

THE SPA MEDICAL WELLNESS

THE SPA AT VILLA PADIERNA PALACE HOTEL MARBELLA



WWW.VILLAPADIERNAPALACEHOTEL.COM

THE SPA / MEDICAL WELLNESS



A World of Well-Being

Experience the **pleasures of the Roman Baths** with the comforts of the XXI century and let yourself be carried away by this indulgence of the senses in the **Aromatic Thermal Circuit**, unique to the Costa del Sol. The premises of the Medical Wellness, with over 2000 sqm., are the perfect setting for the **relaxation of the body and calmness of the mind**. All is ready to replace worldly concerns for a World of Well-Being.



Recognitions

2013 | Best Spa (Signum Virtutis) by Seven Stars Global Luxury Awards
2012 | Best Spa (Global Distinction) by Seven Stars And Stripes
2011 | Best Spa on the Costa del Sol by Essential Marbella Magazine
2010 | Best Spa Hotel in Spain by the Spa World Magazine in 2010
2009 | Best Spa on the Costa del Sol by Essential Marbella Magazine

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The background image is a photograph of a luxurious indoor spa. A large, rectangular pool of water occupies the foreground, reflecting the light from the ceiling. In the background, a classical statue of a woman stands on a pedestal. The room features a vaulted ceiling with several circular recessed lights. The walls are white and have arched niches with small circular windows. The overall atmosphere is calm and elegant.

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Special Programs

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2 and 4 days Villa Padierna Programs

These programs have been created by our specialists **for those who want to care for their body and mind**, but don't have a lot of time to do so. We help them enjoy our marvellous facilities in a relaxing and **comfortable environment** whilst we introduce them to a **new philosophy on life**.

LUXURY TASTE | 2 days Program

INCLUDES

- 1 Thermal Circuit Guided by a Specialist
- 1 Salt & Oil Scrub
- 1 Air Pure Bubble Body Hydration
- 1 Progressif Global Anti-Aging Facial (* Cinetic Carita)
- 1 Thai Massage

SLIM SCAPE | 4 days Program

INCLUDES

- 2 Thermal Circuits Guided by a Specialist
- 1 Salt & Oil Scrub
- 1 Aqua Massage
- 1 Jet Shower
- 1 Lymphodrainer by Piroche
- 1 Acumedic Detox Massage



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Slim & Detox



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SLIM & DETOX - 7 days Program

SLIM & DETOX Intensive - 14 days Program

SLIM & DETOX

Conscious of how being overweight determines our life and way of being, and how it is the source of many of our health problems, our **team of medical professionals, weight loss and healthcare specialists** have designed a **slimming and detox program** which are adapted to the personal characteristics and needs of each customer with **personalized care**.

This program is aimed for overweight people who have a strong interest in their health and diet and wish to balance body and mind. During their stay, patients will loose both weight and volume with a **combination of diet, hydrothermal treatments, health beauty treatments, physical exercise** and a **dietetic food plan** based on season products.

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THE SLIM & DETOX PROGRAM INCLUDES

2 x Medical Consultations (3 sessions in the Intensive Programme).

1 X Nutritional Consultation (1 session in the Intensive Programme).

1 x Blood Test.

6 x Thermal Circuit guided by a specialist (13 sessions included in the Intensive Programme).

1 x Body Salt-Oil Peeling (2 sessions in the Intensive Programme).

3 x Personalised Physical Activity (7 sessions included in the Intensive Programme). The Frederic Morlaix Fitness system is designed for everyone; his sessions basically consist in stretching and flexibility exercises. (App Store Cuatrofitness).

3 x Bioenergy Massages By Piroche (6 sessions included in the Intensive Programme). The Bioenergy drainage treatment developed by Cosméticos Piroche, combines different products with numerous active ingredients, which cleanse the body and eliminate the toxins that accumulate due to a poor diet, environmental pollution and stress.

3 x INDIBA Body treatment (6 sessions included in the Intensive Programme). The exclusive Indiba Deep Beauty method rebalances the cellular exchange of ions, so that the cells recover their natural functions. This enables the skin tissue to regain lost elasticity, reduce fat and allow the oxygen to flow more freely between cells.

3 x Aqua Massage (6 sessions included in the Intensive Programme). The Aqua Massage is an underwater massage carried out in a therapeutic tub to eliminate more fluid and toxins from the body.

2 x Pressotherapy + bands (4 sessions included in the Intensive Programme).

1 x Anti-cellulite massage (2 sessions in the Intensive Programme).

