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Dear client,

In a natural setting at **1,850 above the sea** level and featuring exceptional views of Soldeu Valley, our **Sport Wellness Mountain Spa** is the ideal place to enjoy treatments and therapies designed for your beauty, health and wellness, as well as magnificent hydrotherapy facilities.

The term “**Spa**” comes from Latin and is an acronym based on the expression *Salut Per Aqua*, i.e. Health through Water.

At our spa, all our services are based on the beneficial effects of water, minerals and essential oils; all accompanied by physical exercise – and, of course – our professionalism; we’re a team of experts who are passionate about wellness.

We offer you the opportunity to pamper yourself, thanks to our collection of treatments.

At **Sport Wellness Mountain Spa**, there’s a treatment for every need.

Cosmetics and therapeutic, relaxing, sport-based and holistic treatments for the relaxation of body, mind and spirit.

Step into the summit of wellness, allow yourself to be guided by the skilled hands of our therapists and pampered thanks to the expertise of our lines and partners in beauty and self-care, such as:

The **VALMONT®** collection; this anti-aging specialist is most appropriate for anyone wishing to reduce the marks left by the passage of time.

**BABOR®** is a German brand with many years of experience in the science of beauty and wellness and this will allow you to enjoy immediate, personalised results!

The brand’s specific **DOCTOR BABOR®** line brings together even more skilled techniques contained in personalised “medical” prescriptions.

**ALTEARAH BIO®** is a range of certified organic beauty products made of essential oils; they combine aromatherapy, smell therapy and colour therapy into highly active beauty care that inspires body and spirit.

Discover the leader in products and treatments for hands, feet and nails, **CND™** or the proposal from **INDIBA® DEEP BEAUTY**, a pioneer in radio frequency that will help you attain beauty both inside and outside.

Our location and the elements of nature that make up our surroundings are our essence and our best allies in making your time in our hands an exceptional and unique experience.

We welcome you to the summit of wellness!

Your team at **Sport Wellness Mountain Spa**.



## BULGARIAN ROSE RITUAL

The Bulgarian Rose is rich in vitamins and antioxidants, tannins, pectin and niacinamide, to revitalise and rejuvenate the skin. It is highly effective in the prevention and repair of stretchmarks, as it aids in cellular regeneration.

50 min. 115 €

## 100% ARGAN NOURISHMENT

Enjoy a full-body exfoliation, leaving your skin clean and ready to receive a delicate, nourishing massage. The high content of Vitamin E, and Omegas 3, 6 and 9 is ideal to combat premature aging and restore your skin's nature colour and softness.

75 min. 134 €

## RELAXATION: SCALP AND FEET

A relaxing and deeply invigorating experience, this treatment includes a massage of the scalp and feet, as well as pressure points on the face. The result is a release of all the stress and tensions of daily life. This massage is also recommended for those with insomnia.

50 min. 98 €

## LYMPHATIC DRAINAGE

A gentle manual technique that stimulates venous and lymphatic return, eliminating toxins and harmful substances. This is the ideal supplementary treatment for those who suffer from fluid retention.

50 min. 98 €

## SPORTS MASSAGE

This vigorous sports massage is the perfect way to follow a workout. This massage will ease muscular blockage and tensions, improve blood circulation and activate the metabolism. Ideal for the recovery of tired muscles.

Back and leg massage 50 min. 104 €  
Intensive full-body massage 75 min. 144 €

## HOT STONES

Combines the relaxing effects of a massage with the benefits of hot and cold volcanic stones. A treatment that will channel your energies and release tension, for an overall feeling of release, wellbeing and comfort.

80 min. 158 €

## FOOT REFLEXOLOGY

A gentle massage of strategic points on the soles of the feet that are associated with the body's organs. This treatment is especially effective for those with physical fatigue and digestion-related problems.

50 min. 98 €

## AFTER EIGHT

A chocolate and peppermint wrap, followed by a massage using almond oil. The cacao is rich in antioxidants and trace elements, containing several ingredients that are good for the body. This treatment eases muscular pain and headaches and stimulates the secretion of endorphins, acting as an antidepressant and calming the nervous system. The mint, which is known for its stimulating and analgesic properties, complements this delicious treatment.

75 min. 150 €

## BAMBOO REEDS

The results and benefits of this treatment come from the stimuli generated by the friction, percussion and pressure of the bamboo reeds; actions that lead to reactions at the neural, circulatory, nervous, muscular, cellular, energetic and emotional levels. A complete circuit of relaxation, this is the elixir that we crave to reach the deepest state of physical, mental and spiritual tranquility.

50 min. 98 €

## RELAXING

A relaxing anti-stress massage adapted to the current state of your mind, body and soul. The rhythm, movements and aromas are sure to give you a deep sensation of wellbeing.

