the prestigious firm SISLEY. All our cabins are equipped with chromotherapy to adapt them to your mood preferences and chosen treatment.

Relax in our water circuit consisting of Finnish sauna, Hamman, shower circuit sensations, ice fountain, and fantastic dynamic pool with different jets, waterfalls and hot stones.

All this in an environment created for maximum relaxation and enjoyment.

## Reservations

Reservations should be made in advance. Reservations subject to availability. If you are staying in the hotel, please dial 7721 from your room. Phone (+34) 952.60.30.11 - spa.miramar@hsantos.es

We recommend booking at least 24 hours in advance.

# Before your arrival

If you are staying at the hotel, for your comfort, we recommend that you come to your appointment already prepared, with the bathrobe and slippers that you will find in your room.

Should you wish to change in our facilities, we have lockers available for clients to use. We recommend arriving a minimum of 15 minutes prior to your scheduled appointment to ensure sufficient time for changing and relaxation before the services commence.

# When arriving

Please be punctual, otherwise we will not be able to extend your treatment, out of respect for other clients' reservations. Remember to fill in a health form before your treatment.

# During yout experience

Please note that the water and treatment areas are a spaces created for the relaxation of body, mind and soul, where you can immerse yourself and escape. We appreciate your cooperation to maintain an atmosphere of tranquillity. Please, do not forget to disconnect your phone.

# Cancellation policy

Please, if you are unable to keep your appointment, you must give at least 24 hours' notice. Otherwise, you will be charged 50% of the contracted service.

# Before your arrival

Appointment essential, subject to availability.

We recommend you to come to your appointment at least 10 minutes before, so you will have enough time to answer any questions and fill out the mandatory health questionnaire.

This information is confidential.

Any of our treatments could be enjoyed in a double cabin, subject to availability.

It is not allowed to smoke, eat or drink alcoholic beverages inside our facilities.

Our treatments are strictly professional, any inappropriate gesture with the staff, will cause the immediate termination of the service, without any refund.

It is mandatory to wear a bathing suit, cap and slippers in the water circuit.

The use of cell phones or cameras is not allowed in our facilities.

The minimum age for the use of our facilities is 16 years old.

Hotel guests may access the water circuit with children between 6 and 15 years old during the hours established for them (cost child circuit 20 €). Please contact the spa to find out the schedule for children during your stay. Subject to change,

depending on the season.

## Gift voucher

From Botanic SPA we will help you to give unique sensations of well-being and experiences for the senses sensory travel combined with access to our exclusive relaxing water circuit.

The gift vouchers are valid for 3 months from the date of purchase. Subject to prior reservation and availability. They are non-refundable and are for single use only. For more information, do not hesitate to contact the spa department and you will be attended by our expert therapists, who will help you choose the best-personalized experience for you.

\*We invite you to explore the array of experiences available at our hotel by visiting our website.

# Access to spa circuit

## Spa circuit

Guest	60 min /30 €
Guests aged 6 to 15 years old, accompanied by an adult	60 min /20 €
Non-Guest	60 min /40 €

## (Subject to availability and prior booking)

Please note that the minimum age for using our facilities is 16 years old.

Hotel guests may access the water circuit with children between 6 and 15 years old during the hours established for them and always accompanied by an adult, for one hour. For details of the children's timetable during their stay, please contact the spa reception. Please note that these times are subject to change depending on the season.

## Massages

Express Massage 20 min / 70€

Relaxing localized massage. Ideal for those who have little time.

**Executive Massage** 

Therapeutic back-neck or tired legs massage, or a combination of both. This treatment is perfect as relaxation and rest therapy to renew your energy lost due to stress and relieve muscle aches.

### Relaxing aromatic massage

50 min / 120€

50 min / 120€

Relaxing movements combined with personalized essential oils to achieve a state of mind and body of deep relaxation.

### **Swedish massage**

50 min / 120€

Therapeutic massage of medium intensity. Suitable for those who suffer from muscle contractures.

### **Deep Tissue Massage**

50 min / 120€

Deep pressure treatment to stimulate circulation and eliminate toxins from the muscles. Suitable for before or after sports.

### Personalized holistic massage

80 min / 180€.

