



BEAUTY & WELLNESS

By Monica



WHO WE ARE?

At the exclusive Hotel La Costa Beach & Golf Resort, Beauty & Wellness by Mónica offers a comprehensive wellness experience. Surrounded by nature, sea and golf, it is the ideal destination for personal care and relaxation.

SERVICES AND EXPERIENCE

With over 30 years of experience, we offer spa treatments, massages, rituals, facial and body care, hairdressing and styling. We work with high-end brands such as Natura Bissé, Germaine de Capuccini, Scens Organic & Vegan, Kérastase and L'Oréal Paris, ensuring exceptional results with a highly qualified professional team.



HOTEL

LaCosta
BEACH & GOLF RESORT

SERVICE CHART

Massages and Rituals

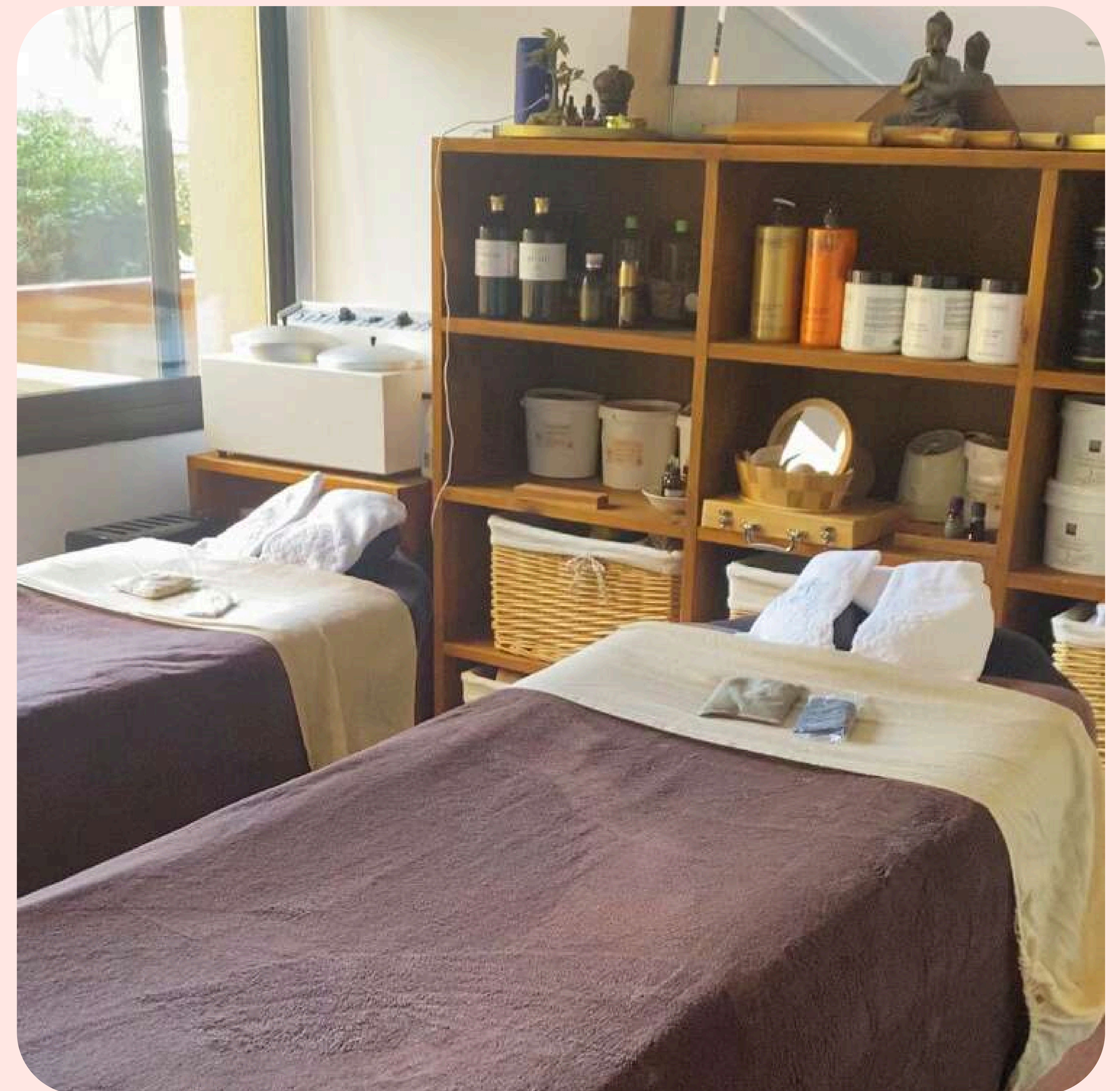
- Therapeutic massages
- Golf Wellness Experience
- Ritual Golf & Spa
- Massages and rituals for couples

