

# HEALTH AND WELLNESS

REGION  
OF MURCIA  
HEALTH  
TOURISM



4

THERMAL  
ZONES

3

SPAS

4

THALASSOTHERAPY  
CENTRES

+10

SPA  
FACILITIES

300

DAYS OF SUN  
PER YEAR

19

DEGREES  
AVERAGE  
TEMPERATURE

©

SO MANY REASONS  
TO BE HAPPY





# REGION OF MURCIA **A SOURCE OF HEALTH AND WELLNESS**

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Light, the sun, the sea... that's the best route to feeling good, and you'll find the perfect dose of everything you need in this little corner of the Mediterranean. More than 300 days of sun per year, mild temperatures even in winter, and a varied and balanced diet will take care of your body and mind. Not only is it famed for its hospitality, for many centuries Murcia has been known as a region for health. Here you'll find a great variety of wellness resorts, thalassotherapy centres and spas, all exclusively dedicated to your health and well-being.

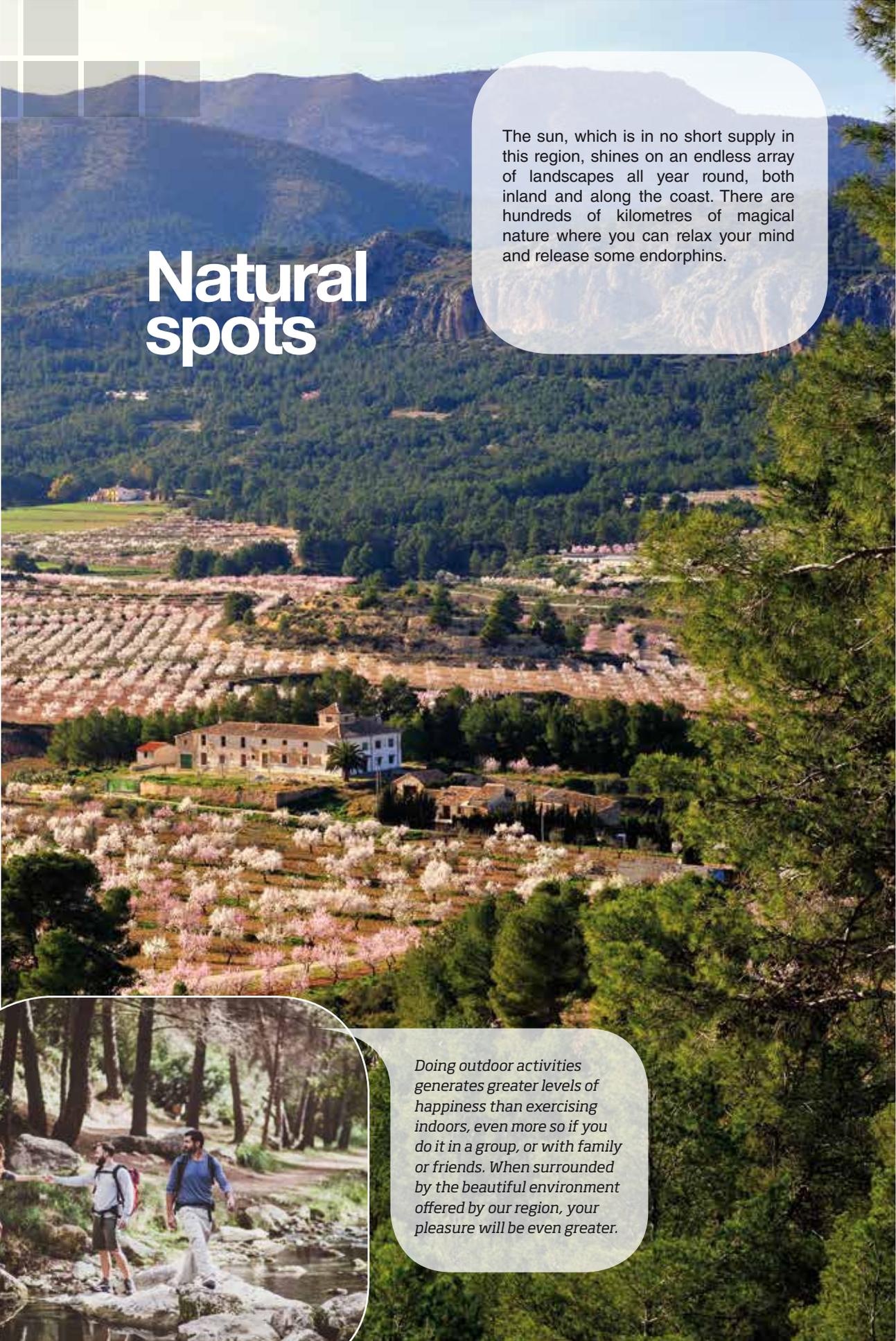
What are you waiting for? It's time to let go of stress, experience harmony, relax and enjoy a place where joy and happiness are the guiding principles of each and every day.

# One coastline, two seas

Can you imagine swimming in two different seas on the same day? On the Costa Cálida, you can. With two seas, the Mar Menor and the Mediterranean, lapping the shores, this is the perfect place to have an unforgettable time resting and enjoying some peace and quiet with your loved ones. What's more, with average annual temperatures of 19°C, you can visit any time of the year.

*Roman, Arabic and Jewish civilisations settled these lands due to their healing waters, using them for their many benefits. Thalassotherapy centres along the coast offer a wide range of personalised treatments using sea water (hydrotherapy), sea air (aerotherapy) and the sun's rays (heliotherapy).*





# Natural spots

The sun, which is in no short supply in this region, shines on an endless array of landscapes all year round, both inland and along the coast. There are hundreds of kilometres of magical nature where you can relax your mind and release some endorphins.



*Doing outdoor activities generates greater levels of happiness than exercising indoors, even more so if you do it in a group, or with family or friends. When surrounded by the beautiful environment offered by our region, your pleasure will be even greater.*



# A melting pot of cultures

There's no doubt about it – this is a very lucky region. Its proximity to the sea, and its location at the crossing point between the central plateau and the land of Andalusia, have contributed to our great wealth of history and culture. The Region of Murcia is built on myriad testimonies of the past, turning it into a meeting point between cultures and tradition, and a desire to bring this tradition closer to visitors, day after day.

You can choose between exploring Murcia, the city of eternal spring; discovering Cartagena, a city with more than 3,000 years of history; travelling back in time in Lorca or earning your Jubilee in the city of Caravaca de la Cruz.



*As well as the chance to enjoy the beautiful landscape, the benefits of a good walk include sleeping better at night, and improving our physical and mental state. Walking makes us feel better, as it is low-intensity exercise that affords a moment of peace.*

# Eat healthily, eat Mediterranean

Never has a healthy diet been so easy – or so delicious! The Murcian diet is full of tasty options that are good for you. Here you'll find recipes made from fresh fruit and vegetables, products from the land and the sea that will make you feel good and show you that we really are what we eat.

*As well as being good for the body and helping to maintain a healthy weight, the Mediterranean diet also has benefits for the mind. Numerous studies show that this diet improves cognitive function.*



# Feel alive in wine country

What is wine if not the maximum representation of joy? Raising a glass, celebrating, the perfect companion to a good meal... and given its antioxidant properties, wine is, without doubt, the best elixir of youth. Wine lovers will find a favourite destination in the Region of Murcia, because it boasts three denominations of origin: Bullas, Jumilla and Yecla, with the Monastrell grape as the star.