With this treatment, we seek that the client reaches a deep relaxation both physically and mentally. It combines different massage and stretching techniques that will be customized between the client and the therapist.

## Foot reflexology

50 min / 115€

Increases vital energy. Complete foot ritual that combines exfoliation, massage and digit-pressure techniques on the reflex points of the feet.

# Sisley Phyto-aromatic

#### Facial essentials

## **Hidragobal Facial**

50 min / 135€

Your skin will look deeply revitalized. Dehydrated skin recovers, regaining all its freshness.

#### **Soin Velors Facial**

50 min / 135€

Repairing facial treatment. Weakened skin rediscovers a forgotten serenity. Indicated for very dry skin and lack of nutrition.

## **Sisleyum Facial**

50 min / 135€

Personalized facial treatment for men looking for firmer and smoother skin.

#### **Absolute Black Rose Facial**

75 min / 195€

Anti-aging treatment and sensory journey to the heart of the rose. The complexion is restored, the skin is regenerated and the signs of aging are attenuated.

# Sisley Phyto-aromatic

### **Body essentials**

### **Body scrub treatment**

25 min / 75€

Combines aromatherapy with the effectiveness of a revitalizing body exfoliation for soft and smooth skin. Suitable before any other treatment.

## **Armony Zen Treatment**

50 min / 140€

Relaxing massage with Sisley aromatic oils that combines variations in intensity, techniques and aromas to restore harmony and balance to body and mind.

#### **Gobal Body Treatment**

80 min / 210€.

Prepare the skin with an aromatic body exfoliation to remove impurities and prepare it before plunging into an oasis of serenity with our specific massage By Sisley.

Includes Sisley body emulsion after the massage (Black Rose: ultra-moisturizing and beautifying thanks to the Padina Pavonica. It will give you a natural glow and the suppleness of a young skin thanks to the white ginger extract and the aqueous extract of Black Rose. Soin Velors: Saffron flower extract, with powerful soothing properties, restores comfort to dry skin. Reparatrice: ideal repairing treatment to help fight against external aggressions. Very rich in Shea Butter with soothing and nourishing properties).

## **Miramar Rituals**

## Ritual Miramar by Sisley 150 min. Individual: 395 € / Couples: 750 €

Indulge in a romantic and pleasurable ritual in our exclusive double room, adorned with rose petals, and enjoy a private sauna and Turkish bath session with scented waters and tea. This unique and sensory experience is not to be missed. Guests can also indulge in an exclusive Sisley facial and body massage treatment. The experience is complemented by a bottle of champagne and a special meal in our main restaurant on the first floor of the Príncipe de Asturias Hotel. This exclusive experience is also available for individuals, who can enjoy the benefits of a private cabin with a personal sauna.

+To ensure availability, reservations should be made at least 48 hours in advance. You can consult the menu before booking with the SPA department and inform us of any possible food allergies.

#### Oasis of the Orient Ritual

120 min / 285 €

A global beauty ritual that will transport you to the Far East. You will enjoy a Turkish bath session before starting the ritual to prepare your skin and then escape with this exclusive body exfoliation treatment with Moroccan black soap on hot stone and Dead Sea mud body wrap. The objective is to perform a deep cleansing of the whole body, then let yourself be pampered with a deep relaxation massage and look younger and radiant skin.

## **Miramar Rituals**

#### Journeys by Sultane de Saba

80 min / 180 €

We want to encourage you to dream, offering you escape relaxation and emotions. Subtle fragrances of BIO certified products. Sultane rituals offer beauty, well-being and symbolize ancestral rites from around the world with their exclusive fragrances. Rituals that include exfoliation and body massage. Consult the different journeys.

Detox Ritual 50 min / 130 €

Body treatment that includes an exfoliation with Dead Sea salts and natural almond oil combined with a seaweed body wrap with a high detoxifying and anticellulite power.

### **Body sculpting Ritual**

50 min / 130 €

Anti-cellulite and toning treatment for legs and abdomen. Helps to purify, oxygenate and shape the skin.



GRAN HOTEL MIRAMAR\*\*\*\*\*GL HOTELES SANTOS
Paseo de Reding, 22–24, 29016 Málaga
+34 952 603 011 | spa.miramar@hsantos.es