Hairdressing, Styling and Beauty

- Cut and brushings
- Dyes
- Hair Spa Rituals and treatments
- Bridal and event advice
- Luxury manicure
- Luxury pedicure
- Hair removal and beauty
- Boutique

Body and Facial Treatments

- Experience Deluxe Facial
- Rituals Corporals Integrals
- Exfoliations and Wraps
- Natura Bissé Treatments
- Diamond Collection Body Rituals



THERAPEUTIC MASSAGES

ORGANIC & VEGAN

1. Aromatherapy Massage

Relax body and mind with high quality essential oils.

75€ / 95€ / 165€

30 minutes / 60 minutes / 90 minutes

3. Hot Oil Massage

Massage with hot oils for deep hydration and intensive relaxation.

75€ / 95€ / 170€

30 minutes / 60 minutes / 90 minutes

5. Tired Legs Massage

It stimulates circulation and reduces fatigue in the lower extremities.

80€ / 100€ / 180€

30 minutes / 60 minutes / 90 minutes

2. Relaxing Anti-Stress Massage

Relieves general tension and reduces stress.

75€ / 95€ / 165€

30 minutes / 60 minutes / 90 minutes

4. Hot Stone Massage

Relaxing therapy that combines massage and hot sea stones to relieve tension and improve circulation.

80€ / 100€ / 175€

30 minutes / 60 minutes / 90 minutes

6. Lymphatic Massage

It promotes drainage and detoxification, revitalizing the body.

85€ / 110€ / 190€

30 minutes / 60 minutes / 90 minutes

Note: “Complement your treatment with a hydrating and nourishing facial mask, with an immediate lifting effect, for an additional €20.”

THERAPEUTIC MASSAGES

ORGANIC & VEGAN

7. Lomi Lomi Massage

Traditional Hawaiian technique with long, fluid movements, ideal for deep relaxation and energy balance.

85€ / 110€ / 190€

30 minutes / 60 minutes / 90 minutes

9. Back & Cranio-Cervical Massage

Focused therapy on the lumbar, dorsal and cervical areas to relieve tension, reduce stress and improve mobility.

85€ / 110€ / 180€

30 minutes / 60 minutes / 90 minutes

11. Sports Massage

Recommended before or after physical activity. Releases contractures, improves circulation and prevents injuries.

90€ / 120€ / 190€

30 minutes / 60 minutes / 90 minutes

8. Californian Fusion Massage

Immersive techniques that offer a unique sensory experience.

85€ / 110€ / 180€

30 minutes / 60 minutes / 90 minutes

10. Relaxing Massage

Specialized in eliminating muscle tension, especially in the back.

85€ / 110€ / 180€

30 minutes / 60 minutes / 90 minutes

12 Personalized Massage

Tailor-made treatment that combines various techniques according to individual needs.

100€ / 150€ / 250€

30 minutes / 60 minutes / 90 minutes

Note: “Complement your treatment with a hydrating and nourishing facial mask, with an immediate lifting effect, for an additional €20.”

GOLF WELLNESS EXPERIENCE

ORGANIC & VEGAN

1. Sea breeze massage

Relax with a massage inspired by the freshness of the sea, which releases tension and renews your energy.

80€ / 100€ / 180€

30 minutes / 60 minutes / 90 minutes

3. Relaxing Swing Massage

It relieves tension and improves mobility through fluid movements, providing a feeling of deep relaxation.

90€ / 110€ / 195€

30 minutes / 60 minutes / 90 minutes

5. Golf & Sea Massage

It combines sports techniques with relaxing movements inspired by the sea. It releases tension and brings freshness and lightness.

95€ / 120€ / 220€

30 minutes / 60 minutes / 90 minutes

2. Wellness Wave Massage

Massage inspired by the rhythm of the waves of Pals, with fluid movements that relieve tension and improve circulation.