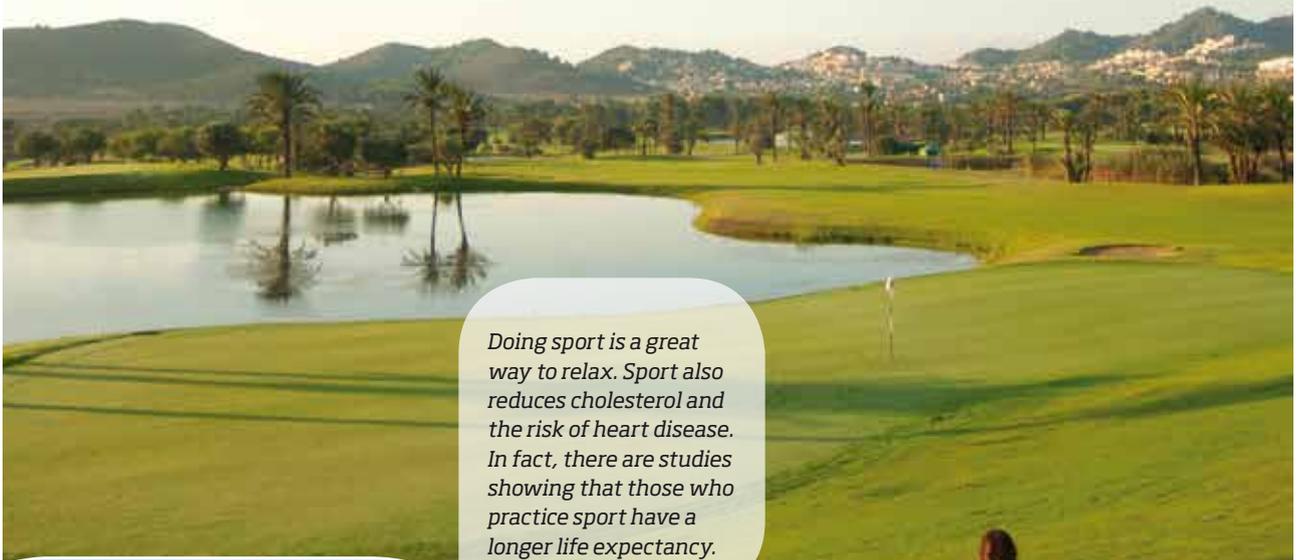
*A glass of red wine a day may have health benefits. Due to its antioxidant powers, moderate consumption also contributes to reducing depression, preventing breast cancer, dementia and prostate cancer, as well as cardiovascular disorders.*



# Sport: the best therapy for stress

And what better place to do it than the Region of Murcia? With more than 300 days of sun a year and an average temperature of 19°C, sports amateurs and professionals alike will find the best setting for their training. Golf lovers have 22 high-level courses available to them, all within a 35-kilometre radius.

*Doing sport is a great way to relax. Sport also reduces cholesterol and the risk of heart disease. In fact, there are studies showing that those who practice sport have a longer life expectancy.*



# Living to the rhythm of joy

On the Costa Cálida, life is lived on the streets, in squares, at parks... unsurprising, because here we've got sunshine in abundance. More than 3000 hours of light a year result in the open, welcoming character of the locals and mean fun can be found anywhere, any time: at the beach, in the mountains, under the stars, at a concert or a show...

*When we hear music, the brain is activated, increasing memory function. Gentle music affects the rhythm of the heart, the pulse and blood pressure, improving our overall state of well-being.*





## Region of Murcia, source of health and well-being

Our region brings together the perfect conditions to enjoy a relaxing stay, to escape the noise of the city and be awash with well-being thanks to our therapeutic waters. On the Region of Murcia's Costa Cálida, you'll find a wide selection of facilities and services, from medicinal baths dedicated to personal well-being to modern thalassotherapy centres and spas where you can enjoy exclusive health treatments, including mud from the Mar Menor. On top of all this, there's the excellent climate, with an average annual temperature of 19°C. The Region of Murcia is a paradise straight from your dreams, where you can care for your body and mind all year round.

# Mud baths



If you suffer from bone and joint pain, don't miss the famous "Mar Menor mud baths" in the area of Salinas de San Pedro.

A result of sedimentation, the sands and the bed of this small sea generate mud with great absorptive power, mineralising action and healing properties. It is suitable for the treatment of skin conditions and cases of rheumatism, arthritis, gout, or when recovering from a broken bone.

It is also used as an anti-inflammatory. Various Mar Menor thalassotherapy centres use these muds as the basis of their therapeutic and beauty treatments.



Fleur de sal is also extracted in Salinas de San Pedro del Pinatar. This is a pure form of salt, of sea origin, harvested using traditional techniques and under special climatological conditions. Its flavour is unmistakable and exquisite, it does not form lumps and it dissolves easily in the mouth. If you want to go even further, try one of the many flavoured versions, from traditional versions such as herb or spicy, to more innovative varieties such as sweet, tuna roe, tomato or olive. Incredible!

## Salinas





# Thermal waters: the elixir of eternal youth

It has long been believed that the secret to eternal youth is found in thermal waters or one of their ingredients. In our region, you're in luck. There are countless authentic thermal sanctuaries to enjoy.

Located in the heart of the Valle de Ricote, the **Balneario de Archena** thermal complex is considered one of the best in Spain, due to the quality of both its facilities and its treatments. Another nationally renowned spa is **Leana**, in Fortuna. It is known for the healing properties of its water, its decoration and its history, which dates back to Roman times.

Another interesting health option is the **Baños de Mula**, perfect for those who love natural thermal baths. The waters in these pools, located in an oasis surrounded by stunning desert landscapes, is popular amongst visitors seeking to ease their ailments.

The **coastal area of Mazarrón** also deserves a special mention. Here you can enjoy volcanic, thermal and medicinal mineral waters that emerge from a 25-metre deep cave known as the "Virgen de Guadalupe".



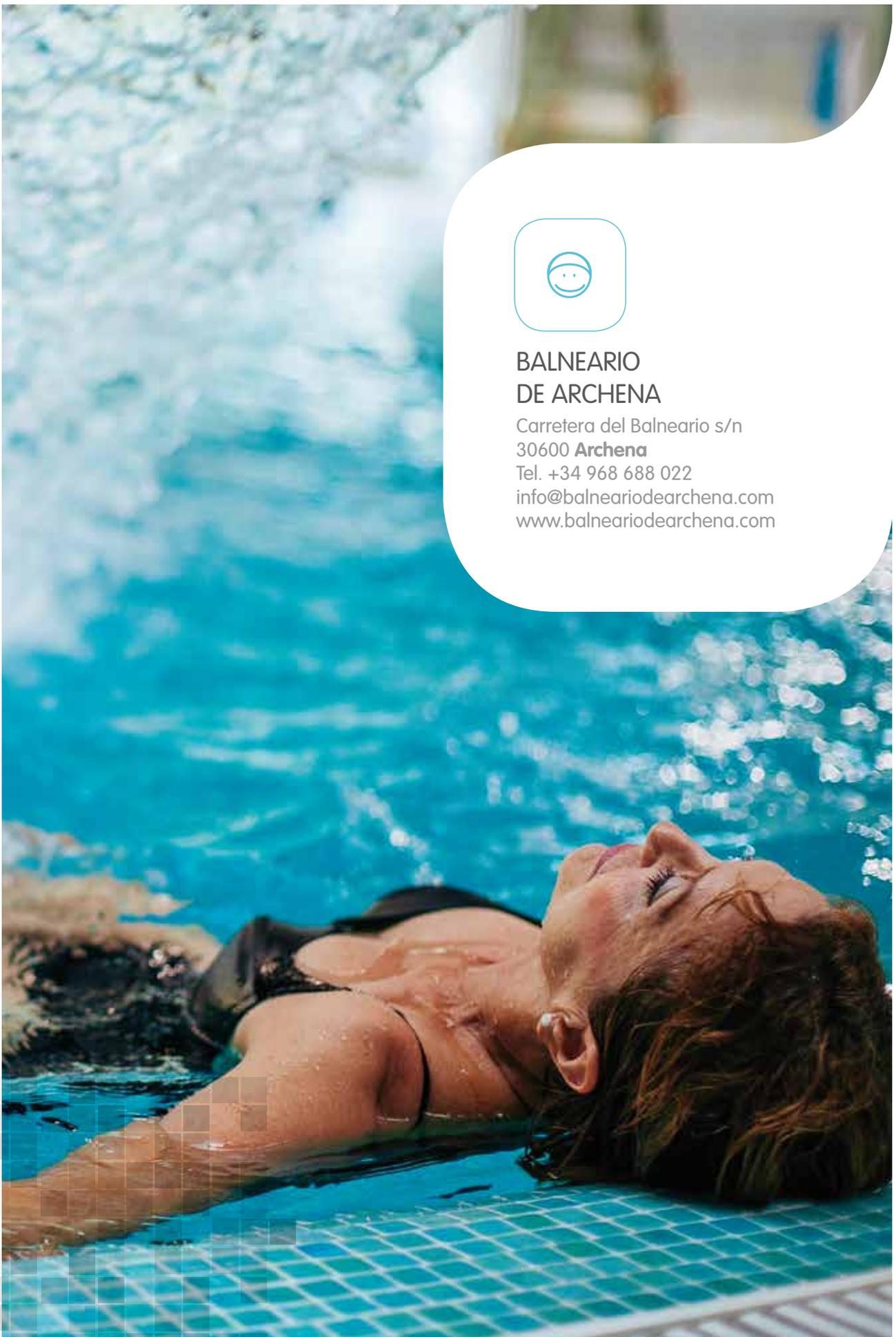
## BALNEARIO DE ARCHENA

Carretera del Balneario s/n  
30600 **Archena**

Tel. +34 968 688 022

[info@balneariodearchena.com](mailto:info@balneariodearchena.com)

