

THE SPA





A SANCTUARY OF RELAXATION

OUR EXCLUSIVE SPACE
DEDICATED TO RELAXATION, BEAUTY AND WELLNESS
FOR THE MIND, BODY AND SPIRIT.

Wellcome



FINCA CORTESIN SPA





THE SPA

An Oasis of Luxury

TREATMENT

2.500M2 Of Treatment and Massage Zones

OUTDOOR POOL

35M Outdoor Swimming Pool

SNOW CAVE

Exclusive Snow Cave, Unique in Spain

THERMAL

Spacious area facing Outside Gardens

INDOR POOL

25M Indoor-Heated Swimming Pool

FITNESS

State-of-The-Art Fitness Area

A SANCTUARY OF RELAXATION

HOME TO 2.200M2 OF TREATMENT AND MASSAGE ZONES,
THERMAL AREAS, 25M INDOOR-HEATED SWIMMING POOL AND 35M OUTDOOR SWIMMING POOL,
AND STATE-OF-THE-ART GYMNASIUM.



FINCA CORTESIN SPA

THE SPA

An Oasis of Luxury

Finca Cortesin offers three thermal areas: male, female and unisex, with steam bath, Finnish sauna, relaxation area, plunge pool at 10 degrees and the Snow Cave, the first in Spain at -12°C. There is also a 25m indoor heated saltwater swimming pool which overlooks the Andalusian hills and Mediterranean Sea, via enormous windows that fill the room with natural light.

THE TREATMENTS

Let us Spoil You

Our team of experienced therapists and professional masseurs have created a diverse menu of face and body treatments using Biologique Recherche and Carita products, massages and foot and hand care, all of which are tailored to each individual needs. There are 12 treatment rooms: ten eleven individual treatment rooms in total, including four designed for Oriental treatments and one designed for hands and feet treatments, and one double suite for couples, equipped with heated floors and massage tables, with a personalised à la carte audio system.

ORIENTAL INFLUENCE

A Wind from the East

Enjoy the stunning Thai Spa area, comprised of 4 treatment rooms built exclusively for a selection of oriental massages and treatments, which our professional team from Thailand has prepared to make your stay at Finca Cortesin even more unforgettable.

All of the treatments are based in millenian techniques from different Asian countries, whose objective is to relieve stress and psychosomatic body imbalances. These techniques try to find the perfect balance between body and mind, and provide an overwhelming feeling of relaxation and wellbeing.



FINCA CORTESIN SPA



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FINCA CORTESIN SPA



EXTRAITS TISSULAIRES
SÉRUM AUTHENTIQUE

PHASE DE SOIN

Sérum hydratant et revitalisant
pour le visage

BIOLOGIQUE
RECHERCHE

25 ml 4.2 FL.OZ



THE TREATMENTS

BIOLOGIQUE RECHERCHE FACIAL & BODY TREATMENTS

Let us Spoil You

Biologique Recherche offers unique treatments, which are the result of a meticulous combination of specific massages techniques and ingredients in their purest state.

*"Our body is a perfect and delicate machine
that must be treated with extreme care."*

These treatments were created to regenerate, moisturize and treat skin problems using a wide range of components such as: thermal seaweed extracts, oils, plant extracts, brewer's yeast, clay and an endless list of ingredients that stimulate the skin. Passion and experience define each one of our treatments.



BIOLOGIQUE RECHERCHE FACIAL TREATMENTS



CAVIAR FACIAL

Stimulates cellular regeneration and tones the skin. It prevents and reduces the appearance of wrinkles.

INTEGRAL FACIAL

Improves firmness and flexibility, while moisturizing and giving skin a natural luminosity.

WHEAT VITAL FACIAL

This treatment is suitable for dehydrated, dry and ageing skin. It acts as an emollient, preventing dehydration and loss of elasticity in the skin.

RESTRUCTURING FACIAL

Activates cell renewal, regenerates, moisturizes, restructures and strengthens skin tissue.

HYALURONIC FACIAL

This facial moisturizes and softens the skin simultaneously. It also stimulates collagen production.

FACIAL OXYGENATING

This is the essential treatment from Biologique Recherche. It deeply cleanses the skin, making the absorption of essential active ingredients more effective. It moisturizes, relieves, and optimizes the efficiency of other treatments. Suitable for all skin types.

COLLAGENE FACIAL

This treatment deeply moisturizes whilst firming the skin and helping to close pores.



