

Spa Break in Calpe

A fabulous, revitalising spa break on Spain's Costa Blanca.

Dates and Prices 6 June to 9 June - £229.00

Unique Features A fabulous, revitalising spa break on Spain's Costa Blanca.

Staying at the luxury 4* AR Diamante Beach & Spa Hotel overlooking the Mediterranean sea in Calpe, we include three nights' accommodation with breakfast and dinner, a two-day Zen treatment programme consisting of a 90-minute spa session with toning pool, ice fountain, turkish bath, grand canyon shower and more, a hot stone massage, a cocoa and honey skin peel and an aromatic massage and access to the hotel's facilities including two outdoor swimming pools and gym.

After a relaxing morning of treatments there is plenty to explore in Calpe; Calpe's two main beaches, the Cantal Roig and the Playa Arenal, are renowned for their long stretches of fine sand and clear waters and the port comes alive in the afternoon as the daily catch makes its way inland and diners are invited to sample the fresh local seafood for dinner in one of the many restaurants surrounding the harbour.

Calpe's landscape is dominated by the Penon d'Ifach, an imposing rock emerging from the sea and no trip here is complete without climbing it. We also recommend that you take the short boat trip round the bay to lively Benidorm for a seafood lunch or cocktail overlooking the beach.

Alternative dates available on request; call us on 0207 099 4816.

Your Holiday

What's Included

- | Three nights' accommodation with breakfast at the 4* AR Diamante Beach & Spa
- | Dinner each night
- | Two 90 minute spa sessions including use of the toning pool, ice fountain, turkish bath, grand canyon shower and more
- | Hot stone massage
- | Cocoa and honey skin wrap
- | Aromatic massage
- | Use of the hotel facilities including two outdoor pools and gym
- | Preferential rates on additional treatments when pre-booked (please call us for details)

NB: Price is based on a twin or double room. The single supplement is £18 per night.

What previous Customers Have Said about this Holiday A brand new spa break for 2014. Watch this space for feedback, coming soon.

Is this holiday for me? A spa break is a great opportunity to switch off, wind down and re-charge the batteries. We include three nights' accommodation which is a good length of time to forget those daily stresses and with two treatments at a top spa plus full use of all the facilities you should return home thoroughly revitalised.

We choose our spa hotels for their high standards and renowned treatment centres but also for their great locations. After a morning massage or invigorating grand canyon shower there is plenty to explore on the Costa Blanca. Climb Calpe's iconic rock, take a boat to Benidorm, relax on the beach or hire a car and take a drive through the pretty Costa Blanca villages.

Your Destination, includes sightseeing Located on the central Eastern coastline, Spain's Costa Blanca is a popular destination for tourists who arrive every summer to take advantage of the warm climate, sun-drenched beaches, laid-back lifestyle and lively evening culture. Calpe is situated approximately 60km from Alicante airport. With around 13,000 inhabitants, this unassuming former fishing village has become a popular resort. A distinguishing feature of the town is the "Penon de Ifach", an imposing rock which rises from the sea and creates a unique landscape for this coastal resort.

Calpe's two main beaches, the Cantal Roig and the Playa Arenal, are renowned for their long stretches of fine sand and clear waters, perfect for swimming and also popular with surfers. Protection from the wind by surrounding mountains means that the town's beaches generally remain warm and the sea calm.

The port comes alive in the afternoon as the daily catch makes its way inland and diners are invited to sample the fresh local seafood for dinner in one of the many restaurants surrounding the harbour. As well as a good choice of restaurants serving local specialities (the Valencian Paella is a must-try!), there is a good selection of international dining choices including Argentinian, Italian and other European cuisine. Calpe boasts some fantastic bars and clubs playing a wide range of live music including Flamenco bars and karaoke pubs which remain open until the early hours of the morning. For a wilder evening, Benidorm is just 20 minutes by bus.

Shopping in Calpe offers the usual traditional local handicrafts such as wickerwork, ceramics and leather goods, as well as a wide assortment of souvenirs jewellery and trinkets.