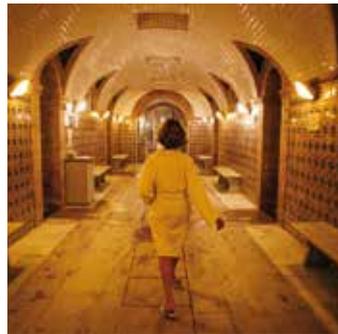
[www.balneariodearchena.com](http://www.balneariodearchena.com)



The Balneario de Archena is a thermal spa complex covering more than 200,000m<sup>2</sup>. It is **located in the Valle de Ricote Natural Park**, just 24km from Murcia and 80km from Alicante and San Javier airports. Its location at the source of the medicinal mineral water that emerges under its foundations make it the ideal place for wellness tourism. It has some of the most modern facilities for the application of therapeutic treatments, with water as the main feature, as well as the latest trends in beauty, hydrotherapy and wellness treatments.



COSTA CÁLIDA  
**CARES**



## HOTEL FACILITIES

TERMAS\*\*\*\*

LEVANTE\*\*\*\*

LEÓN\*\*\*

Certified with Calidad Turística's "Q" rating, all three hotels have direct access to the Thermal Gallery, where treatments using medicinal mineral water are applied, as well as the respiratory services offered to all visitors. In addition to the unique charm of its buildings and gardens, there is a whole world of services and comforts to help you feel cared for and looked after all day long.

The complex also features Thermal Spa Pools, made up of an indoor pool, an outdoor pool and a children's pool, where little ones can also enjoy the beneficial properties of medicinal mineral water. We recommend the innovative Balnea Thermal Circuit, where you can have fun and care for your health, all at the same time.

## WATER CLASSIFICATION



Declared a public utility in 1869, the water emerges at a temperature of 52°C. The medicinal mineral water has an abundance of mineralising elements, and is classified as rich in sulphur, chloride, sodium and calcium. It is used both for preventative as well as healing purposes.

## THERAPEUTIC INDICATIONS



It is particularly indicated in the treatment of the locomotor system, the respiratory system, certain dermatological conditions, and in eliminating anxiety and stress. The antioxidant effects of the medicinal mineral water promote general well-being in the body.

## TREATMENT TECHNIQUES



Balneotherapy treatments are applied, using medicinal mineral waters as the main feature. The muds, thermal baths, breathing treatments and the Archena massage are the main treatments prescribed by our three hydrology doctors and our psychologist. Balneotherapy treatment consists of natural, comprehensive and effective therapeutic action that decreases pain and the need to take medication.



## BALNEARIO DE LEANA

C/ Los Baños, s/n

30630 **Fortuna**

Tel. +34 968 687 070

info@leana.es

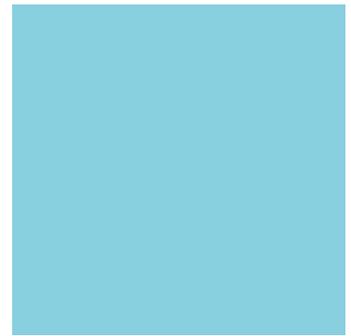
www.leana.es





Founded in the 5th century BC, the Balneario de Leana is an oasis of health in the very heart of the desert. The first archaeological vestiges date back to the Roman era, although the properties of these waters were previously known to the Iberians and the Greeks.

Situated in Los Baños de Fortuna, 30km from Murcia and a one-hour drive from the closest beaches, the spa is found in a beautiful, bright building dating from the 19th century, and its hotels offer rooms in a classic style. Perfect for a romantic getaway!



## HOTEL FACILITIES

BALNEARIO\*\*\*

VICTORIA\*\*\*

ESPAÑA\*\*

Three charming hotels where you'll feel better than ever before. There's a Roman spa with hydromassage pools, a bubble "volcano", a milk bath, aromatic showers and stimulating steam room. Two large warm, thermal outdoor pools are open year-round, and are the ideal accompaniment to thermal treatments. The complex is complete with a café/theatre, a concert hall, a multicultural leisure space with live shows nearly every night, and a wide variety of international cuisine.

## WATER CLASSIFICATION



The water emerges from the earth at 46°C, and has great healing powers thanks to its composition.

## THERAPEUTIC INDICATIONS



For the treatment of rheumatism, arthrosis, and respiratory conditions. Furthermore, the hypotonic nature of this water also makes it suitable for beauty treatments.

## TREATMENT TECHNIQUES



Underwater jets, a bubble "volcano", neck massaging jets, a scented steam room, a mist shower, aromatic showers, a hydrating milk bath...



## BALNEARIO

### BAHÍA DE LOS DELFINES

Ctra. Isla Plana- Playa "El Mojón"

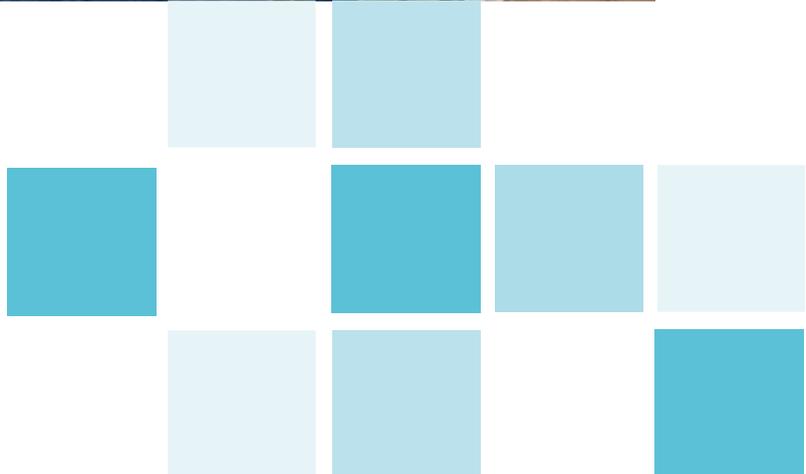
30860 **Puerto de Mazarrón**

**Mazarrón**

Tel. +34 968 594 527

[www.balneariobahialosdelfines.es](http://www.balneariobahialosdelfines.es)

The Balneario Bahía Los Delfines spa is located just fifty metres from the sea, and just a few minutes from some of the region's best beaches. Mazarrón and La Azohía offer visitors a space for leisure, relaxation, and the very best holidays. Without doubt, it's the perfect option for disconnecting in a beautiful environment, with comfortable facilities and a complete programme of activities to connect you with nature. Both your mind and body will be rejuvenated thanks to the thermal volcanic waters.



## HOTEL FACILITIES

CAMPSITE  
LOS DELFINES  
CATEGORY 2

Enjoying a weekend getaway or a special, unforgettable holiday has never been easy or affordable, but these camping facilities are designed so that your stay will be pleasant and comfortable. You'll find plots with private bathrooms and wooden bungalows in a beautiful, ecological enclave, just steps away from the beach and all the advantages of being situated only two kilometres from Puerto de Mazarrón.

## WATER CLASSIFICATION



Volcanic, thermal, medicinal mineral and 35°C mesothermal waters, plus waters rich in chlorides and sodium, magnesium, fluorides, bicarbonates and sulphates.