BIOLOGIQUE RECHERCHE FACIAL TREATMENTS



MAGISTRAL LIFTING

This treatment acts as a natural antioxidant to tighten skin and combat wrinkles. It moisturizes, regenerates, and neutralizes the skin tone.

FLASH EFFECT

Reduces the signs of stress and/or fatigue in no time.

JUST FOR HIM

This treatment provides essential, localized nutrients for the eyes, lips, face and neck.

EYE CONTOUR

This treatment prevents wrinkles, and reduces and reduce under-eye bags.

PERSONALIZE

Let our professionals advise you and help you choose the best treatment and products for your skin type.

REVITALIZING

This treatment reduces pores and wrinkles, whilst moisturizing and cleansing the complexion.

SENSITIVE SKIN

This facial is perfect for sensitive and damaged skin, and diminishes signs of stress.



BIOLOGIQUE RECHERCHE BODY TREATMENTS



REACTIVATOR BODY TREATMENT

Stimulates collagen fibers helping to firm skin.

JET LAG BODY TREATMENT

Reduces signs of tiredness caused by jet lag.

INTEGRAL BODY TREATMENT

Full body remodeling that will help to eliminate liquid retention and cellulite, while improving skintone.

FIRMING BODY TREATMENT

This treatment reinforces elastin and collagen fibers, helping to keep skin firm and flexible.

CORPORAL RESTRUCTURANT DE LUX

Activates cellular regeneration and helps repair skin before and after surgery.

WRAPS

- Vegetable extracts
- Oxygenating VIP O2

PEELING WITH THERMAL SEAWEED

This detoxifying peeling activates blood and oxygen circulation.

SLIMMING BODY TREATMENT

Stimulates circulation and helps to eliminate concentrated fat.

ANTI-CELLULITE BODY TREATMENT

Helps with the breakdown of fat cells and eliminates cellulite.









THE TREATMENTS

FACIAL TREATMENTS BY CARITA

Let us Spoil You

Discover a world of tailor-made treatments, dedicated to facial beauty. Skincare experts are at the heart of the development process of textures, techniques, and products, in an ongoing strive for precision and performance.



FACIAL TREATMENT BY CARITA



LAGOON HYDRATION

Dive into Polynesian water and give your skin a burst of moisture. Specially designed for dehydrated and tired skin, this treatment immerses the skin in a bath of freshness.

3 GOLDS FACIAL

An outstanding anti-ageing treatment that simultaneously combats wrinkles, sagging skin and loss of elasticity, and helps to alleviate the more prominent signs of ageing. This results in defined facial contours, smoother and toned skin, and a visibly brighter complexion.

LIFT FERMETÉ

Toning revitalizing care.

Combining high-performance anti-ageing products, manual and specific massage techniques, this firming and treatment has an immediate smoothing effect on the skin.

BEAUTY DIAMOND

More than a mere treatment, it is a ritual based on 3 virtuous cycles allowing you to immerse yourself in a regenerating bubble and enjoy a rare experience. This treatment gives tones to the skin removing signs of ageing, increasing cell longevity, and provides the only light diamond dust.









THE TREATMENTS

MASSAGES

Let us Spoil You

Spa Finca Cortesin has the pleasure of offering you a wide range of massages depending on your personal preference. To achieve maximum benefits from the massages, essential oils can be incorporated to help alleviate, relieve, and heal the body of certain ailments, tension, and stress.



THE TREATMENTS

MASSAGES

Let us Spoil You

RELAXING

Soft massage done with essential oils specially recommended to reduce stress.

THERAPEUTIC WITH KINESIOTAPE

Deep and relieving massage shown to relieve pain and muscle tension ending with the application of Kinesiotape.

SPORT

An active and energetic massage shown to improve muscle flexibility and reduce tension. Full body, or targeted at a specific muscle group.

LYMPHATIC DRAINAGE

A specialized, localized massage technique that stimulates and improves lymphatic circulation system.
(Face, legs or full body)

THERAPEUTIC

Deep massages that helps to relieve pain and muscle tension.



THE TREATMENTS

MASSAGES

Let us Spoil You

FOOT REFLEXOLOGY

An Ancient Chinese technique that treats pain by stimulating different pressure points located in the feet.

STONE THERAPY

Massage using volcanic stones and essential oils for a unique sensation of wellness and relaxation.

CRANIO FACIAL

A focused treatment that helps eliminate stress and tension built up in the face and neck.





