



millenium
SPA & WELLNESS

TREATMENTS
RITUALS
EXPERIENCES
& BEAUTY

A SEA OF TRANQUILITY

RELAXATION AREA

SESSION | 90 MIN. €10

An exclusive relaxation area designed to provide an atmosphere of serenity and comfort, in a quiet environment, with only 8 people. Guests can enjoy a heated swimming pool, sauna and jacuzzi, ideal for relaxing and renewing.

BEAUTY AND WELLNESS TREATMENTS

A selection designed to disconnect, pamper yourself and relax with our beauty and wellness treatments. Millenium's carefully curated menu of services includes a variety of options such as relaxing massages, facial and body treatments, wraps and other beauty treatments, all tailored to meet the individual needs of each client.

FACIALS RITUALS

DETOX	 60 MIN. €70
INTENSIVE MOISTURIZIN	 60 -70 MIN. €65
PREVENTION & REJUVENATION	 75 MIN. €85
PERSONALIZED	 75 MIN. €95

HANDS & FEET CARE

EXPRESS MANICURE | €35 [*]

MILLENIUM MANICURE | €45 [*]

Deep hand treatment, peeling and mask to soften the skin.

EXPRESS PEDICURE | €40 [*]

MILLENIUM PEDICURE | €50 [*]

Foot treatment with calluses softener and soothing foot mask.

[*] Semi-permanent + €10





RELAXING MASSAGE

HARMONY | 60 MIN. €60

Relaxing full body massage with warm oil.

ANTISTRESS

25 MIN. €40 || 50 MIN. €60 || 80 MIN. €80

Deep tissue massages the back, neck and legs. To release tension in the muscle groups. With rosemary essential oil.

HOLIDAYS DREAMS | 50 MIN. €65

Full body massage with warm and essential oils. Immerse yourself in a sea of relaxing sensations.



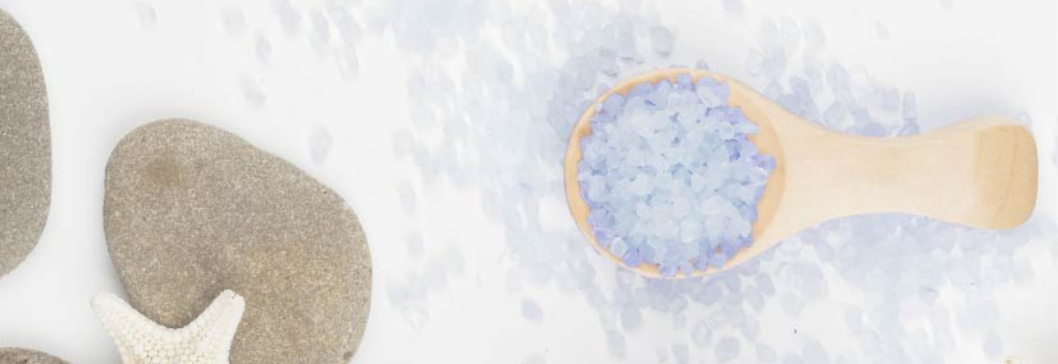
LUXURY EXPERIENCES

MILLENNIUM MASSAGE | 80 MIN. €90

Our star massage, combination of antistress, relaxing and therapeutic massage. We will use warm and specific essential oils (lavender and lemon).

TOP CARE | 80 MIN. €80

Relaxing, energetic and uncontracting massage. Includes reflexology, Shiatsu, acupressure and aromatherapy.





SPECIFIC MASSAGE

CORPORAL SCRUB | 30 MIN. €40

Treatment that oxygenates, smoothes and improves the texture of the skin, renews it by removing dead cells, provides luminosity and stimulates circulation.

SPORTY LEGS | 45 MIN. €55

Unloading and recovery treatment for legs + specific stretches, with Aloe Vera hot-cold gel.

TIRED FEET | 20 MIN. €35

Decreases the feeling of heaviness and pain after physical activity.

HAPPYMUM | 50 MIN. €60

A gift for the future mother and the baby she is expecting. Helps relieve tension in the lower back, neck and legs at this sweet time in life.

WOODTHERAPY | 50 MIN. €65

Activates circulation, firms and improves the appearance of the skin. Hydration with body oils.





RITUALS OF THE WORLD

SPECIAL FROM CANARY ISLANDS | 80 MIN. €90

Full body exfoliation with Janubio's Lanzarote salts, followed by an Aloe Vera wrap and a full body massage with moisturizing oil that contains anti-inflammatory and analgesic properties. At the end, a banana moisturizer is applied to combat skin dryness.

LOMI-LOMI | 60 MIN. €65 || 80 MIN. €85

This massage comes from French Polynesia and the island of Hawaii, it works the body and mind of people according to the Huna philosophy. It is made with coconut oil.

HOT STONES

25 MIN. €45 || 50 MIN. €65 || 75 MIN. €85

Massage with hot volcanic stones. This therapy combines traditional therapeutic massage with the application of stones to the skin at different temperatures, to facilitate the flow of vital energy and thus relieve physical and emotional disorders.

NIRVANA MASSAGE | 50 MIN. €130

Relaxing, energetic and decontracting massage. It includes reflexology, Shiatsu, acupressure and aromatherapy.



CONDITIONS FOR INSTALLATIONS & TREATMENTS

BOOKING

It is necessary to book in advance:

- To access the spa area, bookings must be made at the hotel reception or via email:

repcion@torremolinosbeach.es.

- For beauty and wellness treatments, reservations can be made directly with Millenium Spa via WhatsApp at:
+31 641 217 697.

Can be canceled or modified with at least **24 hours'** notice during the center's opening hours. After this period, 100% of the service will be charged.

ACCESS FOR MINORS

- Available to people over **16 years** old.
- Children must always be accompanied by their legal guardians.

IT IS MANDATORY

- The use of a **Swim Cap, Flip-flops** and **Swimsuit**.
- Arrive at the center **15 min.** in advance.

In case of delay, the treatment time will be limited, finishing at the scheduled time to avoid interfering with subsequent bookings. The full amount of the contracted service will still be charged.

RESPECT AND SILENCE

Please keep your phone off and maintain proper behaviour within our facilities.

USE OF LOCKERS

The center is not responsible for any valuable.



Hotel Ibersol
Torremolinos Beach

Costa del Sol