## THERAPEUTIC INDICATIONS

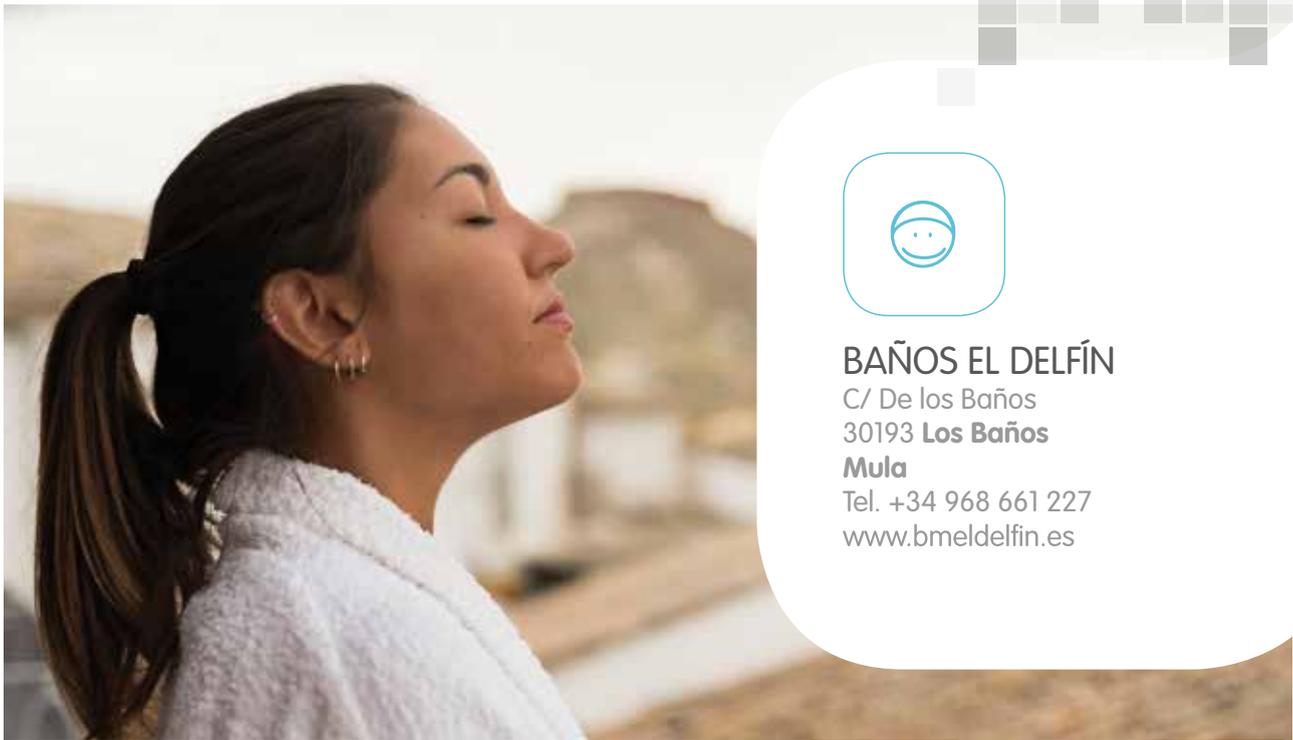


The centre specialises in treating skin diseases such as psoriasis, atopic dermatitis, acne, burns, etc. It is also indicated for arthrosis, rheumatism, lumbago, sciatica, sinusitis, as well as for general anti-ageing properties.

## TREATMENT TECHNIQUES



Complete treatments combining the medicinal mineral properties of the water with physiotherapy and massage. Relaxation techniques, guided visualisations and meditation in the thermal water to enjoy the experience to the fullest. And don't miss out on a shiatsu massage in the water!



## BAÑOS EL DELFÍN

C/ De los Baños  
30193 **Los Baños**

**Mula**

Tel. +34 968 661 227

[www.bmeldelfin.es](http://www.bmeldelfin.es)

Baños de Mula is found in the small, charming district of Mula, in the idyllic natural environment close to Sierra Espuña. It combines all the comfort of exclusive accommodation with traditional 20th century Murcian character, where you can enjoy the well-being provided by the area's natural thermal waters, with views over the Cerro de la Almagra.

The water emerges in the heart of the complex, generating a world of fabulous sensations: this is a wonderful inn where water and earth, tradition and comfort transcend our senses.



### ACCOMODATION FACILITIES

HOLIDAY APARTMENT  
(1 KEY RATING)

El Delfín is a 20th-century inn that consists of large-capacity apartments, designed to provide you with a comfortable stay. These apartments include their own kitchen, living and dining room, bedrooms, bathroom, television, heater, fireplace, microwave, fridge, etc. The design combines elements of tradition and modernity with hydraulic flooring, large spaces that create an atmosphere of relaxation where you can prolong the feeling of well-being created in the thermal waters. There are individual and family baths, used in private springs and including a cold-water shower. Each bathroom features exclusive decoration, and layout and dimensions that make each one unique.

### WATER CLASSIFICATION



Temperature at 37.5°C. Mesothermal, acrothermal and hypothermal waters.

Sulphates, bicarbonates, calcium.

Drinking water classification: chlorides: 106mg/ litre; calcium: 270mg/litre; magnesium: 48mg/litre; sulphates: 685mg/litre; PH: 7.8

### THERAPEUTIC INDICATIONS

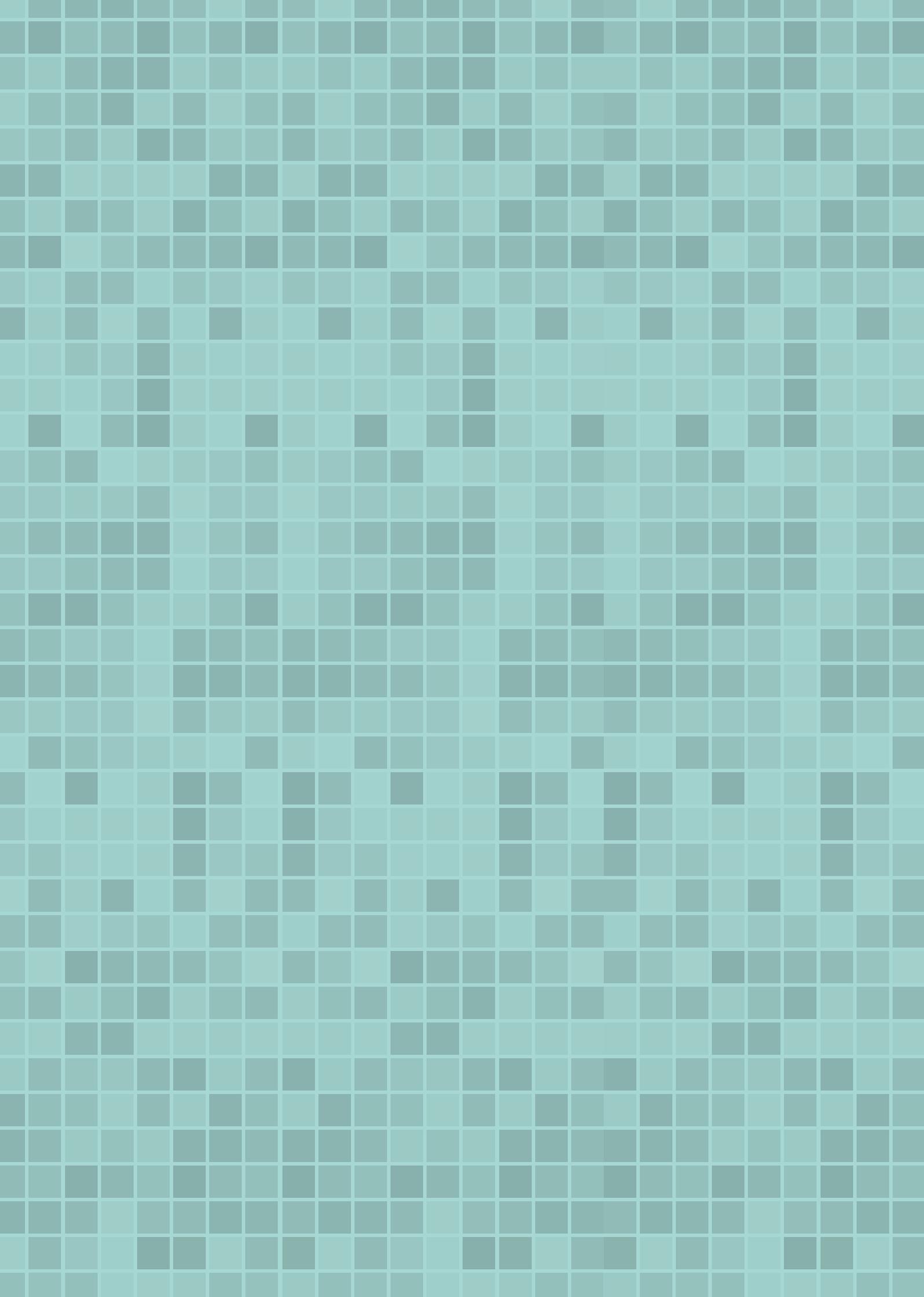


The water's therapeutic properties are extensive, and are indicated in the treatment of digestive, locomotor and respiratory disorders, for the skin and are palliative in cases of psoriasis, atopic dermatitis, rosacea and arthritis, amongst others.