THE TREATMENTS

ORIENTAL MESSAGES

Let us Spoil You

A complete sensory experience steeped in holistic Asian healing traditions. Enjoy massages based in millenian techniques from different Asian countries, whose objective is to relieve stress and psychosomatic body imbalances. These techniques try to find the perfect balance between body and mind, and provide an overwhelming feeling of relaxation and wellbeing.



ORIENTAL MESSAGES

Let us Spoil You

TRADITIONAL THAI

The Thai massage techniques prepare muscles for stretching, by increasing their permeability and receptiveness to the flow of Zen energies.

FOUR-HAND ORIENTAL

Full body massage using essential oils. This synchronized Four-Hand massage is performed by two therapists, working in unison to best help your muscles relax and alleviate tension.

THAI FOOT ACUPRESSURE

This is a foot and calve massage to clear energy lines through localized pressure techniques. It can also be performed with the use of a stick to stimulate reflex points on the feet that correspond to the internal organs of the body.

BALINESE

This is a deep tissue massage based on long strokes using the thumbs and heels of the palm, to soothe aching muscles. It also helps to improve circulation.

THERAPEUTIC THAI

Focusing on the specific needs of the body, this works on major energy lines, known as "Sen". By loosening blockages, the massage helps to harmonize the body and recuperate any deficiencies along the energy lines.

LOMI LOMI HAWAIIAN

This massage combines the use of thumbs, palms, arms and elbows. This strong but soothing massage will relax your body, drawing on Hawaiian exoticism practices.



ORIENTAL MASSAGES

Let us Spoil You

SHIATSU

This massage applies pressure with fingers and palms over specific pressure points. It helps to correct body imbalances, improve and maintain general health, and contributes to the relief of symptoms such as muscle aches and pains, stress, nervous system afflictions, and so on. It follows acupressure's principles of energy and meridians.

HERBAL POUCH&ORIENTAL MASSAGE

Herbal pouches have been used as an ancient healing system for alleviating chronic problems, such as back and body pain, for many centuries in Thailand. They are commonly used to compliment traditional massages. This type of treatment is particularly good for aches and pains, to relieve sore muscles, stimulate circulation, as well as increasing vital energy flow.

THAI BODY SCRUB

An effective body scrub that helps to remove dead skin cells to reveal a supple layer of young skin, making you feel fresh and rejuvenated and making skin noticeably softer.

THAI BODY WRAP

Your skin benefits directly from herbal body wraps, by absorbing the hydrating nutrients contained in the slurries you are wrapped in. This is proven to moisturize and rejuvenate skin.

FUSION MASSAGE

This massage is a fusion between occidental, contemporary concepts and oriental philosophies, combining both therapeutic and holistic techniques. The result is a new and different massage experience.





THE TREATMENTS

AYURVEDIC INFLUENCE

Let us Spoil You

Experience legendary body healing techniques originating from India. Ayurveda is based on the belief that health and wellness depend on a delicate balance between the mind, body and spirit. Feel the tension and ache melt away as the warm soothing ayurvedic oli is poured onto your body. Ayurveda will reestablish harmony and balance inside of your body. Warm coconut oil is used for its Powerful Medicinal Properties.



AYURVEDIC INFLUENCE

Let us Spoil You

SHIRODHARA

This treatment deeply relaxes the nervous system, helps the brain to better function, improves mood stability and stress handling ability. It also increases blood circulation to the brain, improves memory, whilst nourishing the hair and scalp with warm coconut oil to encourage sound sleep and calm body and mind. It is a wonderful addition to many of our Ayurvedic treatments.

INDIAN HEAD MASSAGE

A deeply relaxing massage, to alleviate areas affected by mental and emotional stress. It relieves built up tension that can often result in headaches, migraines, neck and back pain. This massage helps detoxify the body by stimulating lymphatic drainage helping you to let go of everyday stresses.

MATAHARI FACE MASSAGE

A facial massage using warm coconut oil and Indian massage techniques. It relieves tension, increases circulation, and is anti-ageing. Become stress free by eliminating muscle pain, and improving poor eyesight.



AYURVEDIC INFLUENCE

Let us Spoil You

SHIRODHARA & INDIAN HEAD MASSAGE

The perfect combination of these head treatments for absolute wellbeing.

AYURVEDIC BODY MASSAGE

Spoil yourself with this soothing Indian massage: smooth and relaxing movements using mostly palm strokes ease aches and tensions, while promoting blood circulation. This massage will help your body absorb all the benefits of the oil, which is known for its warming and purifying properties.