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The background of the entire page is a soft-focus photograph of numerous water bubbles of various sizes, some in sharp focus and others blurred. In the bottom-left corner, a portion of a pink orchid with delicate petals and a yellow center is visible.

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Bubble *healthy* Program



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BUBBLE HEALTHY PROGRAM - 7 days Program

BUBBLE HEALTHY PROGRAM

Bubble Pure Beauty is a program designed to fight the ravages of stress and time in those people whose appearance is of vital importance.

Nowadays, in general, we live in a society that has become more health conscious; it has adopted a more **preventive type of approach to health**, one that promotes a diet that is based on consuming more **nutritious types of food**, highlights the need to have a more active and less sedentary lifestyle and **eliminates all the harmful habits** in the interests of our health.

The programme is designed to help our body recover in the shortest amount of time possible and **prevent disorders** related to a sedentary life style, such as muscle stiffness, joint pain, sleeping problems, circulation problems and general fatigue and tiredness.

Furthermore, thanks to our **latest oxygen bubble**, your body can fight against the free radicals in an **atmosphere of 99.9% pure air** is that is continually being regenerated.

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THE BUBBLE HEALTHY PROGRAM INCLUDES

1 x Medical and Nutritional Consultation.

1 x Medical Consultation.

6 x Thermal Circuit guided by a specialist.

1 x Body Salt-Oil Peeling.

3 x INDIBA Body treatment.

2 x Relaxing massage in the oxygen bubble.

1 x Algae wrap.

2 x Personal training.

2 x Bioenergy Massage By Piroche. The Bioenergy drainage developed by Cosméticos Piroche, combines different products with numerous active ingredients, which cleanse the body and eliminate the toxins that accumulate due to a poor diet, environmental pollution and stress.

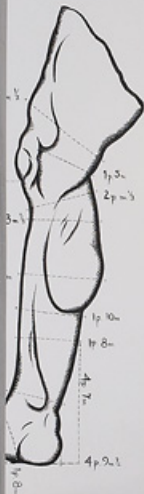
1 x Personalised Facial.

6 X Pure Air Bubble. Pure air is in itself a natural anti-aging treatment, seeing as an atmosphere with the right O2 favours the formation of collagen and elastin in the skin, thus preventing the pores from getting clogged up.

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STOP
smoking


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STOP SMOKING PROGRAM - 5 days Program

STOP SMOKING PROGRAM

Smoking is a complex habit that is based on two major factors: firstly, it is a physical addiction and secondly the continued action of smoking makes it **behavioural** too.

With the help of natural medicine and behaviour therapy, our doctors and health professionals have come up with a successful, **revolutionary Cure** that enables our clients to **stop smoking in just 5 days** effortlessly, so that they can **cleanse their lungs** and **detox their body**.

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THE STOP SMOKING PROGRAM INCLUDES

1 x Medical Consultation

2 x Coaching + Pills Sessions

5 x Thermal Circuit guided by a specialist

2 x Personal Training sessions. The Frederic Morlaix Fitness system is designed for everyone; his sessions basically consist in stretching and flexibility exercises. (App Store Cuatrofitness).

2 x Yoga and meditation

2 x Bioenergy Massages By Piroche. The Bioenergy drainage developed by Cosméticos Piroche, combines different products with numerous active ingredients, which cleanse the body and eliminate the toxins that accumulate due to a poor diet, environmental pollution and stress.

2 x Relaxing massage in the bubble.

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Golf Programs


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An aerial photograph of the Villa Padierna Palace Hotel in Marbella, Spain. The hotel is a large, multi-story building with a red-tiled roof and a central courtyard. It is surrounded by a lush green golf course with several sand traps and water features. In the background, the Mediterranean Sea is visible under a clear blue sky.

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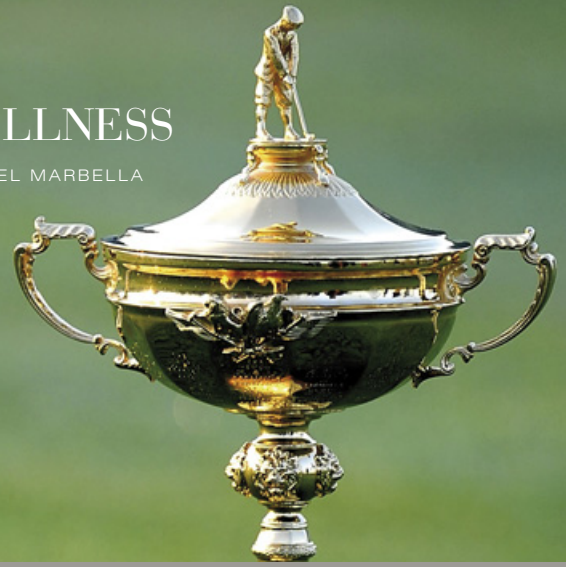
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GOLF PROGRAMS - 2 / 3 days

Our specialists have designed a physical fitness and injury prevention programme, so that golfers get into the **best physical and mental shape in 2/3 days** and develop their golfing skills to enjoy their favourite sport even more.

