

*Health
&
Beauty Club*



Beauty Treatments

Eyebrow shape	£7.00
Eyebrow tidy	£5.00
Eyebrow tint	£6.00
Eyelash tint	£8.00
File and polish	£6.00
Manicure	£13.00
Luxury manicure	£18.00
An intense moisture treatment for the hands, which includes exfoliation followed by the use of heated mitts.	
Pedicure	£19.00
Luxury pedicure	£23.00
Ideal for cracked, dry or tired aching feet. Includes exfoliation followed by the use of heated booties.	
Men's manicure	£12.00
Men's pedicure	£18.00
Make-up	£20.00
Bridal make-up (including trial)	£35.00
Upper lip wax	£3.00
Chin wax	£4.00
Bikini wax	from £7.00 to £10.00
Half leg wax	£13.00
Full leg wax	£22.00
Underarm wax	£6.00
Half arm wax	£9.00
Full arm wax	£16.00
Chest wax	£14.00
Back wax	£14.00
Thigh wax	£15.00

Body Treatments



Back Therapy Treatment

For problematic, oily or dry skin this back treatment offers deep cleansing and hydration.

£39.00

60 minutes

Body Polish

With the use of mineral rich sea salts and seaweed or heated oatmeal with wasabi root and ginger, the skin smoothing enzymes work to condition the skin giving a natural glow and smooth finish.

£37.00

45 minutes

Detox Treatment

This enzymatic sea mud pack is a unique mixture of seaweed, botanicals and plant enzymes in a mineral base, all in one sealed warm relaxing wrap.

£45.00

60 minutes

Power Recovery Pack Wrap

A personalized treatment for very dry, sensitive or sun burnt skin. Treatment begins with exfoliation and is followed by a heated oatmeal, honey, wasabi root and ginger pack wrap.

£47.00

60 minutes

Total Body

The total body consists of heated exfoliation with an anti-cellulite massage followed by a customized heated oatmeal, honey, wasabi root and ginger pack wrap suited to your skins needs. Perfect to revitalize and de-stress the mind and body.

£60.00

90 minutes

St. Tropez Spray Tan

A fast and safe alternative to UV tanning, using state of the art technology for flawless streak free natural looking results.

£25.00

Facials

Personalised Skin Care

These therapeutic treatments are tailored to meet your individual needs, targeting all skin concerns from acne, dehydration, sensitised skin, ageing and sun damaged skin on the face and body helping restore the skin to optimum health. Using Dermalogica face mapping the therapist is able to conduct an analysis of the skin. Guaranteeing that the right professional treatment and homecare prescription has been addressed with each client's concerns.



Revitalising Eye Rescue

Designed to tone and revitalise your tired eyes helping diminish fine lines, reduce puffiness and soothe irritation.

£25.00

45 minutes

Half an Hour Facial

A good introduction to Dermalogica to help improve the skins needs. Ideal for those with not much time.

£26.00

30 minutes

Prescription Facial

A customised facial for all skin types. This is going to leave you relaxed and help restore the natural balance of the skin.

£32.00

60 minutes

Facials

Intensive Moisture Facial

To condition dry and ultra dry skins. Replenishing moisture and restore skin softness and suppleness providing a more radiant appearance.

£35.00

60 minutes

Ultracalming Facial

If your skin is looking red, inflamed or feeling itchy, then this is the treatment for you! This facial will instantly calm and reduce redness and inflammation.

£38.00

60 minutes

Men's Skin Care Facial

This treatment takes in factors such as shaving habits, shaving bumps and in-growing hairs are also taken into consideration so we can customise a facial unique for men.

£38.00

60 minutes

Medicated Clearing Facial

An ideal treatment for oily, congested and acne skins. Not only will this facial target current blemishes it will also help prevent further breakouts. Focusing on purifying the skin.

£40.00

75 minutes

Multivitamin Power Facial

A suitable facial for sun-damaged, dry, dehydrated and prematurely-ageing skins. This will give the skin a nourishing cocktail of vitamins, botanical extracts and conditioning agents. Giving a noticeable improvement to elasticity, tone and texture.

£40.00

60 minutes

Contour Facial

For those mature and prematurely aged skins in need of firming. The use of an algae-derived silica mask which is peeled away, revealing a firmer skin.

£38.00

60 minutes

ChromaWhite TR Exfoliation Facial

Exfoliation treatment customized for the skins individual needs. It will thoroughly remove dulling surface debris while stimulating cell renewal for exceptional glowing skin and help improve uneven pigmentation to balance the complexion.

£44.00

60 minutes

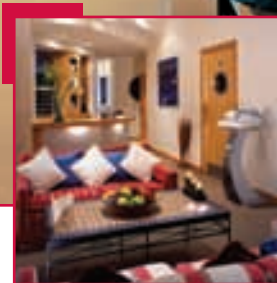
Age Smart Facial

An intelligent unique facial for those concerned with ageing, consisting of elements of the three previous treatments. It contains scientifically advanced ingredients proven to impact the major biochemical reactions that contribute to skin aging before they start.

£45.00

70 minutes

Gymnasium



Membership

3 Months	£201 Full amount in advance
6 Months	£201 Down payment plus first month (£67) in advance, followed by two monthly payments of £67
12 Months	£201 Down payment plus first month (£67) in advance, followed by eight monthly payments of £67
Membership Includes:	Gym Kit Laundry Service, Private Locker, 10% discount on treatments in the Health & Beauty Club

Gymnasium

Personal Trainer £30.00 per hour

The Caleta Health & Beauty Club employs a personal trainer.

