

CIRCUIT

In the Spa's thermal circuit area, you will find a range of thermal techniques that provide a deep relaxation experience.

The circuit begins with:

The active pool, hydromassage beds and seats serve to work the back and leg muscles at all levels by projecting pressurized air, it also has jets and waterfalls to relax the neck and upper back muscles, so frequently knotted by tension.

The hydromassage mini-pools have hydromassage seats and bubbles that relax the back and leg area.

After passing through any of the pools the body will be prepared to move to one of the saunas:

- ◆ **Dry sauna:** At a temperature between (50-60C) and a dry environment.
- ◆ **Steam bath:** At a temperature between 40-45° and a humid environment.



In the saunas, sweating will be stimulated to eliminate toxins, and vasodilation will occur, which must be subsequently countered with a contrast technique:

- ◆ Cold plunge pool
- ◆ Contrast shower

We finish the circuit with a bit of rest and fluid replacement. Upon finishing, the bathing – sauna – contrast circuit can be repeated again by choosing some other elements not used in the first round, or the session can be ended with the application of one of our massages.

PROGRAM 

WELLNESS SPA

CHOCOLATE THERAPY 66,00€

- ◆ Chocolate Oil Massage
- ◆ Chocolate body wrap



VICHY HYDROTHERAPY 79,00€

- ◆ Mud Body Wrap
- ◆ Vichy Shower Massage



ROCALLAURA PROGRAM 61,00€

- ◆ Thermal Circuit
- ◆ Local Massage



MARINE THERAPY PROGRAM 66,00€

- ◆ Seaweed Body Wrap
- ◆ Relaxing Back Massage



SELF-CARE PROGRAM 66,00€

- ◆ Body and Facial Peeling
- ◆ Chocolate Oil Massage

COUPLES MASSAGE 121,00€

- ◆ 2 Full-Body Massage



Supplement: Private Mini Pool for Couples with a Flute of Cava – €25 per person

VINOTHERAPY RITUAL 75,00€

- ◆ Body and Facial Peeling
- ◆ Red Grape Body Wrap
- ◆ Jet Shower



PAMPER YOURSELF 50,00€

- ◆ Express Facial
- ◆ Body Hydration



HIDRATACIÓN EN PAREJA 101,00€

- ◆ 2 Body and Facial Peeling
- ◆ 2 Body Hydration



Supplement: Private Mini Pool for Couples with a Flute of Cava – €25 per person

IBERIK THERMAL 53,00€

- ◆ Jet Shower
- ◆ Joint Flexibility Stretching
- ◆ Deep Tissue Massage





TREATMENTS

Enjoy them individually in the cabin area.



HYDROTHERMAL TECHNIQUES

Jet Shower (7 min) ————— 19€
Relaxing and decontracting effect

Thermal water applied at moderate pressure through a jet on our body achieves relaxing and decontracting effects. Its effects stimulate and tone.

Parafango (20 min) ————— 18€
The healing power of nature in a warm embrace.

Parafango Treatment Package ——— 60€
Application of peloid in the form of a poultice with paraffin and mud. It is placed on a part of the body at a high temperature, 42°C. The peloid produces anti-inflammatory effects combined with the analgesic effects of heat.

Thermal Water Inhalation (12 min) 13€
Breathe deeply, purify your being.

Thermal Inhalation 5 Sessions ——— 46€
Therapeutic technique that consists of the application of mineral-medicinal water in the form of fine vapors or gases, which clean and purify the respiratory tract.



MASSAGES

Local Massage (20 min.) ————— 41€
A tailor-made rest for your body.

Relaxation massage focused on the back or legs that provides physical and mental well-being. It activates circulation and relieves tired legs.

Full-Body Massage (50 min) ——— 67€
A journey of well-being from head to toe.

The magic hands of our therapists relax and seek the physical and emotional balance of the body through a full-body massage applied to the entire surface.

Vichy Shower Massage (25 min) — 56€
Relaxation and a revitalizing journey.
Hot thermal water gliding over the body causes a decontracting effect which, added to the relaxing and sedative effect of the massage, brings about deep relaxation and a revitalizing sensation.

Complete Celtic Massage (50 min) 72€
A journey to the past to renew your present.

Celtic ancestors anointed themselves with oils and used stones to heal the soul and relieve body and mind.

Premium Massage(60 min) ——— 79€
Promotes restful sleep and emotional balance.

An exclusive massage designed for those seeking a experience of deep relaxation and holistic well-being.



FACIAL TECHNIQUES

Hydrating Facial (30 min) — 40€

Short-duration facial treatment that aims for skin regeneration and hydration. It consists of a cleansing, a peeling, and a facial mask. Provides a fresh, luminous, and relaxing sensation.

Facial Treatment (60 min) — 62€

They begin with a diagnosis by appropriate experts to the skin's different needs. Next, a cleansing, peeling, facial mask, and a massage are applied to finish. It is a personalized and tailored treatment to cover the specific needs of each person.

Deep Cleansing Facial (90 min) — 78€

Complete facial treatment that includes extraction cleansing and subsequent hydration and regeneration of the complexion.

Express Facial (20 min) — 32€

Through deep cleansing, gentle exfoliation, and revitalizing hydration, we eliminate signs of fatigue and restore natural smoothness to your skin.

Japanese Facial Lifting (65 min) — 67€

Non-invasive firming treatment of 65 minutes that stimulates circulation and collagen production through specialized massage techniques. Helps to tone, improve elasticity, and provide an immediate tightening effect, leaving the skin firmer, luminous, and rejuvenated.



BODY TECHNIQUES

Body and Facial Peeling (20) — 32€

Made with an exfoliating cream that eliminates dead cells and contributes to skin regeneration and smoothness, applied to the entire body and face.

Body Wraps (25) min) — 32€

Body wrap to be performed with some of the wraps available on our menu (Algae, Marine Mud, Red Grape, Chocolate, Aloe Vera, Monoï).

Body HydrationI (15 min) — 24€

Through the professional application of nourishing balms or essential oils, we restore the skin's lipid barrier, eliminating dryness and restoring a velvety texture.

Wood Therapy 1 zone (40 min) — 64€

Wood therapy is a massage technique that uses wooden tools to stimulate blood circulation, reduce cellulite, and relax muscles.

Wood Therapy 2 zones (50 min) — 102€



WATER CIRCUIT RULES OF USE

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MANDATORY



SWIMMING
CAP



SHOWER BEFORE
IMMERSION



POOL
FOOTWEAR



WALK WITH
CAUTION
Wet floor



TOWEL IN
DRY SAUNA



USE STAIRS
AND HANDRAILS



RESPECT THE
INSTRUCTOR



SWIMSUIT AND/OR
2-PIECE BIKINI

NOT ALLOWED



SMOKING



PHONES



CAMERAS



STREET
SHOES



ANIMALS



SILVER OR METAL
OBJECTS



RUNNING



VISITS ARE
NOT ALLOWED



RESTRICTED
ACCESS INFECTIOUS
DISEASES



DIVING



EATING AND
DRINKING IN THE
POOL AREA



LEAVING
LITTER OR TRASH



LEAVING TOWELS
ON SUNBEDS

SCHEDULE

EVERY DAY

From 10:00 to 14:00 h.
& 16:00 to 20:00 h.

Saturdays until 21:00h.

SPECIFICATIONS



SILENCE
PLEASE



MAXIMUM
DURATION 1,5H.



CHILDREN UNDER
TWO YEARS OLD
NOT ALLOWED



CHILDREN UNDER 13
YEARS OLD WITH
AN ADULT