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GOLF PROGRAMS - 2 / 3 days

INCLUDES

2/ 3 x Functional evaluation and personal training. Our professionals will carry out a functional evaluation and show you how to warm-up and stretch properly to strengthen your muscles and make you more flexible, so that you are in tip-top condition on the golf course and your muscles can actually recover after a round of Golf. It also includes a warm-up massage on your limbs and back according to your specific needs and neuromuscular bandaging or functional bandaging according to the therapist's evaluation.

1/2 x Personalised therapeutic treatment. After playing golf, you will be given recovery massage to stretch out and loosen up muscles, according to your specific needs. This includes muscle fibre regeneration using radio-frequency technology or manual therapy according to the therapist's assessment.



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Treatments Menu

DISCOVER A REAL HIDDEN TREASURE BESIDE THE GARDEN AND SWIMMING POOL OF THE VILLA PADIERNA PALACE HOTEL. OUR WELLNESS IS KNOWN AS THE TEMPLE OF BEAUTY FOR THE ELITE OF THE WORLD.

WE HAVE A WIDE RANGE OF SERVICES; BODY TREATMENT, FACIALS, HAIR SALON, MANICURES AND PEDICURES, MAGIC RITUALS AND A GYM WHERE PERSONALIZED CLASSES ARE AVAILABLE.



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Massages

SPORTS OR SWEDISH MASSAGE

The Swedish massage is intended to release tension, tone up muscles and strengthen joints. The Sports massage activates the circulation of fluids, speeds up the elimination of waste, toxins or anything else that accumulates in your body and enhances muscle oxygenation.

Duration 55 min

HARMONIOUS MASSAGE AND RELAXATION

Enjoy the anti-stress massage with oils and aromas that have been carefully chosen to provide you with a complete sense of well-being.

Duration 55 min

Duration 85 min

DETOX MASSAGE

Stress produces toxins. The therapist uses the effective cupping technique or suction cups to open up the body's meridians that eliminate toxins, reduce volume and cellulite.

Duration 50 min

FIT & FIRM MASSAGE

Vigorous massage that focuses on areas of the body where fat and cellulite tend to accumulate. A cream and spray is applied to improve the blood circulation and stimulate the metabolism.

Duration 45 min

BIOENERGY MASSAGE by Piroche

This is carried out with the help of a Lymphodrainer made by Piroche; it favours lymphatic drainage, stimulates circulation, oxygenates the skin and tones tissue.

Duration 70 min

REFLEXOLOGY

Applying pressure to the specific reflex points located on the feet that correspond to different body organs and systems, can improve your overall state of health.

Duration 40 min

THAI CEREMONY MASSAGE

Techniques inherited from the Orient that perfectly combine pressure applied with the fingers, massages using the strength of the arms, stretching and joint manipulation.

Duration 55 min

Duration 85 min

MUM-TO-BE MASSAGE

Specialised massage for mums-to-be that help alleviate discomfort during pregnancy. This massage is only available for women in the third trimester of pregnancy.

Duration 45 min

INDIAN HEAD MASSAGE

Releases tension that accumulates in the head, neck and unblocks energy to promote relaxation and restore the balance to our nervous system.

Duration 40 min

HOT STONE MASSAGE THERAPY

Melts away tension, eases muscle stiffness and increases circulation and metabolism.

Duration 55 min

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Specialised Treatments

PRESSOTHERAPY

With special pressotherapy equipment, high and low alternating positive pressure is exerted to stimulate the circulatory system, enhance lymphatic drainage and eliminate lipids, fat and toxins.

Duration 30 min

*(+Slim Body Wrap) Duration 60 min

OXYGEN BUBBLE

It provides 99.99% pure particle-free oxygen that revitalizes the toxin and dead cell elimination mechanisms to guarantee maximum skin cleansing. It improves physical performance by reducing CO2 contamination and it optimizes the subsequent recovery process.