- Specialist Programmes provided
- Continuous support and encouragement
- Progress will be monitored each session
- One to one safe exercising
- Discount available for group sessions (maximum 4 persons)
- Rehabilitation programmes available
- Pre-booking necessary for personal trainer

The training programmes will be designed with an element of fun included and will be structured to cater for all levels from experienced gym users to those with none or very little knowledge of fitness.



Hair Salon

Hair Salon Shampoo and set from.....		£15.00
Wash & blow-dry.....	Short	£12.00
	Medium	£15.00
	Long	£18.00
With straightening irons extra.....		£5.00
Cut & blow-dry.....	Short	£22.00
	Medium	£25.00
	Long	£28.00
	Restyle	£30.00
Fringe cut.....		£6.00
Perm from		£45.00
Tint from.....	Short	£45.00
	Medium	£55.00
	Long	£65.00
Cut not included please add £10 extra for cut.		
Foil highlights (full head) from.....	Short	£45.00
	Medium	£55.00
	Long	£65.00
Colour Correction		£75.00
Conditioning treatment		£15.00
Scalp massage (20 mins).....		£25.00
Men's cut		£15.00
Men's cut & blow-dry		£20.00
Boy's cut		£08.00
Girl's cut and blow-dry		£19.00
Wedding hair up		£80.00

Hair treatments before 10 a.m. will incur AN extra charge of £10.00 per treatment.

Cancellations must be made at least 12 hours prior to appointment. For appointments which have not been cancelled and result in a no show then the full amount will be charged.

Ultra Sound Hair Extension (100% natural human hair)

A range of 81 shades and colours. Next day appointment available if colour is in stock. Colours not in stock can be delivered within 2 working days.

1 strand	£5.00
3 strands	£4.00 each
10 strands	£3.90 each
Half head and full head	Consultation Required

“Yuko System”

Miraculous hair repair which reconstructs the hair shaft leaving the hair straight, soft and smooth and shiny as silk. No more blow-drying, hair will remain straight until regrowth. Stars who have used the Yuko System include Jennifer Aniston and Gwyneth Paltrow.



Massage

Back, Neck and Shoulder Massage A de-stressing massage concentrating on the back to ease tension and help with muscular problems.	£25.00 30 minutes
Scalp Massage Scalp massage focusing on shoulders, neck and head, all areas prone to tension and stress.	£25.00 30 minutes
Full Body Massage This Swedish massage relieves stress and revitalizes the body to promote a feeling of well being.	£38.00 60 minutes
Aromatherapy Massage Experience the benefits of a complete body, face and scalp massage. Our therapists tailor blend oils to your needs, to relieve stress, muscle tension or just to relax and rebalance the mind and body.	£48.00 75 minutes
Lymphatic Massage A specially designed massage which can help with the reduction of cellulite, water retention and removal of toxins. Regular lymphatic massage can benefit those with poor resistance to infection.	£40.00 60 minutes

Packages

Mediterranean Package <ul style="list-style-type: none">• Prescription facial• Manicure• Use of gym• Back massage• Light lunch	£75.00
Caribbean Package <ul style="list-style-type: none">• Prescription facial• Manicure• Pedicure• Full Body Massage• Use of gym• Lunch	£105.00
Paradise Package <ul style="list-style-type: none">• Prescription facial• Manicure• Body treatment• Full Body Massage• Pedicure• Hair blow-dry• Use of gym• Lunch	£165.00

Cancellation policy for all treatments

Hotel Guests:	If you are unable to attend your appointment please contact the Health & Beauty Club on 8009 or (+350) 200 76501, failure to inform the Health & Beauty Club by 21.00hrs the night before will result in the full price being charged to your room.
Non Residents:	At our discretion credit card details will be asked for, if for any reason you are unable to attend your appointment please contact the Health & Beauty Club on (+350) 200 76501, failure to do so will result in the full price being charged to your credit card.

Terms and Conditions

1. Membership is between The Caleta Hotel and the applicant. Members must agree to rules and regulations, existing, and new amendments that can take place at any time by The Caleta Hotel.
2. There will always be a copy of the rules and regulations displayed at the reception desk of our leisure club and will be accessible at all times.
3. The Caleta Hotel will do its best to provide the products and services as laid out in this information pack. We should not be held responsible for any treatments we are unable to offer due to shortcomings of the third party.
4. I hereby accept (the applicant member) that I will undergo exercise of all kinds. I understand the involvement of certain risks and exposure to personal injury. I voluntarily resume my own responsibilities, impartial consideration of use of The Caleta Hotel facilities. I hereby release full discharge of Caleta employees, directors and agents, whether acting officially or unofficially on behalf of myself or any other third party acting on my behalf, and all claims, demands or courses of action relating to or deferring from my presence or activities on The Caleta Hotel premises, which may result in my death or injury or anything thereby.
5. **Cancellation policy for all treatments**
Hotel Guests: If you are unable to attend your appointment please contact the Health & Beauty Club on 8009 or (+350) 200 76501, failure to inform the Health & Beauty Club by 21.00hrs the night before will result in the full price being charged to your room.
Non Residents: At our discretion credit card details will be asked for, if for any reason you are unable to attend your appointment please contact the Health & Beauty Club on (+350) 200 76501, failure to do so will result in the full price being charged to your credit card.
6. **Cancellation policy for membership**
6 months membership - 3 month's written notice
1 year membership - 3 month's written notice
Please note that in the event we receive no written cancellation, a standard charge of the cancellation term will be applicable.