SHIRODHARA & AYUVEDIC BODY MASSAGE

Absolute relaxation for body and mind with the combination of Shirodhara and Ayurvedic body massages.





SPA CORTESIN CEREMONIES

Let us Spoil You

All of our retreats include all-day access to our thermal circuit, heated saltwater pool, Finnish sauna and relaxation area.

In this thermal area you will also find a cool plunge pool and the exclusive Snow Cave, unique to Finca Cortesin and the first of its kind in Spain.



SPA CORTESIN CEREMONIES

Let us Spoil You

TIME FOR TWO

A romantic concept of exclusivity, luxury and harmony designed to share with that special person. A unique and unforgettable experience.

- Bath for Two with Aromatic Oils
- During the bath, Champagne, red fruits and chocolate
- Relaxing Body Massage with Essential Oils

SPECIFICALLY FOR HIM

This is the perfect retreat for any man who wants to feel his best before or after a day of golf on our fantastic course.

- Sport massage
- Moisturizing facial
- Foot reflexology
- Personal training session (optional)

DETOX ESCAPE

For a special occasion or pure indulgence, Cortesin Spa has designed a detox programme, allowing your mind and body to become disconnected from day-to-day routines.

- Seaweed body wrap
- Revitalising facial
- Lymphatic Drainage treatment
- Yoga (optional)

BRIDE'S EXCLUSIVE

You can't leave any detail to chance on such a special day, so we have prepared a detailed beauty programme with a selection of our exclusive treatments and products. This programme could be a treat for you, or shared with your bridesmaids, family and friends.

- Collagen or caviar facial treatment
- Regenerant body peel
- Luxus Hand Ritual
- Essential Pedicure

DSTRESS

Take the time to pamper yourself with our Total Relaxation programme. Enjoy a herbal infusion tea after your treatment by our indoor swimming pool in the most peaceful atmosphere.

- Relaxing Massage with essential oils
- Craneo facial Massage
- Foot reflexology



SPA CORTESIN CEREMONIES

Let us Spoil You

MUMS TO BE

This programme has been designed for expectant mothers, allowing them to pamper themselves during this special time.

- Massage
- Essential Pedicure
- Essential Manicure

ASIATIC WELLBEING

This consists of combining two treatments: first, a Thai exfoliation cleans and prepares the skin, followed by an oriental massage with oil, and a combination of Balinese massage and Hawaiian lomi lomi.

- Thai exfoliation
- Oriental massage

AYURVEDIC VOYAGE

Experience legendary body healing techniques dating back 5,000 years. Begin the session with an indulgent Ayurvedic Massage, followed by a Shirodhara treatment to calm the mind and encourage ultimate relaxation. An Indian head massage and a Matahari face massage complete the experience.

- Shirodhara
- Head Massage
- Matahari Face Massage
- Ayurvedic Massage

INTEGRAL BEAUTY

Take some time to take care of you from top to toe. With this programme, you will be able to choose from a selection of face and body treatments to best suit your needs.