### TREATMENT TECHNIQUES



Professionals offer different types of relaxing massage and other relaxation techniques, as well as therapeutic massages. don't miss out on a shiatsu massage in the water!





# The curative power of the sea: the sea in all senses

The Greeks, Romans and Egyptians spoke of the **curative properties of the sea**, and recommended marine bathing as a source of health and wellness. This is an especially interesting option along the Costa Cálida, thanks to the Mar Menor.

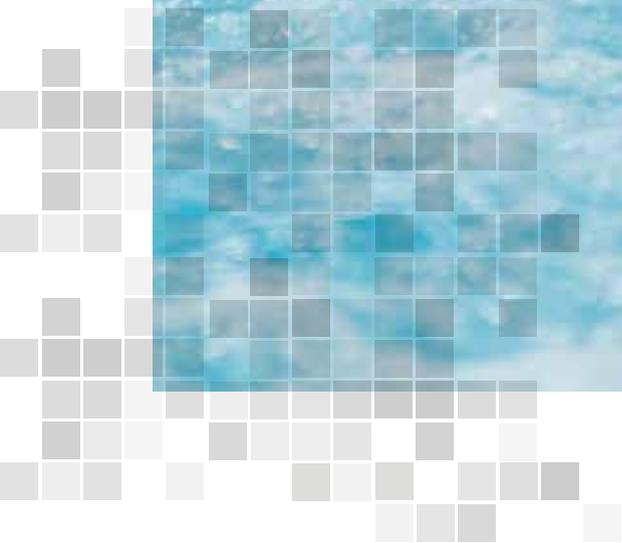
The waters of the Mar Menor have a high salt content, and are rich in **magnesium, calcium, sodium, bromine, iodine and fluoride**. These are ideal characteristics for the treatment of arthritis, rheumatism, tendinitis, osteoporosis, states of physical and mental exhaustion, and much more.

That's why you won't find anywhere better to revitalise your body and mind. We invite you to visit the Region of Murcia and discover our **thalassotherapy centres**. You'll find a wide variety of personalised treatments that use sea water (hydrotherapy), sea air (aerotherapy) and the sun's rays (heliotherapy).



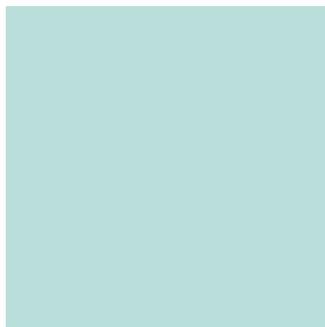
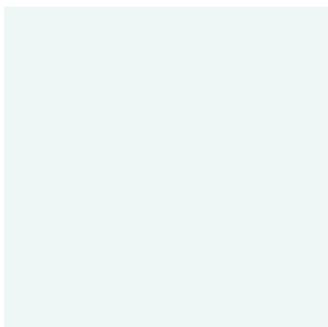
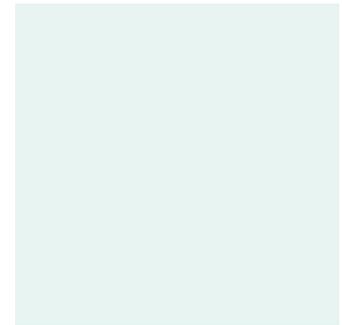
**HOTEL THALASIA**  
**COSTA DE MURCIA\*\*\*\***

Avda. del Puerto, 327-329  
30740 **San Pedro del Pinatar**  
Tel. +34 968 182 007  
reservas@thaliasia.com  
www.thaliasia.com





Located in a beautiful Mediterranean enclave by the Las Salinas de San Pedro Regional Natural Park, Thaliasia is a haven of peace and tranquillity by the shores of the Mar Menor. This centre offers the benefits of modern thalassotherapy with an extensive programme of treatments, which deep relaxation, elimination of stress, recovery of wellness and reestablishment of balance in the body in the most natural way. Experiencing Thaliasia means improving your quality of life in the best possible way.



## HOTEL FACILITIES

It features 213 rooms, a sea water spa with expansive swimming pools and spaces dedicated to health, with the most varied specialties, including physiotherapy, hydrology and wellness therapies to make you feel good. It is found just 2 kilometres from the beach, and there are outdoor pools available.

## THERAPEUTIC INDICATIONS



Staff highly qualified in the use of the sea for therapeutic purposes are available, including physiotherapists and massage technicians. Their services include a wide range of massages, treatments and therapies, some of which are thousands of years old, in the pursuit of physical and mental well-being and relaxation.