Back and leg massage 50 min. 98 €  
Full-body massage 75 min. 138 €



## CLEANSING & MOISTURISING | Purity of Bisses | VALMONT

A body exfoliation, followed by the application of echinacea oil, will leave your skin completely cleansed and moisturised.

50 min.

120 €

## SEAWEED DETOX WRAP | BABOR Body Spa

The spirulina seaweed has a detoxifying, moisturising effect, providing the skin with vitamins, minerals and trace minerals that help to eliminate swelling and promote the firmness and elasticity of the tissues.

60 min.

118 €

## AROMAS AND SALTS | BABOR Body Spa

Exfoliate, nourish, hydrate, soften, tone and invigorate your skin, with our body treatments by BABOR Body Spa. Select a wrap exfoliation or add a massage for optimal results and deep relaxation.

### Body Exfoliation, Wrap & Massage

90 min. 165 €

## AROMA & WELLNESS | BABOR Body Spa

During an aromatic massage session, the sensations on the skin and olfactory send the brain messages of wellbeing and relaxation. Aromatic massage also has a psycho-sensorial effect, as the scents act on our emotional state. We'll let you choose the one that best suits your mood, to leave you ...

- With more energy: ENERGIZING.
- With relaxed muscles and a relaxed mood: RELAXING.
- More balanced at both the muscular and emotional levels: BALANCING.
- More toned and supple: SHAPING.

60 min.

114 €

## ANTICELLULITE & TONING | High Summits of the Silhouette | VALMONT

A reshaping body treatment. Massage, percussion, friction and pressure deeply act on each area of the body, for a toned and slenderising body effect.

Exfoliación y Masaje Corporal

75 min. 205 €

## THE ODYSSEYS |

The power of essential oils, the power of perfume and the simplicity of movement come together in colours. Immerse yourself in the now and connect with your true self.

90 min.

165 €

## INSTANT WELLNESS |

The power of essential oils, the power of perfume and the simplicity of movement come together in colours. Immerse yourself in the now and connect with your true self. Choice of exfoliation or massage.

60 min.

135 €

## SPECIAL MUM |

The power of essential oils, the power of perfume and the simplicity of movement come together in colours. Immerse yourself in the now and connect with your true self.

50 min.

165 €

To increase the relaxing sensation after a treatment, we recommend the addition of our beauty bath, for optimal results.

### CLEOPATRA BATH

A hydrating and nourishing milk-based bath. The milk acids improve the appearance of the skin, by eliminating the substances that hold onto the dead cells on its surface, giving the skin a younger look and increasing collagen production.

25 min.

48 €

### OCEANIC BATH

Relaxation, the elimination of toxins and the slimming power of seaweed come together with pure sea salt in this hydromassage bath.

25 min.

38 €

### MEDITERRANEAN BATH

A treatment bath using oil and pure sea salt, for fresh, smooth, firm skin, with a pleasant aroma of wellbeing.

- With an invigorating aroma: Energizing
- With a calming aroma: Relaxing
- With a warm and balancing aroma: Balancing

25 min.

45 €

**ABHYANGAM | Anti-stress**

A relaxing full-body massage using herbal oils. This massage includes the scalp and facial area and improves the overall circulation, for healthy and naturally radiant skin. This massage is advisable for daily use, as it balances all the different energies. This is the classic Ayurvedic massage.

60 min.

110 €

**MARMA MASSAGE | Energy boost**

Se utiliza la digitopresión sobre los puntos vitales (*marma*) y músculos, usando el pulgar o la palma de la mano en determinados puntos con alta concentración de energía vital. Este masaje es excelente para el exceso de trabajo, cuando el día a día nos lleva al cansancio, para ayudar a estirar los músculos de todo el cuerpo y aliviar la fatiga.

60 min.

120 €

**THAILA-SHIRODHARA | Tranquillity**

Potente terapia para relajar la mente. Después de un relajante masaje de cuerpo entero, se realiza una colada de aceites medicinales por la frente. Está indicado para estados de insomnio, ansiedad, depresión, trastornos nerviosos y también para mejorar la claridad mental. Esta terapia equilibra los *doshas vata y pitta*.

75 min.

165 €

**UDWARTANAM | Drainage and elimination of toxins**

Helps to fight obesity and cellulite. The first part of this treatment is a massage with micronized herbs. It is followed by a body massage with medicinal oils, and finally, an application of hot herbal pindas that activate the metabolism and help to drain body fat. This therapy also lightens the body and digestion and improves the health of the skin.

75 min

155 €

**ELAKKIZHI | Herbal calming**

Though this massage is recommended for those with muscle cramps and joint pain, it has very relaxing properties, making it ideal for anyone who enjoys a really intense massage. That does not mean this is not a hard massage; rather, the combination of the heat, the medicinal oils and the massage itself leads to surprising results.

