

# SPA

# Luna de Granada

Enjoy an immersive experience of sensations



# Discover an amazing experience at the Luna Spa in Granada

Modern spas are the descendants of the ancient Greek, Roman baths and Ottoman baths, ancestors that have created a culture of body care and body cult that has survived to the present day.

Trough the passage of time, the facilities have been modernised, allowing the creation of multifunctional spaces consisting of different pools with water games and different temperatures, saunas and contrast showers that help to relax the body and mind.

At Gran Hotel Luna de Granada, we have modern and complete facilities where you can relax and unload your body of daily stress and tensions, enjoy a pleasant bath, and a delicious tea either alone or in the company of your loved ones.



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Circuit	Description	Duration	€ Person	€ Couple
Thermal Spa Circuit	Free circuit through the thermal area consisting of a cold pool, hot pool with different massage jets, Finnish Sauna, Steam Bath and Contrast Shower	50´	21€	33€
Sacromonte Circuit	Free circuit through the thermal area consisting of cold pool, hot pool with different massage jets, Finnish Sauna, Steam Bath and 15´ massage with essential oils	65´	43€	64€
Granada Circuit	Free circuit in the thermal area consisting of cold pool, hot pool with different massage jets, Finnish Sauna, Steam Bath, shower of contrasts and 25´ massage with essential oils	75´	50€	75€
Generalife Circuit	Free circuit in the thermal area consisting of cold pool, hot pool with different massage jets, Finnish Sauna, Steam Bath, shower of contrasts and 25´ massage with essential oils	95´	70€	110€
De Luna Spa Circuit	Free circuit through thermal area consisting of cold pool, hot pool with different massage jets, Finnish Sauna, Steam Bath, Contrast Shower and 45 minutes of Lomi-Lomi massage with essential oils	95´	73€	112€
Sensorial Circuit	Free circuit through the thermal area consisting of cold pool, hot pool with different massage jets, Finnish Sauna, Steam Bath Contrast Shower and 55-minute ritual including body peeling, body wrap of your choice and body hydration	110´	79€	120€
Anti-Stress Circuit 2 days	First day: free circuit through our spa for 50 minutes and 60-minute massage with essential oils Second day: free circuit in the spa for 50 minutes and a 55-minute ritual including body peeling, body wrap of your choice and hydration	215´	150€	280€





# Revitalise body and mind

At Gran Hotel Luna de Granada we want you to live an unforgettable experience and that is why we have a wide range of different types and techniques of massage so that you can find yours.

Here you can find proposals such as traditional chiromassages or sports massages, ideal to relax the body, balance our musculoskeletal system and promote both muscular and mental recovery.

In addition, we have an extensive menu of exotic massages brought from different parts of the world so that you can live an unforgettable experience in the hands of our excellent professionals.

We recommend that you let yourself be advised by our spa professionals, who will help you choose the treatment that best suits your needs.



# Traditional massages

Treatment	Description	Duration	€ Person
Chiromassage	Improvement of body ailments, contractures and physical disorders. It provides psychological well-being and helps to maintain our daily health in a correct way	30' 45' 60'	35€ 50€ 60€
Sports massage	Deep tissue massage ideal for balancing the musculoskeletal system and relieving tension before or after sports practice	60'	65€
Euromuscular	Consists of applying adhesive elastic bandages to improve musculoskeletal physical ailments and disorders	-	23€
Taping Foot massage	Using foot reflexology and chiromassage techniques	40'	35€
Cervical and craniofacial massage	Relaxing massage to eliminate tension and generate a pleasant sensation by applying pressure techniques on the face, head and neck	15'	15€
Massage with chocolate or natural clays	Massage with relaxing intensity applied with chocolate essences or white or green clay, ideal for improving our lymphatic drainage	60'	74€

# Massages of the world

Treatment	Description	Duration	€ Person
Hot Stone Massage	Japanese ritual performed with hot stones placed on our energy meridians to relieve tension and eliminate stress	60´	65€
Ayurveda	Indian massage that acts on a physical and mental level, is detoxifying, soothing and revitalizes skin, muscles, nervous system and immune system. Spices, essential oils and fragrances are used according to our Dosha typology	60´	74€
Champi Massage	Ancient Indian massage that acts on the Marma points of the head and helps to relieve stress, headaches and sleep	25´	25€
Lomi Lomi Massage	Hawaiian massage has as one of its purposes to relax not only the muscles but also the spirit. It is a deep, fluid and rhythmic massage using both hands and forearms, covering large areas of the body allowing a firm and controlled massage that favours a global sensation in the massage	60´	64€
Bamboo cane massage	Asian massage performed with original bamboo canes, ideal for eliminating toxins, reactivating the circulatory system, combating cellulite, remodels the silhouette and has a sedative effect	60´	64€
Shea candle massage	African massage, original in the way it is performed as it uses the oil from a hot candle poured directly on the body producing a stimulation of the senses, making his ritual a unique experience. The synergy between the heat and the active ingredients of each of the candles provides great benefits thanks to aromatherapy	45´	59€
Sensory massage with ostrich feathers	Californian massage, performed with neuro-sedative passes with feathers that have a direct influence on our nervous system, helping us to relax and enjoy a unique experience	25´	25€