80€ / 100€ / 180€

30 minutes / 60 minutes / 90 minutes

4. Golf & Green Massage

Relieves tension in the back, shoulders, lower back and arms after a day of golf. Improves mobility and prevents injuries.

90€ / 110€ / 195€

30 minutes / 60 minutes / 90 minutes

6. Hole in One Massage

Comprehensive treatment aimed at golfers. Combines specialized techniques to relieve muscle tension, improve flexibility and prevent injuries.

95€ / 120€ / 220€

30 minutes / 60 minutes / 90 minutes

RITUAL GOLF AND SPA

ORGANIC & VEGAN

1. Green Energy Treatment

Body exfoliation + aromatherapy massage

Revitalization with deep exfoliation for skin exposed to the sun and wind + hydration with organic oils

140€ / 190€

60 minutes / 90 minutes

3. Ritual green balance

Exfoliation + relaxing massage + Flash facial

Exfoliation and massage with essential oils to recover energy and relaxation

170€ / 220€

60 minutes / 90 minutes

2. Sea Energy Ritual

Body exfoliation + relaxing massage

Marine exfoliation and deep hydration. Ends with a relaxing massage to renew body and mind.

140€ / 190€

60 minutes / 90 minutes

4. Sea Essence Ritual

Relaxing body massage + facial treatment

Intensive, nourishing and profound wellness ritual.

170€ / 220€

60 minutes / 90 minutes

Note: "Complement your treatment with a hydrating and nourishing facial mask, with an immediate lifting effect, for an additional €20."

MASSAGES AND RITUALS FOR COUPLES

ORGANIC & VEGAN

1. Ritual Love & Relax

Relaxing massage with essential oils.

Relaxing couples massage with essential oils designed to improve connection and create an atmosphere of intimacy and calm. Includes a glass of cava.

220€ / 290€

60 minutes / 90 minutes

3. Massage Escape to the Sea for Couples

Sensitive massage + extra foot and head massage

Massage inspired by the sea, with gentle movements. We include an extra foot and head massage. Relieves accumulated tension, experience a deep sense of well-being. Includes a glass of cava.

230€ / 300€

60 minutes / 90 minutes

2. Couples Wellness Massage

Personalized massage

Enjoy a personalized therapeutic massage with your partner, ideal for releasing tension and improving circulation, while you immerse yourself in an atmosphere of tranquility. Includes a glass of cava.

230€ / 300€

60 minutes / 90 minutes

4. A Sensory Experience

Facial ritual + body massage

Unique experience that includes exfoliation, facial mask and relaxing body massage. A revitalizing treatment in an atmosphere of well-being and connection. Includes a glass of cava.

250€ / 320€

60 minutes / 90 minutes

5. Couple Ritual Deluxe

Complete exfoliation treatment + wrap + facial and body massage

Exclusive body exfoliation, gold wrap and relaxing massage to revitalize the skin and share a luxurious experience as a couple. Includes a glass of cava and chocolates.

390€

120 minutes

DELUXE FACIAL EXPERIENCE

ORGANIC & VEGAN

1. L'hygiene Parfait

All types of leather

Deep facial hygiene, removes impurities and restores a radiant and luminous face.

85€ / 130€ / 220€

30 minutes / 60 minutes / 90 minutes

2. Ritual Hidra green treatment

Dull Skins

Facial treatment, deep cleansing, exfoliation and mask with moisturizing active ingredients.

85€ / 130€ / 220€

30 minutes / 60 minutes / 90 minutes

3. Facial Detox skin treatment

Detox

Detoxifying treatment to purify, reactivate and revitalize the skin, leaving you with a feeling of renewal and well-being.

90€ / 140€ / 230€

30 minutes / 60 minutes / 90 minutes

4. Facial Repair Experience

Dehydrated skin

Intensive treatment to repair, regenerate and revitalize the skin. Reduces signs of aging and provides deep hydration.

95€ / 150€ / 240€

30 minutes / 60 minutes / 90 minutes

DELUXE FACIAL EXPERIENCE

ORGANIC & VEGAN

5. Eternal lifting experience

Anti-aging lifting

Intensive face lifting treatment that redefines contours and improves elasticity. With advanced techniques and high-end products, it reduces wrinkles and provides a rejuvenating effect, leaving the skin firm, luminous and revitalized.