## TREATMENT TECHNIQUES

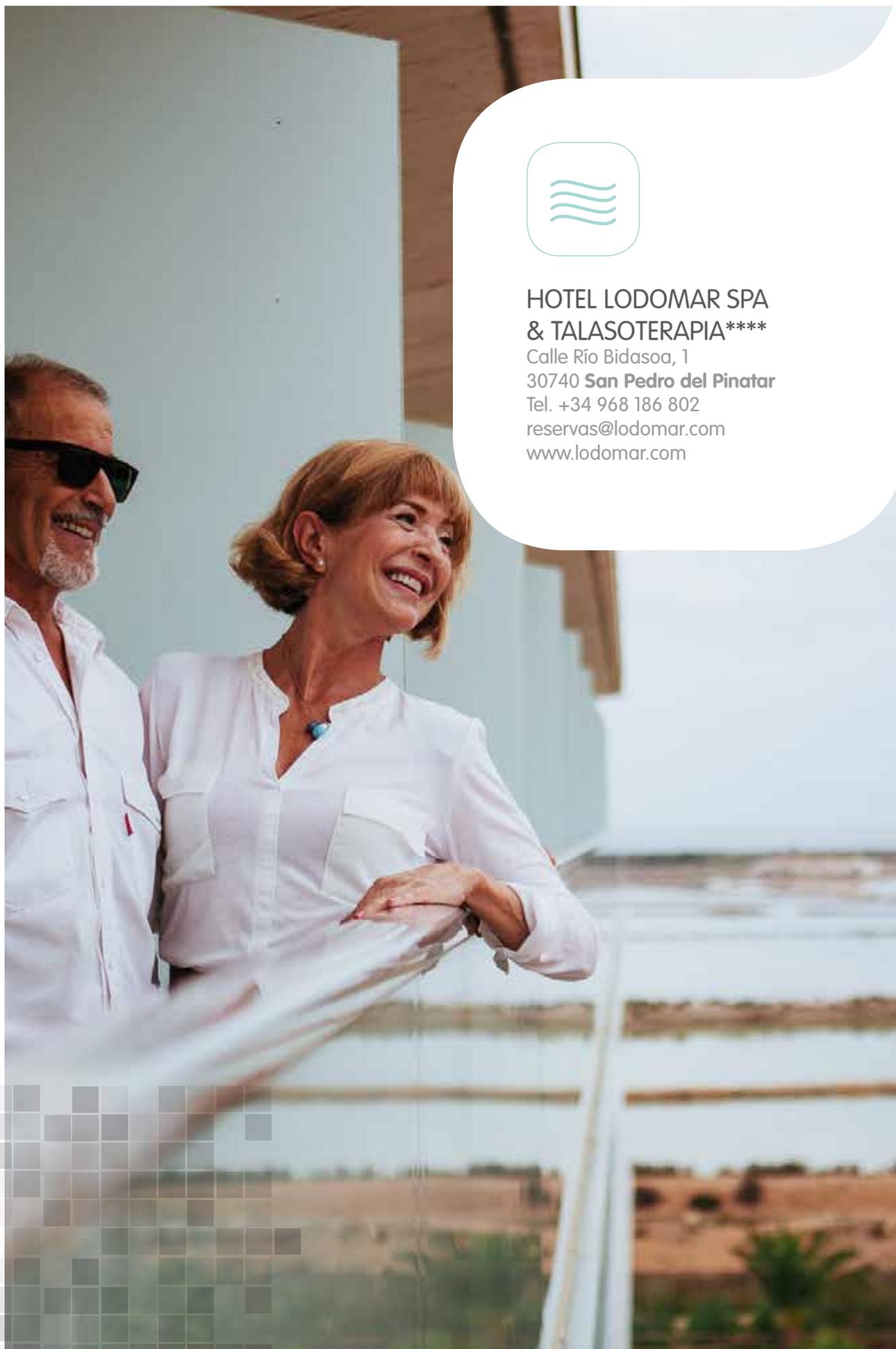


All types of marine hydrology treatments, physiotherapy treatments, relaxing massages, ayurveda massage, energising massages, massages designed to prevent and heal back problems. All kinds of beauty treatments to rejuvenate your appearance and aesthetics in the most natural and effective way possible.



**HOTEL LODOMAR SPA  
& TALASOTERAPIA\*\*\*\***

Calle Río Bidasoa, 1  
30740 **San Pedro del Pinatar**  
Tel. +34 968 186 802  
reservas@lodomar.com  
www.lodomar.com





Hotel Lodomar is situated opposite the Salinas de San Pedro Regional Park, a privileged spot that will delight nature lovers. The exclusive thalassotherapy centre is the only one with a heated pool with water from the Mar Menor Salt Flats, which is comparable to the waters of the Dead Sea. Ideal for enjoying a welcoming stay 500 metres from the beaches of the Mar Menor with unbeatable views of La Manga, Salinas and the Mediterranean Sea.



COSTA CÁLIDA  
CARES



## HOTEL FACILITIES

The complex features two types of accommodation: a four-star hotel, with 80 double rooms, eight junior suites, and a block of one-bedroom holiday apartments (suitable for up to four people), with a three-key rating. All guests can enjoy the shared facilities, cafeteria, outdoor pool, a buffet restaurant and, of course, the exclusive spa and thalassotherapy centre, which is registered as a Rheumatology Centre.

## THERAPEUTIC INDICATIONS



The especially high concentration of minerals, particularly potassium, magnesium, sulphates and chlorides, multiplies the therapeutic properties of the water which, when combined with Mar Menor muds, allows treatments focused on improving pathologies such as psoriasis, rheumatism, arthritis, arthrosis and fibromyalgia to be performed, with excellent results. Also recommended in the treatment of sagging, stretch marks, cellulite and wrinkles, as the mineralising effect slows the ageing process.

## TREATMENT TECHNIQUES



Rheumatological treatment programmes, post-operative rehabilitation (particularly for hip and knee replacements), aquatic rehabilitation and relaxation therapies (especially effective in patients with psoriasis), aquagym, physiotherapeutic massages and guided mobility exercises are all carried out. Furthermore, all kinds of aesthetic, holistic, ayurveda and wellness treatments are on offer.



## HOTEL ENTREMARES\*\*\*\*

Segunda Avda. s/n

30380 **La Manga del Mar Menor**

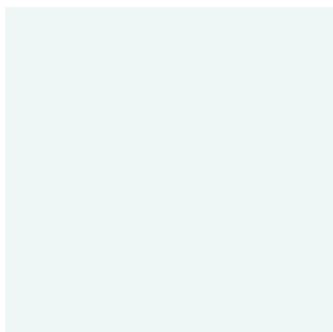
**Cartagena**

Tel. +34 968 563 100 (hotel)

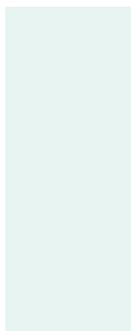
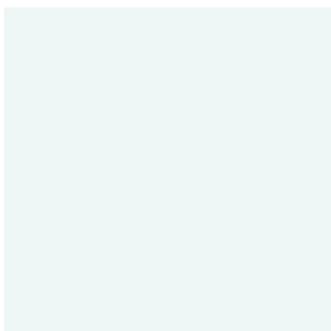
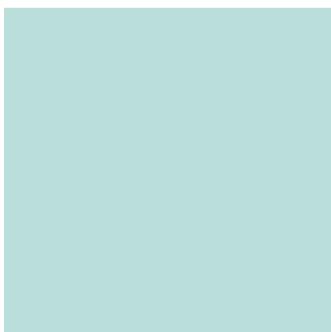
+34 968 564 123 (reservas)

Info@entremares.es

www.entremares.es



This hotel enjoys a privileged location right on the shore, with unbeatable views of the Mediterranean and private beach access via the hotel's pool. The location of the two pools, facing the sea, invites guests to enjoy a relaxing circuit (sea, outdoor pool and heated pool), stimulating circulation and waking up the body. This hotel brings together everything you need for relaxation, whether it's a family trip or a romantic getaway.



## HOTEL FACILITIES

There are 371 rooms. The facilities include different relaxation and entertainment rooms, outdoor facilities for health and leisure, the Carthaginesas Thermal Centre with more than a thousand square metres of thermal pools, massage areas and health and relaxation facilities.

## THERAPEUTIC INDICATIONS



Treatments for fibromyalgia, psoriasis, dermatitis, eczema, muscular, rheumatic and joint pain, varicose veins, etc.

## TREATMENT TECHNIQUES



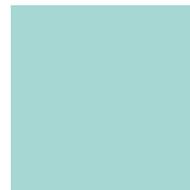
Thermal pools (sea water, jets and bubbles), spa, dry sauna, steam bath, Jacuzzi, aromatic showers, ice pool, hydrojet bed, massage cabins and wraps, beauty room, etc. Jets for the neck, shoulders, lower back and counterflow jets. There is also the complete Wellness Spa circuit.



## CENTRO DE SALUD VITAL AGUAS SALINAS

C/ Crucero Baleares, 2  
30740 **San Pedro del Pinatar**  
Tel. +34 968 184 136  
+34 600 026 948  
reservas@aguassalinas.com  
www.aguassalinas.com

Situated by the Mar Menor, close to La Puntica beach and just 50 metres from the salt flats and sandbanks of San Pedro del Pinatar, a beautiful place known for the therapeutic properties of its mineral muds and the goodness of the water. Furthermore, these beaches offer the possibility of bathing in the Mar Menor and the Mediterranean Sea, without needing to leave the district. The shallow waters are appealing for both swimming and water sports.



COSTA CÁLIDA  
**CARES**



### HOTEL FACILITIES

The complex has four floors of apartments (studios and one- and two-bedroom apartments), all with views over the Mar Menor or Salinas de San Pedro, and all featuring balconies (except studio apartments). There is a wellness centre and an outdoor pool with views over the Mar Menor.

### THERAPEUTIC INDICATIONS



Specialises in the application of local marine muds, an ideal treatment for psoriasis, muscular pain, rheumatism and arthrosis. There is also a line of natural Mar Menor mud products known as "Lodos Marinos Pinatar", which allows visitors to continue treatment at home.

### TREATMENT TECHNIQUES



Vichy showers, hydromassage showers, Kneipp showers and more than five rooms with warm water beds for the application of body wraps (chocolate, cherry, wine, seaweed, gold, diamond, etc.). Therapeutic massage, relaxation massage, hot wax massages, and craniofacial massage. In terms of beauty, there is a wide selection of cutting-edge equipment, which guarantees excellent results in treatments (ultrasound, dermabrasion, etc.).