Duration 30 min

INDIBA DEEP BEAUTY

The exclusive Indiba Deep Beauty method rebalances the cellular exchange of ions, which helps cells, recover their natural function. This enables the skin tissue to regain lost elasticity and reduce fat; it allows the oxygen to flow more freely between cells, it restores the right microcirculation and relives and rejuvenates the skin.

TECHNOLED REDUCER PROGRAMME BY CARITA

Intense reducer action and skin tightening treatment. Options: thighs/hips/buttocks/stomach/arms. Recommended 5 sessions

Duration: 45 min

ULTRASOULTRASONIC X-CELLNIC X-CELL

The revolutionary latest technology, which uses low frequency ultrasound waves to destroy fat cells, and help you slim down in shorter time.

Duration 55 min

Hydrotherapy

GUIDED THERMAL CIRCUIT

One of our specialist therapists will guide you through the Thermal Circuit and give you expert advice.

Duration 60 min

AQUA TUB DETOX MASSAGE

Thanks to this treatment more liquid and toxins can be eliminated from the body, so it is perfect for anyone with water retention.

Duration 45 min

SLIMMING JET SHOWER

Complete lymphatic drainage using a high pressure shower jet that is operated by a therapist in the tub. It has a revitalizing effect that is great to combat fatigue. It is also a slimming treatment.

Duration 20 min


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Body Essentials

SALT AND OIL BODY SCRUB

Prepare your skin for any kind of future treatment with this exfoliation that eliminates impurities and leaves the skin soft, smooth and more receptive.

Duration 20 min

ROSALPINA TREATMENT

The body scrub and body mask with rhododendron and Swiss pine oil revitalizes the skin's stem cells and favours cutaneous regeneration and resistance to boost the skin's natural defenses.

Duration 65 min

HYDRATING ALGAE WRAP

The algae firms up, remineralizes, stimulates and nourishes and when it is combined with a deep tissue massage it tones up and moisturizes the skin.

Duration 45 min

PRESSOTHERAPY + WRAPS

Specialised pressotherapy equipment is used to stimulate your circulation, enhance lymphatic drainage and eliminate lipids, fat and toxins. Also Body wraps work by activating the circulation of specific body areas, helping the body to eliminate fluids and fats.

Duration 60 min

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Facial Treatments

PERSONALIZED VILLA PADIERNA FACIAL

After the skin diagnosis, the professional will decide on the right techniques and products to use for the ideal treatment that satisfies all your skin's needs.

MICHELLE OBAMA FACIAL

This is par excellence the true celebrities' treatment. It consists in cupping therapy, then a facial massage with essential oils, followed by a regenerating face mask and finally Ultrasound to enhance energy.

Duration 105 min

*(+ Lymphodrainer).

SOPHIA LOREN FACIAL

Precious ritual - Source of youthfulness.

Sophia Loren is one of most beautiful woman in the world. Her face grow old with dignity and treatments like that one can keep her beautiful expression.

This treatment fight wrinkles, slack and the lack of confort and reduces established scars. The face appears rejuvenated and radiant.

(+ Cinetic lift expert)

Duration 105 min.

PROGRESSIF GLOBAL ANTI-AGING (Carita)

Tones, eliminates flaccidity, wrinkles and soothes the skin.

Cinetic lift expert included.

Duration 105 min

FLASH BEAUTY

Immediate radiance . The ideal treatment before a busy day or an evening out.

Duration 60 min

JAPANESE FACIAL MASSAGE

Technique used to smooth out wrinkles and make your skin glow.

It consists in a series of fluctuations with fast and slow movements to improve the blood circulation of your face.

Duration 90 min

INDIBA DEEP BEAUTY

The exclusive Indiba Deep Beauty regains lost elasticity, allows oxygen to flow more freely between cells and relives and rejuvenates the skin.

Session of 50 min

4 sessions of 50 min




CARITA
PARIS


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Villa Padierna Rituals (half day programs)

COUNTESS OF VILLA PADIERNA RITUAL

Body peel, Lymphodrainer Massage by Piroche and Personalized facial.

Duration: 3 h

DE- STRESS RITUAL FOR MEN

Body Peel, Detox Massage and Personalized facial to reduce stress and enhance your well-being.

Duration 3 h

Villa Padierna Ritual (all day program)

ALL BEAUTY RITUAL

Body Peel, Aqua Massage, Body Hydration, Personalized Facial, Hair Styling in the Hair Salon, and Spa manicure - pedicure.

Duration 4 h 20 min

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URB. VILLA PADIERNA GOLF & BEACH RESORT

CTRA. DE CÁDIZ, KM. 166. 29679 MARBELLA, MÁLAGA



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