120€ / 170€ / 280€

30 minutes / 60 minutes / 90 minutes

7. Elexir Repair

Damaged, nourished skin ix Scens Repairer

Ultra-restorative, regenerating and revitalizing treatment for the skin. Restores elasticity, improves luminosity and reduces imperfections,

140€ / 195€ / 260€

30 minutes / 60 minutes / 90 minutes

6. Vitamin C+C treatment

Antioxidant – luminosity – removes stains

Concentrated vitamin C+C cocktail, illuminates and protects the skin with powerful antioxidants, eliminating skin blemishes with extra luminosity.

130€ / 190€ / 250€

30 minutes / 60 minutes / 90 minutes

8. Wow Le traitement

Tired and dull skin

Exclusive, personalized and intensive treatment with state-of-the-art ingredients that hydrates, regenerates, revitalizes and repairs the skin.

Visible and radiant effects,

140€ / 195€ / 260€

30 minutes / 60 minutes / 90 minutes

RITUALS CORPORALS INTEGRALS

ORGANIC & VEGAN

1. Ritual Body Detox

Deep cleansing and revitalization

Comprehensive treatment that purifies and revitalizes both the skin of the face and body. Eliminates toxins, renews the skin and leaves it fresh and luminous.

90€ / 150€ / 190€

30 minutes / 60 minutes / 90 minutes

3. Ritual Deluxe

Massage + scrub + face mask

A comprehensive treatment that combines a relaxing massage, rejuvenating exfoliation and a nourishing facial mask. Ideal for cleansing, hydrating and revitalizing the skin.

100€ / 170€ / 220€

30 minutes / 60 minutes / 90 minutes

5. Ritual Golf & Spa

Exfoliation + body wrap + aromatherapy massage

Experience total regeneration after a day on the golf course. Combine massage, exfoliation and wrap techniques with products to revitalize the skin, relieve tension and restore energy.

110€ / 180€ / 230€

30 minutes / 60 minutes / 90 minutes

2. Ritual Premium

Body massage + facial mask

Enjoy a combined treatment of a relaxing body massage with a nourishing mask and rejuvenating facial massage.

95€ / 160€ / 195€

30 minutes / 60 minutes / 90 minutes

4. Purifying ritual

Exfoliation + detox wrap + relaxing massage

Deep exfoliation treatment to remove impurities and dead cells, followed by a detox wrap that purifies and nourishes the skin, and ends with a relaxing massage to relieve tension.

100€ / 170€ / 220€

30 minutes / 60 minutes / 90 minutes

6. Sea Essence Ritual

Marine exfoliation and wrap + hot stone massage

Deep hydration with marine ingredients. Designed to nourish, regenerate and revitalize the skin, providing freshness, luminosity and a feeling of well-being.

110€ / 180€ / 230€

30 minutes / 60 minutes / 90 minutes

EXFOLIANTS AND WRAPPINGS

ORGANIC & VEGAN

EXFOLIANTS

1. Vinotherapy

Exfoliation with grape extract, rich in antioxidants, which revitalizes and rejuvenates the skin

2. Chocolate therapy

Cocoa-based exfoliation, which nourishes, softens and leaves the skin silky and luminous.

3. Gold Therapy

Exfoliation with gold particles, which provides firmness, luminosity and a rejuvenating effect.

4. Marine Exfoliation

Exfoliation with sea salts and minerals to remove dead cells, purify the skin and improve its texture.

85€ / 120€ / 190€

30 minutes / 60 minutes / 90 minutes

WRAPPINGS

1. Vinotherapy Wrap

Rejuvenating treatment with antioxidant properties. Revitalizes and softens the skin.

2. Chocolate Therapy Wrap

Moisturizing cocoa treatment, provides softness and elasticity to the skin. A feeling of well-being.

3. Golden Wrap

Luxury treatment that uses gold to regenerate and revitalize the skin, improving its firmness and luminosity.

4. Marinated wrap

Treatment with algae extracts and sea salts that helps detoxify, hydrate and tone the skin.

95€ / 130€ / 195€

30 minutes / 60 minutes / 90 minutes

EXFOLIANTS AND WRAPPINGS

ORGANIC & VEGAN

EXCLUSIVE RITUAL & COMPLETE PERSONALIZED TREATMENT

Exfoliation + personalized wrap with wine therapy / gold therapy / chocolate therapy / marine designed for a unique experience.
Skin renewal and comprehensive well-being.