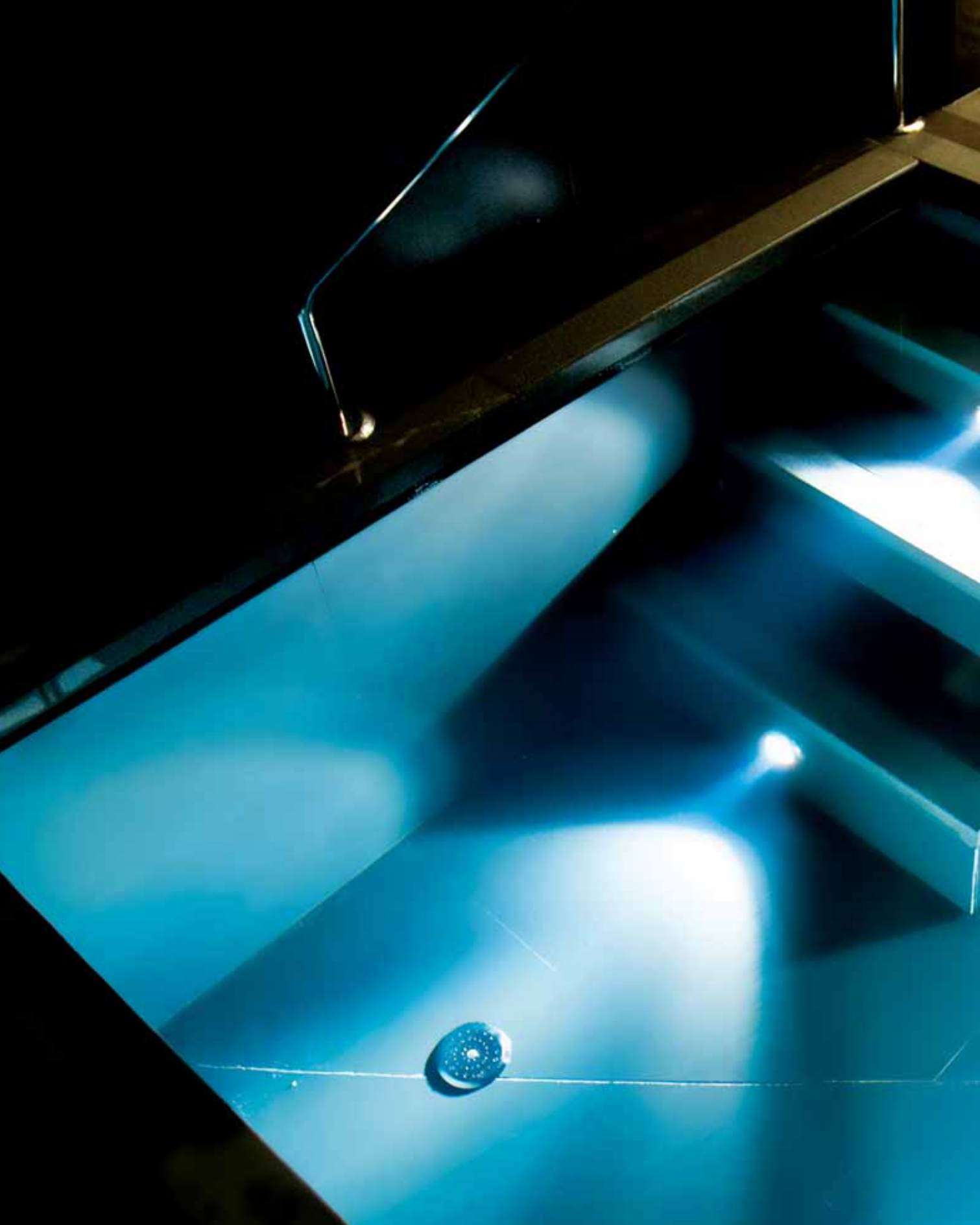
- Body treatment (anti C or firming)
- Facial treatment (Caviar, collagen, Hyaluronic or wheat)
- Massage
- Manicure & Pedicure

ORIENTAL INDULGENCE

Complete treatment for the body that cleanses, relaxes, softens and moisturizes the skin, using only natural products.

- Thai exfoliation
- Thai body wrap
- Oriental massage







THE TREATMENTS

NAIL CARE

Let us Spoil You

Enjoy a nail treatment which is both a relaxing and luxurious experience. We use only natural products enriched with nutrients, for the modern man and woman who seek the meticulous care of their hands and feet.

First brand "Made In Spain" that includes 5free nail polish (they do not contain the five most toxic components of nail polishers, vegan and gluten free). The philosophy behind HandMade Beauty is based on a healthy lifestyle and as a result of that, a natural beauty.



THE TREATMENTS

NAIL CARE

Let us Spoil You

Hands Treatment

ESSENTIAL MANICURE

A quick but thorough hand treatment, consisting of nail filing, moisturizing and polish.

Foot Treatment

ESSENTIAL PEDICURE

Foot treatment consisting of nail filing, moisturizing and polish.

Hands Treatment

LUXUS HAND RITUAL

An indulgent complete hand ritual complete with a relaxing scented cushion, and consisting of an aromatherapy bath, peeling, file, warm glove mask, and finished with a hand and arm massage.

Foot Treatment

LUXUS FEET RITUAL

An indulgent complete foot ritual, complete with a relaxing scented cushion, and consisting of an aromatherapy bath, peeling, file, warm sock treatment, and finished with a relaxing foot massage.

Hands & Feet Treatment

GENTLEMEN'S NAIL CARE

A treatment formulated specifically for men, resulting in deeply moisturized hands and feet with a clean and healthy appearance.

