

Enjoy Guide Villa Alegría

Relaxation & Unique Experiences

The Costa del Sol isn't just about sun and sightseeing—it's also the perfect place to unwind and indulge. Whether you're looking for a soothing massage, an authentic spa experience, or a breathtaking trip along the coastline, this guide will help you discover the best ways to relax and recharge.

Massage Services & Thermal Spas

Hammam Al Ándalus – Step into a world of calm at this traditional Arab bathhouse in Málaga. Featuring warm, cold, and hot baths, steam rooms, and authentic Andalusian décor, it's a unique way to unwind. Book a massage with aromatic oils for the full experience.

Spa Sol Don Marco – A solid choice for those who enjoy a more classic wellness experience, this spa in Torremolinos features a steam bath, sauna, and relaxing treatments.

Hotel & Resort Spas – Several luxury hotels along the coast offer day spa access with premium treatments and wellness facilities. Some great options include:

- **Nagomi Spa at Higuera Hotel** – A high-end wellness center featuring hydrotherapy pools, saunas, and an extensive massage menu.
- **Thalasso Spa Elba Estepona** – A top-rated spa using seawater treatments, ideal for skin and body rejuvenation.
- **SISU Boutique Hotel (Marbella)** – Stylish and modern with an excellent selection of massages and facials.

Massage Services – If you prefer a private massage, Málaga and Torremolinos have plenty of options, from Thai and deep tissue to sports recovery. Some highly rated spots include:

- **Oasis Wellness Centre (Torremolinos)** – Offers medical, Thai, and relaxation massages.
- **Clinica Mas Massages (Málaga)** – Known for its deep-tissue treatments, ideal after hiking or cycling.
- **Mobile massage services** – Some therapists offer in-villa massages, so you can fully unwind without leaving Villa Alegría.

Joyful Escapes: Sailing & Coastal Adventures

Catamaran Excursion from Málaga Harbour – Enjoy a relaxed cruise on a spacious catamaran, soaking in the sun while sailing along the coastline. Some tours include sunset trips with live music and drinks on board.

Private Sailboat Rental from Benalmádena Marina – Experience a personalized sailing trip with a skipper, exploring hidden coves and scenic coastal views. Options range from a few hours to full-day charters.

Dolphin-Watching Tours – Departing from Málaga or Benalmádena, these boat trips take you out to sea where you have a chance to spot playful dolphins in their natural habitat.

Whale & Dolphin-Watching in Tarifa – For an even higher chance of spotting marine mammals, head to Tarifa, about 1.5 to 2 hours from Villa Alegría. The Strait of Gibraltar is a prime location for whale and dolphin sightings year-round.

Luxury Yacht Charters – If you want to take it up a notch, consider renting a luxury yacht from Puerto Banús or Marbella. Some charters include onboard catering, drinks, and water sports equipment.

Sunset & Dinner Cruises – Sail along the coast at golden hour, with options that include a gourmet meal onboard or a stop at a seaside restaurant.

Stand-Up Paddleboarding & Kayaking – For a more active coastal experience, try renting a paddleboard or kayak in La Malagueta or Pedregalejo. There are guided tours along the cliffs of Maro-Cerro Gordo for stunning sea views.

Whether you're looking for deep relaxation or a joyful escape on the water, the Costa del Sol has something for everyone. Unwind, explore, and make unforgettable memories!

Massage services and thermal spas

- Hammam al andalus
- Spa Sol Don Marco – a decent sauna with steam bath

Joyful escapes

- Exit on a sailboat catamaran at the Málaga harbour
- Rent a private sailboat trip /1/2 day from Banalmadena marina

Andalucía (the old lands)

Granada
Cordoba
Sevilla
Cueva de la Pileta

Cádiz (The Province)

Bolonia (Düne)
Balea Claudia
El Palmar
Cadiz Ciudad / Puerto de santa cristina

Nature

Montes de Málaga
Parques naturales