## MAR MENOR MUD BATHS



### THERAPEUTIC INDICATIONS

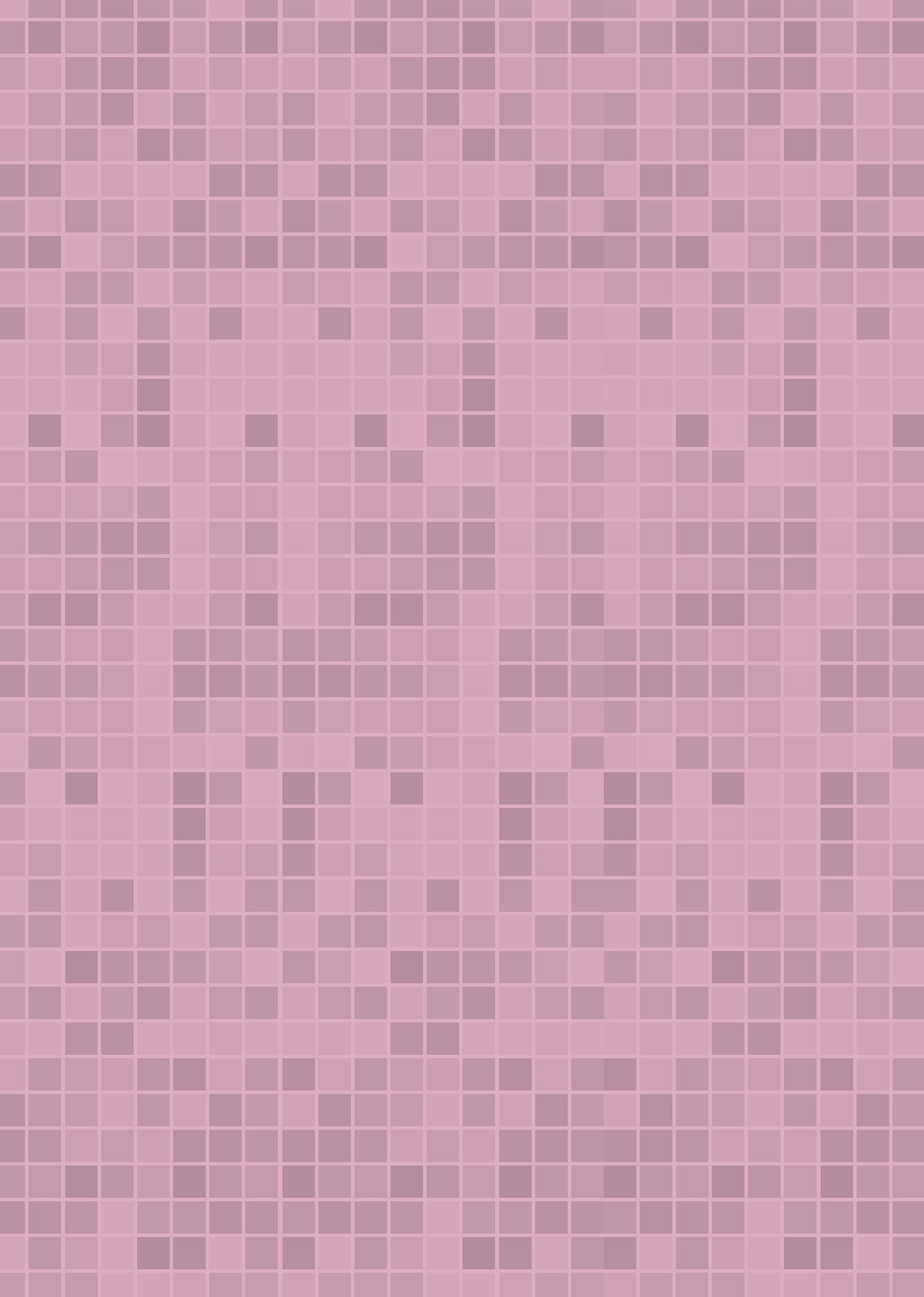


Painful locomotor conditions, inflammatory skin diseases, symptoms of neurological diseases, psychosomatic disorders and musculoskeletal system diseases.

### APPLYING THE MUD



You can give yourself a mud bath by applying the mud using a spatula or your own hand. It is best to first apply it to limited, specific points, for a maximum of one hour. If there are no side effects, you can progressively increase the duration and thickness of application. Mud baths are best done in the sun and when it is warm, so they mud dries fully and quickly. You should wash the affected area with salt water between treatments.





## Spas: hidrotherapy to reinvigorate your vital energy

What's holding you back from combining leisure, wellness and sport? At our spas, you'll find the best hydrotherapy centres, which incorporate alternative therapies using water as the main element in all activities. These are spaces where you can breathe pure harmony and tranquillity, an ideal environment in which to recover from the stress of everyday life, and where you can reinvigorate your vital energy.

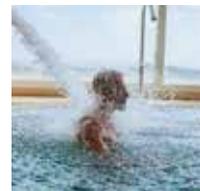
Rejuvenate your body and mind with exercises, relaxation therapy, beauty centres, meditation, yoga... and delve into a **word brimming with treatments and care** at these incredible wellness centres.



**LA MANGA  
CLUB RESORT \*\*\*\*\***  
 Urbanización La Manga Club  
 30389, **Los Belones**  
**Cartagena**  
 Tel. +34 968 338 101  
 spa@lamangaclub.com  
 www.lamangaclub.es

La Manga Club is an exclusive tourist, sports and residential resort that makes the most of its magnificent surroundings to offer leisure and sporting activities, with a pleasant year-round climate and exceptional safety conditions.

Inaugurated in 1972, it covers some 560 hectares and its facilities include a five-star hotel, four-star apartments, three golf courses, a tennis centre with 28 courts, eight football pitches, a 2,000m2 **wellness centre and more than 15 bars and restaurants.**



**COSTA CÁLIDA  
CARES**



## HOTEL FACILITIES

The resort has 2 hotel establishments: *Hotel Príncipe Felipe 5\** with 192 rooms, and Las *Lomas Village 4\** apartments, which include studios, plus two- and three-bedroom apartments with their own kitchen. Both establishments have access to saunas, steam rooms, the fitness centre and the *Wellness Centre's* heated pool.

## SPA FACILITIES

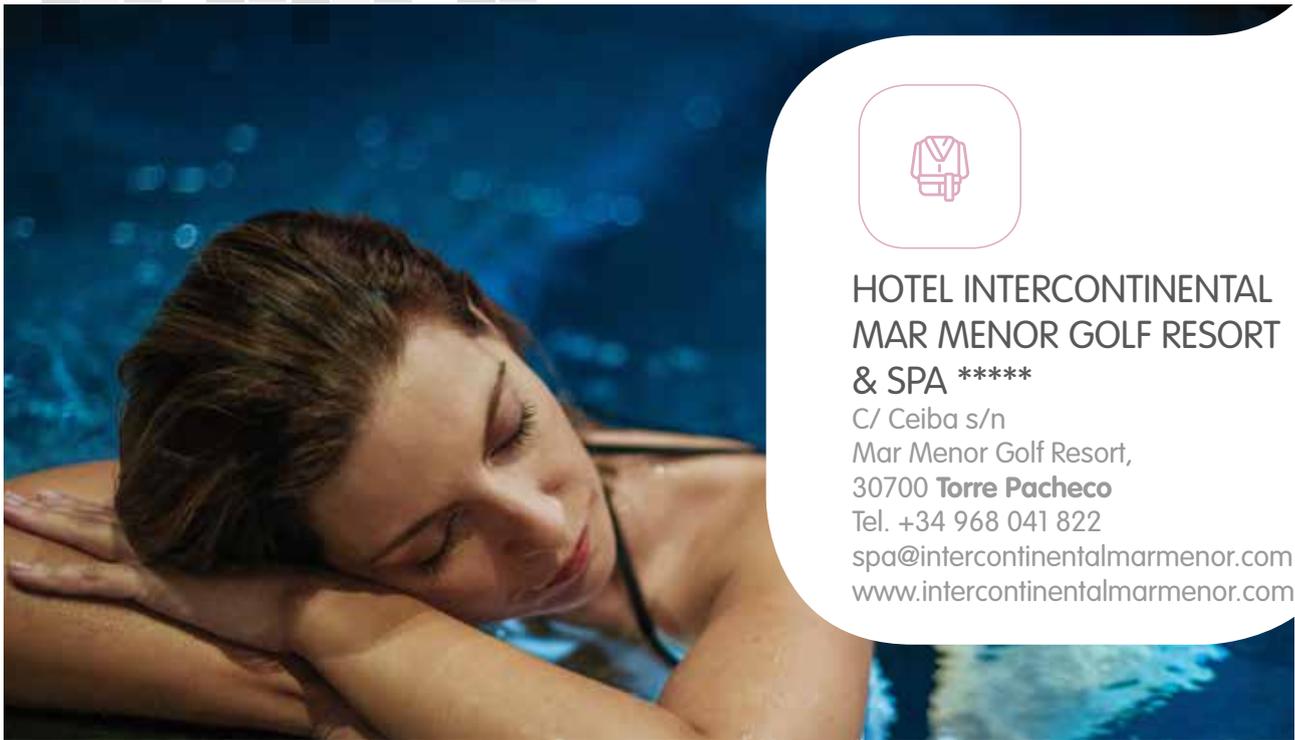


2,000m2 dedicated to relaxation and well-being. A water area that includes two dynamic pools with hydromassage, water jets, waterfalls, goosenecks, a steam bath and a cold pool. A perfect place where you'll find everything you need to achieve your objective.