Hands & Feet Treatment

GEL NAIL POLISH

Prolong the life of your manicure or pedicure with Shellac polish, which can last up to two weeks using a specially formulated, chip-free, extended-wear nail polish

ALL THESE TREATMENTS ARE AVAILABLE
WITH CONVENTIONAL PRODUCTS OR ORGANIC PRODUCTS.



THE TREATMENTS

FINISHING TOUCHES

Let us Spoil You

CONVENTIONAL WAXING

Specially formulated wax for use on sensitive skin, applied in the traditional way.

GENTLEMAN'S WAX

Wax suitable specifically for men, effective on even the most rebellious hair.

*Please enquire in the Spa reception for pricing (depending on body area)



THE TREATMENTS

HAIR SALON

Let us Spoil You

BLOW DRY

SHAMPOO & BLOW DRY

HAIRCUT

SHAMPOO, CUT & BLOW DRY

MEN HAIRCUT

CHILDREN'S HAIRCUT

COLORING SERVICE

*Permanent or semi-permanent color; Highlights, men's hair color.

BRIDES (MAKE-UP & HAIR)

MAKE-UP

Leonor Greyl
— PARIS —

Since 1968, Leonor Greyl has been using only the highest quality natural ingredients to create specific luxury hair care products.
A unique philosophy that combines innovation, high performance and sensory experience for exceptional results.





FITNESS

Experience

A spacious area with 5 meters to the ceiling and illuminated through natural light passing through the windows facing the outside gardens. This is a place where physical activity turns into a wellness experience.

The gym offers a complete set of cardiovascular and tonification equipment, the latest technologies and incorporated individual televisions. The gym also offers classes such as pilates, yoga, body tonification etc.

Individual or small personal training classes can also be arranged upon request.

PERSONAL TRAINING

YOGA

PILATES





THE TREATMENTS

HOW TO SPA

Experience

We welcome you to the Spa and would like to kindly remind you that our environment is a place of privacy and calmness.

Please respect this policy to enjoy the utmost spa experience.



THE SPA

HOW TO SPA

Experience

SPA ETIQUETTE

The Spa is a place of privacy and tranquility.

Please respect this to achieve the utmost spa experience.

Spa users are requested to switch mobile phones to silent whilst visiting the facilities.

SPA DRESS CODE

Please wear appropriate clothing and footwear in the Spa.

Robes, slippers, disposable underwear, towels, toiletries, lockers, showers, hairdryers, amenities and refreshments are provided free of charge for your convenience during your visit to the Spa.

Swimming costumes are required for the pool area and the thermal suite
(Sauna, Snow Cabin, Steam bath and Plunge pool)

CHECK IN SPA

You may arrive up to 45 minutes before your treatment to enjoy the thermal Spa experience.

HEALTH CONDITIONS

Please inform the Spa team

in case you are suffering from any health conditions which could affect your Spa experience.

PREGNANCY

We have specially designed treatments for expectant mothers.

Please allow our Spa team to guide you when selecting which treatments are most suitable for you during this special time.

CHILDREN POLICY

1. Children below 5 year are not allowed
2. Children from 5 to 14 are allowed at specific hours.



THE SPA

HOW TO SPA

Experience

SPA AT HOME

To continue your Spa experience at home,
all Spa products used in the treatments are available for purchase from the Spa reception.

CANCELTION POLICY

Should you wish to cancel or reschedule,
please advise us at least four hours prior to your appointment in order to avoid a cancellation fee.
Cancellations 24 hours in advance are free of charge; when cancelled, more than four hours, but less than 24 in advance,
50% will be charged; less than four hour's notice, total amount will be charged.

SPA ENTRANCE

The use of the Spa facilities and the thermal Suite is complimentary for all hotel guests.
Spa treatments and programmes are available upon advance booking.

TREATMENTS RESERVATION

Advanced bookings for Spa treatments are highly recommended to avoid disappointment.
Please contact the Spa reception for any assistance you may need.

EXTERNAL GUEST

External guests may also visit the Finca Cortesin Spa.
Spoil yourself with a day at one of the most exclusive resorts in Southern Spain.
All Spa treatments and programmes are available for external guests, as well as the use of the Thermal Spa experiences.
External guest bookings must be secured with a credit card and advanced booking. The price for one-day access will be
charged at 50%, in case the external guest books a massage, facial treatment or body treatment.







THE SPA

MAKE A GIFT

Let us Spoil You

Gift Vouchers

Finca Cortesin Spa Experience

Gift vouchers are available for any Spa treatment, Day programme or Spa products and make an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.



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