Climate and weather Average daytime temperatures in Calpe are as follows:

Degrees Celsius

Jan 11

Feb 11

March 13

April 15

May 18

June 22

July 25

Aug 25

Sept 23

Oct 19

Nov 14

Dec 12

Your Accommodation AR Diamante Beach Spa (old) - Hotel**** (Half Board) (Included)

The AR Diamante Beach Spa is located on the Levante beach in the town of Calpe, a stunning location on the Costa Blanca in Spain's Alicante province. The hotel's unique style is characterised by its spectacular glass facade that lends an impressive source of natural illumination to the carefully designed interior.

There are no less than three outdoor pools, surrounded by attractive terraces dotted with palm trees and just a few steps from the seashore. The locally-renowned, modern Spa is one of the best on the Costa Blanca and has an additional indoor pool with water features as well as Turkish baths, sauna and an array of treatments. It has been totally renovated and opened to the public again in May 2013. There is also a gym and access to a nearby golf course.

Dining options include two a la carte restaurants serving local and international cuisine, a buffet restaurant, cafeteria and piano bar.

All 283 double rooms are attractively decorated and have large balconies, air conditioning, safe, wi-fi internet connection and private facilities and hairdryer. Note that there are no tea and coffee making facilities in the hotel.

In addition to the hotel rooms, we also have an exclusive arrangement with the AR Diamante Beach to use their attractive and spacious apartments (the Ambar Beach Apartments). Apartments are furnished to a high standard and offer one or two bedrooms, a large living area, balcony, kitchen facilities and bathroom (the two bedroom apartments have two bathrooms), as well as daily room service. Adjacent to the hotel and with their own pool, guests at the apartments can also use all of the hotel facilities. An ideal choice for families or groups of friends.

Classes and Workshops

We include a Zen Package on this spa weekend as well as two 90-minute spa circuits. The package includes:

Hot stone massage Hot stone massage is a specialty massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

Cocoa and honey body wrap An organic Honey & Cocoa wrap will be applied to the body, and you will drift off in your hydration cocoon while you receive a deeply relaxing head or foot massage.

Aromatherapy massage Aromatherapy uses essential oils extracted from flowers and plants with an aim to balance the emotions and improve general health and wellbeing. Your therapist will carefully choose a blend of essential oils to address your symptoms or mood. These are added to a carrier oils and applied to your skin through massage. There is evidence that Aromatherapy can alleviate symptoms associated with stress and relieve tension. Essential oils may also be chosen for their detoxifying properties.

Spa Circuit Includes jacuzzi, toning pool, themed pool, sauna, ice fountain, Turkish sauna, hydrojet, grand canyon shower, Scottish pulverise shower, relaxation area and more.

Daily Itinerary

DAY 1

Check in anytime after 3pm.

Settle into the hotel, take a swim or enjoy a treatment (treatment times to be pre-booked prior to departure)

Buffet dinner in the hotel

DAY 2

0800 - 1000 - Buffet breakfast in the hotel

Enjoy the hotel spa facilities including one of your pre-booked treatments

After lunch, why not take an invigorating climb up Calpe Rock

Buffet dinner in the hotel restaurant. We recommend a post-dinner stroll along Calpe's promenade followed by an evening in one of the resort's lively bars

DAY 3

0800 - 1000 - Buffet breakfast in the hotel

Enjoy the hotel spa facilities including one of your pre-booked treatments

After lunch, why not take a boat ride around the bay to Benidorm

Buffet dinner in the hotel restaurant. We recommend a post-dinner stroll along Calpe's promenade followed by an evening in one of the resort's lively bars

DAY 4

0800 - 1000 - Buffet breakfast in the hotel

1100 Check out and leave your cases at reception until departure. Continue to enjoy the hotel and facilities before returning to the airport.

Nightlife

When the sun goes down in Calpe, you'll find plenty of entertainment to keep you amused until the small hours. The town has a wealth of bars, cafes and clubs and you'll always find live music and night time entertainment during the high season. During the winter the seafront bars are less lively but Friday and Saturday nights in the main town always have something to offer.