95€ / 130€ / 200€

30 minutes / 60 minutes / 90 minutes

FULL BODY TREATMENT

Exfoliation + personalized wrap.
Comprehensive, personalized exfoliation, body wrap and personalized massage experience.
Adapted to the needs of the skin.
Nourishes, hydrates and revitalizes.

180€ / 250€ / 290€

30 minutes / 60 minutes / 90 minutes

Note: You can complement your treatment with a hydrating and nourishing facial mask for an additional €20.

NATURA BISSÉ FACIAL TREATMENTS

ORGANIC & VEGAN

1. Diamond Experience Life fusion Ritual

The most luxurious line from Natura Bissé,
designed to combat aging and restore skin
luminosity.

195€ / 250€

60 minutes / 90 minutes

2. Essential Shock Intensive Line

Specially formulated for mature skin, providing
nutrition, elasticity and firmness.
Rich in collagen and elastin, it fills wrinkles and
restores deep hydration.
Intense immediate tightening effect.

195€ / 250€

60 minutes / 90 minutes

3. Essential Shock Lifting & Firming

The art of beauty and well-being with the
most exclusive cosmetics.
An immediate, intensive firming lifting
treatment

195€ / 250€

60 minutes / 90 minutes

4. C+C Vitamin Line

The antioxidant power of vitamin C to
revitalize and provide luminosity.
Perfect for after sun.

195€ / 250€

60 minutes / 90 minutes

NATURAL BISSÉ BODY TREATMENTS

ORGANIC & VEGAN

1. Diamond Experience Body Ritual

Luxury body treatment with diamond Damask rose extract with exfoliation, followed by a nourishing massage with rosehip oils.

Ideal treatment for skin lacking hydration and elasticity.

260€

90 minutes

2. C+C Vitaminadas Scrub & Hydration

Body treatment with Vitamin C particle exfoliation. An exclusive hydrating and nourishing massage leaving radiant skin.

Ideal treatment to renew the skin and prepare it for sun exposure.

260€

60 minutes

HAIRDRESSING AND STYLING

CUT

1. Lady Cut

Cut with personal style, following the latest trends for a unique and flattering result.

45€

2. Man Cut

Cut and style with modern techniques and personalized advice

40€

3. Custom Cut and Style

Exclusive and personalized cut with advice and style to your image. Combining innovative techniques and expert advice to achieve a unique style

55€

4. Children's Cut

Fun styles suitable for the little ones.

25€

BRUSHINGS

1. Brushing

Hairstyle with professional drying that adds volume, movement or smoothness

45€

2. Long Brushing

Drying and styling designed for long hair, providing softness, shine and a long-lasting style with a sleek finish.

50€

HAIRDRESSING AND STYLING

DYES

1. Dye

Hair transformation and enhancement using color techniques.

45€

2. Glossing dye

Professional dye application, personalized to enhance style and personality.

45€

3. Color Day

Renew your image with a vibrant color treatment, custom-designed to highlight the luminosity of your hair.

50€

4. INOA dye

Revolutionary ammonia-free technique that uses oil technology to protect the hair fiber, achieving vibrant and natural tones.

55€

HAIRDRESSING AND STYLING

DYES

5. Wicks

Brighten up your look with custom highlights that add dimension and shine for a natural, sophisticated style.

150€ - 195€

7. Balayage

Personalized highlights technique with a natural and luminous finish, creating light effects in the hair.

180€ - 250€

6. Babylights

Enhance your hair with subtle and natural highlights, achieving a luminous and elegant effect.

150€ - 195€

8. Permanent

Technique for creating long-lasting curls or waves, adding volume and texture to the hair.

180€ - 250€

HAIR SPA RITUAL & TREATMENT

Therapies to nourish and revitalize your hair

1. Restructuring Treatment

An intensive repair treatment for damaged hair, which restores the hair fiber and returns softness and shine.

50€

3. Intensive Moisturizing Treatment

An intensive repair treatment for damaged hair, which restores the hair fiber and returns softness and shine to the hair.

55€

5. Metal Detox Treatment

Innovative treatment that eliminates metals accumulated in the hair due to water and other environmental factors. It protects the hair fiber, preventing breakage and ensuring a brighter color.

