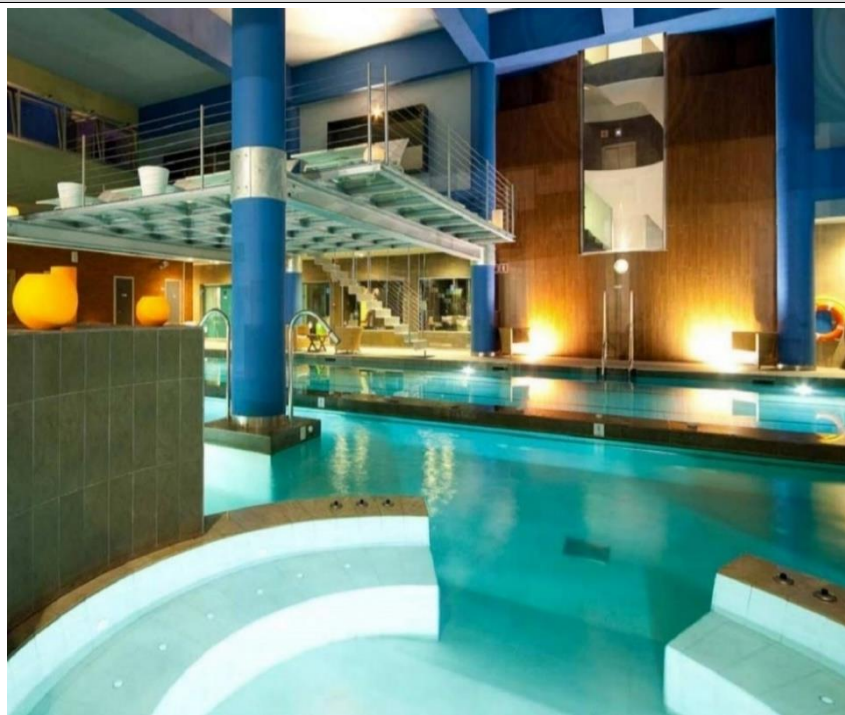


## SPORT CLUB



<p><b>HYDRO-NAGOMI CIRCUIT</b> Prearranged circuit for you to enjoy the pleasure of a place created for YOU.</p>	Dynamic pool (baths with programmed jets for feet, ankles, twin muscles, knees, thighs, glutes, lumbar area, arms, back, shoulders and neck).	
	Massage beds, jacuzzi and cascades	Contrasting pools.
	25 metres indoor heated pool.	Sauna & Turkish bath with bio-aromas.
<p><b>HYDROTHERAPY</b> Recover, hydrate, tone and relax your body through the expression of water.</p>	Relaxing area.	Solarium.
	Jet shower.	Vichy shower.
<p><b>WELLNESS MESSAGES</b> All the manual techniques that help the magical connection with the wisdom of your body come together in our spa. Find the one that best suits your taste between these possibilities coming from different cultural heritage of health.</p>	Hydro-massage with essential oils.	
	Physiotherapy service.	Relaxing massage with essential oils.
	Shiatsu massage.	Hot stones massage.
	Traditional Thai massage.	Foot reflexology.
	Head & Face massage.	Restorative massage.
	Osteopathic massage.	Ayurveda massage.
	Sport massage.	Swedish massage.
	Balinese massage.	Reiki.
	Manicure: traditional, gel and permanent.	Pedicure: traditional, gel and permanent.
<p><b>HANDS &amp; FEET WELLNESS</b></p>	Women, men and children.	Make-up.
<p><b>HAIRDRESSING</b></p>	Waxing for women.	Waxing for men.
<p><b>WELLNESS HIR REMOVAL</b></p>	Rejuvenating treatment.	Deep cleanse.
<p><b>FACIAL WELLNESS</b> Let your skin talk about beauty...</p>	Eye and lip repair treatment.	Oxygenant treatment.
	Aromatic treatment with E.O.	Deep hydrating treatment.
	Anti-age treatment with RF.	Collagen "veil" with RF.
	"Lift therapy" treatment.	Golden facial treatment
	Wellness treatment.	Wellness treatment for MEN.
	Seasonal wrap.	Body peeling.
<p><b>BODY WELLNESS</b></p>	Seaweed wrap with peeling.	Flowers and crystal peeling.
	Anti-cellulite and firming treatment with RF.	
<p><b>NUTRITION</b></p>	Nutritionist service.	Customised diet.
<p><b>SPORT SHOP</b></p>	Textile, footwear and other sport equipment.	



<b>GYM</b>	Personal training.	Circuit training.
	Training programmes.	Free training.
<b>INDOOR ACTIVITIES</b>	Pilates.	Spinning.
	Hypopressive.	Back School.
	Yoga.	TRX.
	ABS.	Zumba.
	Taekwondo.	RH Tone.
	Express and functional training.	Mobility.
	Youth training.	Sup-pilates.
	Chikung.	Taichi.
<b>OUTDOOR ACTIVITIES</b>	Hypopressive.	Runners.
	Taichi / Chikung.	Cross training.
	Sup-pilates.	Basketball (half court).
	Paddle.	Tennis.
<b>SWIMMING SCHOOL</b> Indoor heated pool of 25 metres.	Aquagym.	Adults swimming.
	High competition swimming.	Children swimming.
	Free swimming.	Swimming for pregnant women.
<b>LAGOON POOL</b> Outdoor pool with hammocks, towels, umbrellas, lifeguard and snack bar.	Sup-pilates (seasonal).	Zumba (seasonal).
	Aquagym (seasonal).	Free swimming.
<b>PADDLE &amp; TENNIS SCHOOL. EVENTS AND TOURNAMENTS.</b> 12 paddle courts and 1 tennis court.	Group lessons.	Individual lessons.
	Children lessons.	Mixing.
<b>4 PISTAS DE ARENA</b>	Beach volley.	Beach football.
	Petanque.	Beach handball.
<b>CHILDREN PLAYGROUND</b>	Green area.	Children games and swings.
<b>PLAY CENTRE</b>	Paddle, painting, games, activities in the sand ... (from 4 years old).	
<b>CHILDREN CAMPS</b> From 4 years (paddle, painting, indoor and outdoor pool, cooking workshops, recycling, etc.)	Summer.	Easter.
	<i>Semana Blanca.</i>	Christmas.
<b>GASTRONOMIC OFFER</b>		
	- Sollo Restaurant by Diego Gallegos (Michelin starred).	- Akira Restaurant (Japanese fusion cuisine)
	- La Higuierita Health Snack Bar	- Infinity Pool Snack Bar
	- Arara Bistro Bar	- Chupadeo
<b>COMMERCIAL CENTRE</b>		
Carrefour Supermarket.	Pharmacy.	Laundry service.
Newsagent.	Hairdressing.	Dental Clinic.
Italian Restaurant.	International Bar & Restaurant.	Indian Restaurant.
<i>Intercala</i> (Property Administrators)	<i>Tendenza</i> (Italian Furniture Shop).	Gas Station.