This treatment includes a full-body massage, followed by a massage with hot pindas in herbal oil, and is sure to calm the vata dosha.

75 min.

158 €

**SOWKHYAM | Anti-fatigue**

This is a combination of three types of relaxing massages. A balancing therapy that helps alleviate fatigue and stress in both body and mind. The treatment begins with a body massage (including the face and head) using herbal oils, followed by an herbal pinda massage to alleviate overworked muscles, and finally shirodhara therapy, which calms the mind.

This treatment will bring you closer to swasthyam, a balanced state of body and mind.

90 min.

198 €

**KATEEVASTHY | Special care for the back**

This treatment begins with a massage of the entire back, a complete massage using medicinal pindas that are highly beneficial for the joints. Next, a blend of warm oil combining medicinal herbs is applied to areas of pain in the body using a wheat-flour compress. This helps alleviate chronic pain, muscular sprains, spinal disk problems and stiffness in the joints, and it is especially indicated for vata dosha disorders. It is also helpful for specific points of pain on the back.

90 min.

178 €

**AYURVEDA CONSULTATION**

Experience the ancient healing technique of Ayurveda, with herbal-oil-based massages, after a consultation with your English-speaking Ayurveda medicine specialist.

30 min.

FREE



INDIBA® helps you to enhance your inner beauty, by improving cellular function and increasing the production of collagen and elastin, for young, radiant, healthy skin.

## CELLULITE REDUCTION & BODY CONTOURING | INDIBA® DEEP BEAUTY

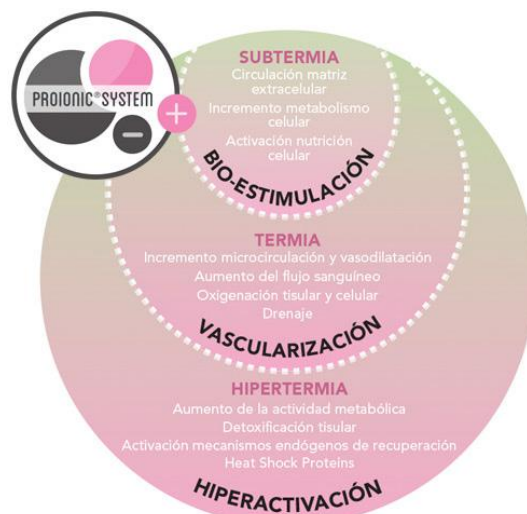
### Main effects of INDIBA® DEEP BEAUTY Body:

- Back beauty
- Breast lifting
- Improves elastosis and flaccidity
- Reduces fat and cellulite
- Glutes
- Tired legs
- Firming
- Drainage
- Anti-aging: hands, feet and & knees

Single session Revitalization of the skin	
<b>Body Cellulite</b> 60 min.	98 €
<b>Body Located</b> 35 min.	54 €
<b>Personalized Body (2 zones)</b> 90 min.	135 €

Enjoy a 15% discount when you purchase a package of 3 or more sessions.

INDIBA® increases the internal temperature of the body, gradually helping to reduce fat, reshape the body and tone the skin, thereby preventing the new formation of fat in areas where it is easily stored.







Since the company first began, Valmont has devoted its savoir-faire to the area of anti-aging, offering professional treatments that combine experience, high-performance products and precision movements.

Thanks to its exclusive and unique care protocols, Valmont treatments stand out for their “butterfly movements” that mark the style of each programme. Far from the traditional methods of beauty care, Valmont treatments are conceived as a symphony. The rhythm of the movements reconciles opposites. It is hypnotic and unexpected at the same time. The guest leaves feeling relaxed and invigorated, with a well-rested and wide-awake skin sensation. Each beauty ritual enjoys the benefits of its own emblematic treatment, bearing a name inspired on the heritage of the Swiss brand.



## ANTI-AGING FACIAL RITUALS AND TREATMENTS | VALMONT Luxury Collection

### SOIN MAJESTUEUX & L'ELIXIR DES GLACIERS



With the Majestueux, or Majestic Treatment, beauty flourishes in its maximum refinement. This complete treatment, which focuses on the face, neckline and chest, creates a matchless moment. Not to be forgotten is a sublimating hand treatment, with the Masque Majestueux.

The Majestic Treatment is a nourishing treatment that sculpts and reshapes.

90 min.

320 €

## ANTI-AGING FACIAL TREATMENTS AND RITUALS | VALMONT Classics

### PURIFYING FACIAL CLEANSE | Purity of the Alps | Exfoliation and cleansing

Much more than a simple cleanse, this is a true rejuvenation. 12 steps of delicate movements, with all the efficacy of Valmont, for all skin types. The result is soft, smooth, comfortable skin, free of impurities.

45 min.