## TREATMENT TECHNIQUES



The *fitness* centre features a team of professionals certified in physical activity, sport and health sciences. Thanks to them, you can evaluate your potential and work on it at our High-Performance Centre. We offer everything, from the most ancient Oriental traditions to the most modern treatments.



**HOTEL INTERCONTINENTAL  
MAR MENOR GOLF RESORT  
& SPA \*\*\*\*\***

C/ Ceiba s/n  
Mar Menor Golf Resort,  
30700 **Torre Pacheco**  
Tel. +34 968 041 822  
spa@intercontinentalmarmenor.com  
www.intercontinentalmarmenor.com

Situated in the Region of Murcia, on the Costa Cálida, this is a refuge of tranquillity within the Mar Menor Golf Resort, where you can combine business with pleasure, leisure with sport, spa, culture and relaxation.

The hotel offers the 18-hole, par 72 Mar Menor Village Golf Course, a first-rate spa, two outdoor pools, a kids' club and eight restaurants offering a wide range of gastronomy.



**HOTEL  
FACILITIES**

The hotel has 57 luxury rooms, five junior suites, one presidential suite and one royal suite, all with a large balcony offering views over the golf course and/or swimming pool. The gastronomic selection takes you all the way to Japan, Spain, Italy and the USA.

**SPA  
FACILITIES**

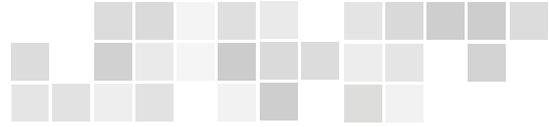


Along with the seven treatment rooms, two thermal areas with a revitalising pool, steam room, sauna, lifestyle showers and a relaxation room, you will also find a 15-metre heated pool and a fitness studio with the latest technology. There is also a private spa for couples, a hydrotherapy bath and a hammam.

**TREATMENT  
TECHNIQUES**



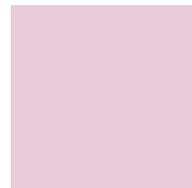
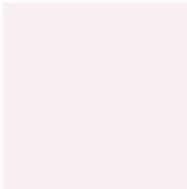
A carefully selected collection of treatments and massages that are adapted to the needs of each person. Relaxing and sports massages from different cultures and parts of the world, as well as facial treatments designed by prestigious cosmetic brands.



## HOTEL LA TORRE GOLF RESORT & SPA\*\*\*\*\*

Anchoa, 6  
La Torre Golf Resort  
30709 Roldán  
Torre Pacheco  
Tel. +34 968 031 973  
info@hltresort.com  
www.hotellatorregolfresortspa.com

Situated in the centre of the La Torre Golf Resort, in an idyllic environment opposite the lake and with panoramic views, this is a modern, contemporary hotel at the foot of the Sierra de la Cadena. There's also an excellent golf course, making this the perfect place for those seeking a holiday where they can enjoy their favourite sport. It's also ideal for those who want to disconnect from daily life, or organise a congress or event.



### HOTEL FACILITIES

There are 133 spacious bedrooms, including 11 suites with the latest technology, a balcony or terrace with spectacular views and marble bathrooms. The excellent gastronomy served at the hotel's three restaurants and bars is complemented by the spa, fitness area and five large event rooms.

### SPA FACILITIES



Thermal circuit in the heated pool measuring approx. 15 metres, dry heat sauna, steam room, ice fountain, multi-sensation showers and a relaxation area where you can enjoy a tea.

Furthermore, there are five treatment rooms where you can enjoy a combination of innovative and traditional techniques.

### TREATMENT TECHNIQUES



A broad selection of treatments for your face and body, with products made using natural ingredients and combining the most traditional treatments with the most innovative.

## Other wellness establishments



### HOTEL PUERTO JUAN MONTIEL\*\*\*\*

Avda. del Puerto Deportivo 1  
Playa de Poniente  
30880, **Águilas**  
Tel. +34 968 493 493  
reservas@hotelpuertojuanmontiel.com  
www.hotelpuertojuanmontiel.com



### POSEIDÓN LA MANGA HOTEL & SPA \*\*\*\*

Gran Vía, km. 6,  
30380 **La Manga del Mar Menor**  
San Javier  
Tel. +34 968 33 70 00  
reservas.lamanga@hotelesposeidon.com  
www.hotelesposeidon.com



### PARADOR DE LORCA\*\*\*\*

Castillo de Lorca, s/n  
30800, **Lorca**  
Tel. +34 968 406 047  
lorca@parador.es  
www.parador.es  
[http://www.parador.es/es/paradores/  
parador-de-lorca](http://www.parador.es/es/paradores/parador-de-lorca)



### HOTEL JARDINES DE LORCA\*\*\*\*

Alameda Rafael Méndez, s/n  
30800, **Lorca**  
Tel. +34 968 470 599  
reservas@hoteljardinesdelorca.com  
www.hoteljardinesdelorca.com



### HOTEL HYLTOR \*\*\*\*

Carretera del Balneario  
30600, **Archena**  
Tel. +34 968 688 205  
info@hotelhyltor.com  
www.hotelhyltor.com



### SENATOR MAR MENOR GOLF & SPA RESORT\*\*\*\*

Avda. Príncipe Felipe, s/n  
30710, **Los Alcázares**  
Tel. +34 968 583 060  
reservas@playasenator.com  
www.senatormarmenorspahotel.com

# Costa Cálida Cares

In the Region of Murcia, we follow in the footsteps of the ancient Roman and Arabic civilisations who chose our lands due to the properties of the water and a climate that promote well-being, balance and healing. Because we believe in the maxim “prevention is better than cure”, through the Costa Cálida Cares brand we want to share with you our resorts, spas and thalassotherapy centres, connected with the private medical sector and a specialist travel agency (Imartours), so you can enjoy **the best of health and wellness tourism** with the highest guarantees.

**Costa Cálida Cares** is the Region of Murcia’s health and wellness tourism association, a business corporation, recognised by the government, which offers a guarantee of professionalism and quality. This brings you complete peace of mind when you come to our region to enjoy any wellness or medical treatment you need. We offer customers a comprehensive trip, whether it is for preventative or curative tourism, combined or individual, so you’ll feel right at home.



Being multidisciplinary reinforces our values. We offer you thalassotherapy centres, resorts and spas, connected to the **best private healthcare centres in the Region of Murcia: Hospital Mesa del Castillo (Murcia) and Hospital La Vega (Murcia)**. Specialisms include fertility, aesthetic surgery, medical check-ups, locomotor rehabilitation, dental treatments and ophthalmology. Our hospitals and healthcare centres meet all the Spanish healthcare standards.

Spain offers the very highest guarantees of medical standards. We are the top 7 country in terms of our healthcare system, and we are European leaders in fertility success and life expectancy. Your safety is important to us. We are the second safest region in Spain, and we are included in the OECD's Safety Top 10%.

Our two seas, the good food and the warmth of a land where there is sun and light for more than 3,000 hours a year will ensure optimal **well-being and healing**, making this an unforgettable experience.

**Because the Region of Murcia cares for you.**



COSTA CÁLIDA  
**CARES**

Tel. +34 653 822 087  
info@costacalidacares.com  
www.costacalidacares.com



# Costa Cálida

Region  
of Murcia  
Spain

