

## The Epicurean Spa Break

Fancy a top level experience in the ultimate secluded countryside location in the hills of Malaga province in Andalucia?

Then, what better place for a healthy short-break combining the serene surroundings with planned activities to promote wellness and a general feeling of well-being? Imagine being pampered with spa treatments from mobile therapists and special menus from a private chef in the supreme comfort of your own temporary home! With options for trail guides and personal trainers, guests may tailor their break to make it as active and healthy as they like, or simply let themselves be spoiled at the cortijo.

Standard with this package:

Four nights private lodging at the Cortijo  
Tapas and wine tasting or refreshments on arrival  
A welcome hamper with local culinary treats  
Consultation and individually targeted aromatherapy massage (50 min)  
Guided visit to the Arab baths in Malaga  
2 x four course, gourmet dinners from private chef  
The option to cook with and learn from the chef  
Guides, advice and directions for shopping and dining  
Suggested itineraries for 'tapas tours' and food markets  
Access to the kitchen herb and vegetable garden for home cooking  
Fresh flowers  
Arrival and departure cleaning, all linens and towels  
Wood for the indoor & outdoor fireplaces

Optional indulgences:

Day Two option (guided hike and tapas lunch followed by foot treatment):  
Different walks options (such as 'Moors & Monks' for physical and cultural rejuvenation)  
Different spa treatments also possible  
Private chef David is also available to cook additional dinners, lunches, or even breakfast, if desired  
Airport pick-up and all other transfers  
Organic award winning grocery deliveries  
Access to in-house bodega stocked with local and Spanish wines

Naturally, all of the additional services and indulgences routinely on offer at the Cortijo will also be available on request. For example, those seeking a more rigorous physical experience may call on a personal trainer to visit them at the property.

## SAMPLE ITINERARY

Upon arrival, expect a greeting with tapas and wine tasting or refreshments. Guests may settle in and familiarise themselves with the cortijo, gardens and grounds and look forward to a healthy, gourmet dinner prepared for them in the cortijo by private chef David Palacios. Curious guests and enthusiastic foodies may always choose to join David in the kitchen during preparation.

On day two, guests may opt for a guided historical walk around Velez-Malaga, capital of the Axarquia region, culminating at the old Moorish castle above the city (approximately two hours, easy pace). Walkers are then led back into the city centre for a tapas lunch before returning to the cortijo. After all of this walking, a pedicure and foot treatment may be the perfect indulgence.

Day three is spa treatment day with mobile therapist Helen (with a diploma in Aromatherapy and Therapeutic Face and Body Massage from the International Institute of Health and Holistic Therapies). Helen completes a consultation with each client designed to target any specific ailments they may have and to identify which essential oils are most appropriate. Aromatherapy massage can be used to help a wide range of conditions, as well as improving physical and emotional well being, and general relaxation. Following the consultation Helen gives a 'Back and Shoulder Aromatherapy Massage and Aromatherapy Facial' tailored to your needs and skin type for maximum benefit.

With plenty of time for relaxing by the pool or exploring on their own, guests can look forward to a healthy, gourmet dinner prepared for them in the cortijo by private chef David Palacios to complete the day's pampering.

On day four, venture out from the cortijo again into the sophisticated and cosmopolitan city centre of Malaga. With some of the best shopping on the southern coast, Malaga makes for an excellent shopping excursion through the historic, pedestrianized centre. Culinary enthusiasts may opt for a visit to one of the bustling food markets in Malaga, where some have stood in the same location for centuries. Chef David offers top-tips on the many fun and interesting tapas bars in Malaga; while on foot in the old centre, guests can easily combine shopping with a tapas tour. To round out the Malaga adventure and recuperate further, guests are chaperoned to one of the historic Arab baths or Hammams (the original health spa!) to guide them through and facilitate the spa-experience. Enjoy different pool-sized baths of varying temperature in a soothing setting reflecting medieval Spain under Moorish influence. Think lattice windows with soft light from above, soft Arabesque music and Arab architecture in the style of the Alhambra in Granada or the Mezquita cathedral and mosque in Cordoba. Here you can also opt for an additional relaxing massage.

Rates (based on 4 guests):

€1,250 p.p low season;

€1,425 p.p. mid-season.

Additional guests require new arrangements. Please enquire.

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