60€

2. Hair Loss Treatment

Treatment to combat hair loss, stimulating the scalp with hair massage and promoting stronger, healthier growth

50€

4. Deluxe Repair Ritual

Intensive hair treatment with exclusive techniques to nourish, revitalize and bring exceptional shine to the hair.

55€

6. Hair Ritual with Essential Oils and Massage

Exclusive hair treatment that combines nourishing essential oils with a relaxing hair massage. Revitalizes the scalp, improves circulation and leaves your hair soft and shiny.

60€

BRIDAL AND EVENTS ADVICE

BRIDES

1. Bridal Updo Hairstyle

Personalized elegant hairstyles and updos with advice for brides.

350€

2. Bridal Makeup

Sophisticated and natural look for your special day.

350€

EVENTS

1. Updo hairstyle for Events

Natural and sophisticated updos for events.

80€

2. Makeup for Events

Enhance your beauty with professional makeup for special occasions.

80€

Personalized professional advice, styling and diagnosis.

LUXURY MANICURE

1. Classic Manicure

Complete treatment + massage + finished with luxury polish. CND Vinylux, Opi and Essie.

50€

3. Manicure Spa

Full manicure + exfoliation + Deep hydration mask + hot stone massage finished with CND Vinylux, OPI and Essie nail polish.

65€

5. Classic nail polish

Traditional nail polish CND Vinylux, Opi and Essie.

30€

7. Gel Removal

Safe removal of gel without damaging the natural nail.

20€

2. Semi-permanent manicure

Complete manicure + Long-lasting nail polish with impeccable finish.

CND Shellac.

65€

4. Semi-permanent Spa Manicure

Spa ritual with full manicure + exfoliation + Mask + deep hydration + hot stone massage + semi-permanent nail polish for complete care CND Shellac.

80€

6. Semi-permanent nail polish

Enamel with resistant and long-lasting finish CND Shellac.

35€

8. Acrylic removal

Removal of acrylic gel professionally and carefully.

40€

LUXURY PEDICURE

1. Classic Pedicure

Complete pedicure + classic nail polish Opi, Essie and CDN Vinylux.

70€

3. Semi-permanent pedicure

Complete pedicure + Long-lasting nail polish for perfect feet, CND Sclellac.

80€

5. Classic Nail polish

Traditional nail polish with CND Vinylux, Opi or Essie.

25€

7. Gel Removal

Safe removal of gel without damaging the natural nail.

20€

2. Spa Pedicure

Complete spa ritual + exfoliation + deep mask and hydration + hot stone massage + finished with classic CND vinylux, Opi or Essie nail polish.

80€

4. Semi-permanent Spa Pedicure

Complete spa ritual combined with semi-permanent nail polish for soft feet and long-lasting color. CND shellac.

90€

6. Semi-permanent nail polish

Nail polish with a resistant and long-lasting finish. CND Shellac

35€

8. Acrylic removal

Remove acrylic gel professionally and carefully

40€

BEAUTY AND HAIR REMOVAL

FACIAL

1. Upper Lip	20€
2. Beard	25€
3. Disseny de Celles	25€

FACIAL AESTHETICS

1. Color of those	40€
2. Eyelash lifting	75€
3. Eyelash tint	85€

CORPORAL

1. Armpits	30€
2. Bikini	30€
3. Brazilian	35€
4. Integral	40€
5. Arms	40€
6. Tights	50€
7. Whole Legs	75€

MALE

1. Armpits	35€
2. Groin	45€
3. Integral	50€
4. Abdomen	50€
5. Arms	50€
6. Chest	50€
7. Back	75€
8. Half legs	75€
9. Whole legs	90€

BOUTIQUE

DELUXE BEAUTY

- 
1. Protector Solar SPF 20/30/50
 2. Organic&Vegan Facial creams
 3. Organic & Vegan body creams
 4. Deluxes & Travel Sets Natura Bissé

HAIRDRESSER

- 
1. Hair sunscreen
 2. Kerastase and l'Oreal professional treatment shampoo
 3. Kerastase and L'Oreal treatment mask
 4. Professional hairsprays and fixatives
 5. Professional Nail Polish

Discover our selection of exclusive products, designed for skin and hair care. With high-quality ingredients, these products give you everything you need to maintain radiant skin and healthy hair.