Check out the local English language newspaper the Costa Blanca News for details of live gigs, flamenco, clubs and karaoke. Tour the bars and you'll find soul, blues, jazz and country singers performing on a regular basis.

But if it's all night partying and a walk on the wild side you're after, then the club city of Benidorm is only 20 minutes drive down the coast. Here you'll find every kind of Nightlife imaginable - huge clubs with international DJs and electrifying laser shows, a thriving gay scene, karaoke bars and more. And it all keeps going until 7am!

Food and Meals

Calpe offers a choice of restaurants offering locally caught fresh seafood as well as international cuisine including modern and traditional Spanish, Italian, Chinese and much more.

Optional Extras

What are optional extras? In addition to your holiday we also offer you a variety of optional extras to make your holiday even richer and add some local colour.

Spa Treatments

We offer preferential rates when you pre-book additional treatments. Please call us for a full list of pre-bookable

treatments with prices.

Single Room
Supplements,
Upgrades and Budget
Options

Option 1 - Included

AR Diamante Beach Spa (old) - Hotel**** Half Board - (06/06/2014 to 09/06/2014 - 3 nights)

1 Twin room (Single occupation) Half Board (Per Room)

54.00 GBP

Twin Room Half Board (Per Room)

Included

Flights and Transfers

Flights: This holiday is quoted flight exclusive. However, we are happy to quote a price including a flight from the UK. We can also quote for add-ons to the UK and airport hotels where necessary. Please call us for details.

Transfers: Airport transfers are not included. The AR Diamante Beach & Spa is situated approx one hours' drive from Alicante airport and a taxi will cost around €100. Alternatively, we highly recommend that you consider hiring a car, enabling not only an easy airport transfer but further exploration of the region during the weekend. We're happy to assist with this; please call us for details.

NB: It is important that your holiday is confirmed to you by us before you buy your flights.

Making your own way
to the hotel for
ground only package

The AR Diamante Beach & Spa is situated approx one hours' drive from Alicante airport and a taxi will cost around €100. Alternatively, we highly recommend that you consider hiring a car, enabling not only an easy airport transfer but further exploration of the region during the weekend. We're happy to assist with this; please call us for details.

What to Expect in
terms of Organisation

On Arrival: You will be able to check into your room from 3pm. If you are arriving early reception will be happy to store your luggage while you enjoy the hotel facilities.

Treatments: Treatment times need to be pre-booked prior to departure. The earlier you can do this with us the better, to guarantee your preferred times.

Spa Circuits: Two ninety-minute sessions in the spa are included in your holiday price. These can be taken at any time.

Before Your Go

Budgeting for your holiday: Here are some guidelines on prices, to help you do your own calculations. Please refer to the optional extra section of the fact sheet for the prices of the optional extras.

Three course meal including drinks: £30

Beer: £2.50

Coffee: £2

Insurance, Visa and Passport Requirements: Refer to the information supplement for full details. In brief, Insurance is a condition of booking. Visas may be required for non EU citizens. British nationals need a full passport to travel to Spain.

Travel Documents: You receive these when you have paid for your holiday in full and we have received your airline tickets. In some cases the airlines do not release the tickets until five days before the departure date. We also confirm the address and phone number of the hotel and the emergency contact numbers.

Essential equipment
and clothing to bring

At Your Destination

Banks and Money: The easiest way to buy obtain euros is by using a credit card at the cashpoints which are located at five minutes walking distance from the hotel. You can buy small amounts, as often as you like, at any time, without queuing. You will need to know your P.I.N. Bank opening hours are normally 9.00 a.m. to 2.00 p.m. Banks will change cash, travellers cheques and will sell you currency on your credit card providing the lines are open. You will always need to show your passport at a bank.

Tipping is generally not that common in Spain. There is no need to tip taxis but it is usual to leave a 5 - 10% tip at a restaurant if you are particularly pleased with your dinner/lunch.
