



mandalay
WELLNESS & SPA

GOLF SPECIALS @
MANDALAY SPA



GOLF SPECIALS @ MANDALAY SPA

WARM UP CHAIR MASSAGE

15min. | 25€

A pre-game massage in a "shiatsu chair", To warm up the muscles and ensure comfort and flexibility, improving your chances of greater swings and reducing pain during the round.

SPORTS MASSAGE

55/ 85min. | 95/ 130€

A deep tissue massage to rid muscles of tension and stiffness, will increase circulation, mobility and encourage muscle recovery, in areas such as the lower back, shoulders, knees, and other commonly-injured areas. The general reduction of stress and fatigue, will improve overall health and lessening the chances of injury and soreness between matches.

SOOTHING STEPS

45min. | 70€

A treatment helping to soothe heavy painful legs using a contrast of hot and cold to stimulate blood circulation. A warm poultice along with a gentle massage and reflexology points will heal pain and restore lightness to the legs.

BACK & SHOULDERS MASSAGE

40min. | 65€

A back & shoulders massage designed to help release tension from swings, putts and golf cart rides. This localized sport massage and stretches will relieve the areas that have been affected, making it ideal to prepare you for another game day.

SUN COOLER MINI-FACIAL

45min. | 70€

After 4 to 5 hours in average under the sun on the golf course, it is a refreshing way to finish your day and will minimize the sun damage. You will feel pampered and your skin hydrated with Linda Meredith collagen mask.

Tip: If you are a sun lover, take care of your skin with a moisturizer mini-facial before sun exposure.





HOW TO SPA

OPENING TIMES

Winter (Oct-May) Monday to Saturday and Holidays: 10am to 7pm Summer (Jun-Sep) Monday to Saturday and Holidays - 10am to 9pm Sunday (All Year) - 9am to 6pm

ZEN ATMOSPHERE

Please respect the right to privacy and serenity of all spa clients and guests in all spa areas.

SPA FACILITIES

Access to the spa and its facilities is restricted to those over 16 years old, and is free for guests. Services for children under 16 can only be booked until 2 pm. Access to infrastructure (relaxation area, jacuzzi, sauna, hammam, ice fountain and sensory showers) is included when booking a spa treatment. If you do not wish to book any treatment, you can also enjoy if you pay 25€.

LOST AND FOUND

The spa is not responsible at any time for valuable objects or jewellery lost in the spa. All lost property should be handed in to the hotel reception.

CHOOSE AND BOOK A RITUAL

If you require help in choosing your treatment, contact the spa reception. All treatments are subject to prior booking at the spa reception, by phone (+351) 261 960 909 or by e-mail: camporeal@mandalay-spa.com

CHECK IN

We advise that you arrive at least 20 minutes before your booking so that you can enjoy the unique premises and fill in your lifestyle consultation. A late arrival at the spa will limit your experience.

CANCELLATION POLICY

Should you wish to cancel or reschedule your appointment, let us know with 8 hours in advance. Cancellations within 8 hours of the appointment time, a 100% charge will be applied.

SILENCE

We ask you to switch off your mobile phone and keep your tone of conversation to a minimum.

PHYSICAL CONDITION

Please inform us about any health conditions, allergies or injuries that could affect your choice of treatment when booking. Some treatments may not be suitable for clients with specific conditions.





HOW TO SPA

PREGNANCY

We have specific treatments for mothers-to-be or breast-feeding mothers. Please allow our spa team to help you choose the right treatment for you during this special time.

CHANGING ROOMS

For your maximum comfort a locker with a robe and slippers is provided to use in spa treatments.

YOUR PREFERENCES

Level of light, music, room temperature or the pressure used in the massage can be personalized. The therapist will ensure your maximum Comfort, covering up all areas that are not being treated.

TREATMENT PACKAGES

Mandalay Spa has a discount system for treatment packages. There are packages of 6 sessions (with 10% discount) or 10 sessions (with a 15% discount). Failure to show or cancellations without 8 hours prior warning will mean the session will be debited.

HOMECARE

To continue the spa experience at home, the majority of our products used in the treatment, are available for sale at the spa reception.

GIFT VOUCHER

Choose the perfect gift for someone special. Please contact the spa reception for more information.

GRATUITY

If you enjoyed your ritual and your therapist exceeded your expectations, you can leave a tip at the spa reception.

PRICES

Prices are subject to change without prior warning.
VAT included at the current legal rate.

CORPORATE PROGRAMS/ MEMBERSHIP AND SPA CARD

The spa provides a number of benefits for company staff with an established agreement, or for special events. There are also various membership options available. For more information, please contact us.





mandalay

WELLNESS & SPA