# Beauty treatment



Treatment	Description	Duration	€ Person
Radiofrequency remodelling	Treatment, ideal to eliminate adipose tissue and reabsorption of liquids	45' 60'	50€ 60€
Basic manicure	Specific hand care treatment care, cutting and filing of nails and moisturising of the skin. It does not include nail polish	–	14€
Basic pedicure	Specific foot care treatment care, cutting and filing of nails and skin moisturising of the skin. It does not include nail polish	–	20€
Body peeling	Complete body exfoliation body hydration with natural exfoliants, ideal for cleanse our skin and remove dead cells	–	33€



# Facial cleansing



Treatment	Description	Duration	€ Person
Facial traditional cleansing	Variety of facial treatments according to skin type.	60´	53€
Personalised facial cleansing	Personalised facial cleansing, whit diamond tip and facial mask led.	60´	59€
Facial hydration	Superficial facial hydration whit cleansing milk, tonic massage and mask	40´	30€
Facial cleansing whit radiofrequency	Deep cleansing treatment using radiofrequency	60´	59€

# Men's beauty line

Treatament	Description	Duration	€ Person
Express facial cleansing	Facial cleansing adapted to the needs of male skin	20 ´	25€
Manicure	Treatment adapted to the needs of man	60´	14€
Pedicure	Treatment adapted to the man's needs	40´	20€



# Depilations

Depilations	€ Person
Whole legs	29€
Half leg	16€
Inner thighs wax	14€
Brazilian inner thighs wax	16€
Full inner thighs wax	22€
Lip, armpits, eyebrows, chin	8€
Abdomen	22€
Back	28€
Shoulders	16€
Lumbar	16€
Forearms	14€
Arms	20€





## GENERAL RULES

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This is the program recommended by the Hotel. A perfect program for all clients does not exist, so it is recommended to apply a logical order for relaxation, based on temperatures contrasts, jets, etc.

#### RECOMMENDED SEQUENCE

1. Warm shower in the locker room area.
2. Thematic or thermal pool: composed of different positions at a temperature of 32 degrees: recommended during 15 minutes.
  1. Lumbar and leg jets.
  2. Cervical and waterfall jets.
  3. Foot jets.
  4. Two jacuzzi seats.
  5. Three waterbeds.
3. Toning pool: pool water temperature oscillating between 12 and 16 degrees. Temperature contrasts help to improve circulation. Recommended during 1 minute.
4. Finnish sauna: cabin for 4 people at the temperature of 90 degrees, perfect for removing dead cells and skin cleansing, as well as for muscle toning and improving of articulation. Recommended during 8 minutes.
5. Thermal shower or toning pool: Recommended during 1 minute.
6. Finnish sauna: during 8 minutes.
7. Thermal shower: recommended during 2 minutes.
8. Steam bath or Turkish bath: cabin for 5 people at the temperature of 45 degrees, perfect for skin hydration and respiratory system cleansing by inhalation of water and eucalyptus steam. Recommended during 10 minutes.
9. Thermal shower: special contrast changes. Recommended during 2 minutes.
10. Bithermal Scottish shower: cabin for one person composed of different jets at different heights that provide with a temperature contrast automatically, perfect for reviving the blood and lymphatic circulation and curing muscle diseases. Recommended during 3 minutes.

### TERMS OF USE:

- Children under 12 are only allowed to use the heated pool and always accompanied by adults.
- Wearing a swim cap is required in the heated pool (\*).
- In order to avoid accidents it is recommended not to go barefoot, not to run within the enclosure and be careful in the entry and exit slip prone areas.
- The hotel is not responsible for any misuse of the facilities.
- You should take of all jewelry and metal pieces in order to prevent burns.
- The hotel is not responsible for objects left in the dressing room lockers.

### WE RECOMMEND NOT TO USE THE SPA PROGRAM IN CASE OF:

- Pregnancies until the third month and high-risk pregnancies, please consult your doctor in any case.
- Severe or uncontrolled hypertension or hypotension.
- Infectious skin diseases, respiratory and genitourinary systems infection.
- Cancer treatments.
- Cardiovascular alterations without your doctor´s consent, myocardial infarction, recent bypass intervention.
- Large varicose veins, otitis phlebitis conjunctivitis.
- States of malnutrition, anorexia, anemia.
- Allergies (consult your doctor).
- Claustrophobia.
- Obesity.
- Processes accompanied by fever and malaise.
- After drinking alcohol.

### FINNISH SAUNA: (Capacity: 4 people)

- The recommended sequence is between 8 and 16 minutes.
- Dry heat at about 90 degrees.
- Use a towel when sitting down on the bench.
- Drink water often in order to stay hydrated.
- It is especially recommended if you suffer from articular pain and rheumatism as it relieves muscle tension, reduces nervousness, eliminates toxins and purifies.

### TURKISH BATH : (Capacity: 5 people)

- Optimal recommended duration of the session is 10 minutes.
- Moist heat at 45 degrees.
- It is recommended to take a shower before use.
- Use a towel when sitting down on the bench. Use a jet hose for temperature contrasts.
- Purifying steam bath is especially recommended in cases of colds, muscle spasms, nervousness, insomnia, stress, etc.

**Winter schedule:**

From Monday to Thursday 5 pm to 9 pm

Friday from 12 pm to 10 pm

Saturday from 10 am to 11 pm

Sunday from 10 am to 2 pm

**Summer Schedule:****Monday to Sunday**

Mornings from 10 am to 2 pm

Afternoons from 5 pm to 10 pm



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