85 €

### HYDRATION | Source of Bisses

Inject a spring of hydration into the thirstiest and most dehydrated skin. This treatment regenerates the skin, leaving it radiant, glowing and toned.

75 min.

182 €

### EXPRESS LIFTING | Minimal time and maximum effect

A toning treatment with wonderful, radiant results, for those who have little time and want the maximum effect with the finest Valmont ingredients.

60 min.

160 €

### ENERGY | Vitality of the Glaciers

Restore the energy and moisture that your face needs, due to the stressful pace of daily life and exposure to pollution. A change in the brightness of the skin, while combating the first signs of damage. The results? The skin is restored and fatigue is eliminated.

75 min.

182 €

### ANTI-AGING | On the Summit of the Matterhorn

Vitamin C and pure collagen restore the skin's density, toning it and visibly reducing the signs of aging, while minimising wrinkles. The result: an immediate lifting effect!

90 min.

195 €

### FACIAL CLEANSING SUPPLEMENT

Only available when combined with a facial treatment

30 min.

44 €



# BABOR

## The art of precision cosmetics

It all began in 1956 with a black rose, the symbol of eternal beauty. Since then, as a pioneer of professional cosmetics, BABOR has paved the way for cosmetic research, 'made in Germany'. Today, we remain driven in that pioneering spirit, which continues to spur our passionate quest for individual beauty and perfection. Our precision formulas are made from innovative active ingredients. Their effect is enhanced by the professional expertise of our experienced BABOR aestheticians who apply our personalised luxury treatments, which are specially designed to provide optimal individual results. At BABOR, our highly innovative active formulations are carefully combined with our exclusive treatment methods, to provide outstanding results and a unique, luxurious experience.

## The Brand DOCTOR BABOR Prescription Therapy<sup>RX</sup>

### MULTI MASKING SILVER FOIL

A very special treatment that combines a calming serum to erase redness, an active BTX serum to smooth wrinkles and release micro tensions, a collagen infusion to tone and firm up the skin and a silver mask with hyaluronic acid, to enhance and boost the results of the serums and creams applied in the treatment.

60 min.

130 €

## UNIQUE BEAUTY | Personalised Facial Treatments by BABOR SKINOVAGE<sup>PX</sup>

### CUSTOMISED FACIAL TREATMENT

This personalised facial treatment will directly address all the current needs of skin today. Whether dry or oily, sensitive or fatigued, each individual skin type or condition will be specifically addressed by your expert therapist. A powerful and innovative treatment that will protect your skin from premature aging in a way that targets the specific needs of your skin type.

60 min.

114 €

### FACIAL HYGIENE

An essential facial cleanse that deeply removes the impurities of the skin, leaving you with a magnificently clean and fresh skin sensation.

60 min.

96 €

### THE ANTI-WRINKLE EXPERT | HSR

This specialised treatment softens and restores, while erasing wrinkles and toning the skin. The result is a younger looking, well contoured face.

90 min.

158 €

### CONCENTRATE INFUSION AMPOULE SUPPLEMENT<sup>FP</sup>

Experience BABOR's iconic Bi-Phase Cleansing Ritual, followed by the most intensive form of beauty therapy: a professional ampoule beauty treatment. Thanks to its highly concentrated natural active ingredients tailored to your specific skin type, this intensive treatment provides immediate results that you will see and feel.

30 min.

20 €

### INDIBA® DEEP BEAUTY FACIAL SUPPLEMENT

Only available when combined with a facial treatment

30 min.

45 €

### FACIAL CLEANSER SUPPLEMENT

Only available when combined with a facial treatment

30 min.

44 €





INDIBA® helps to strengthen your inner beauty, improving cellular function and increasing the production of collagen and elastin, so that your skin will look young and healthy.

## ANTI-WRINKLE FACIAL & NATURAL LIFTING | INDIBA® DEEP BEAUTY

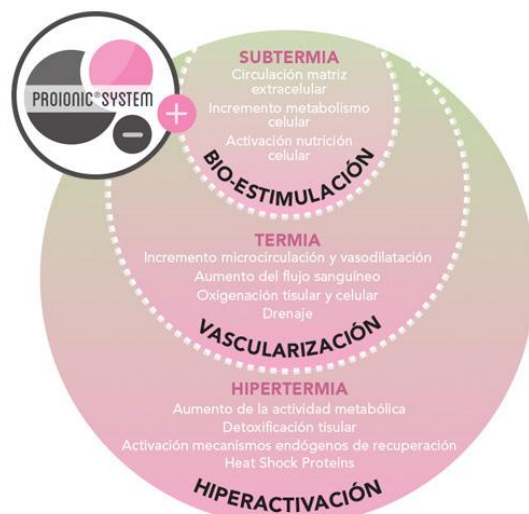
### Main effects of the INDIBA® DEEP BEAUTY Facial:

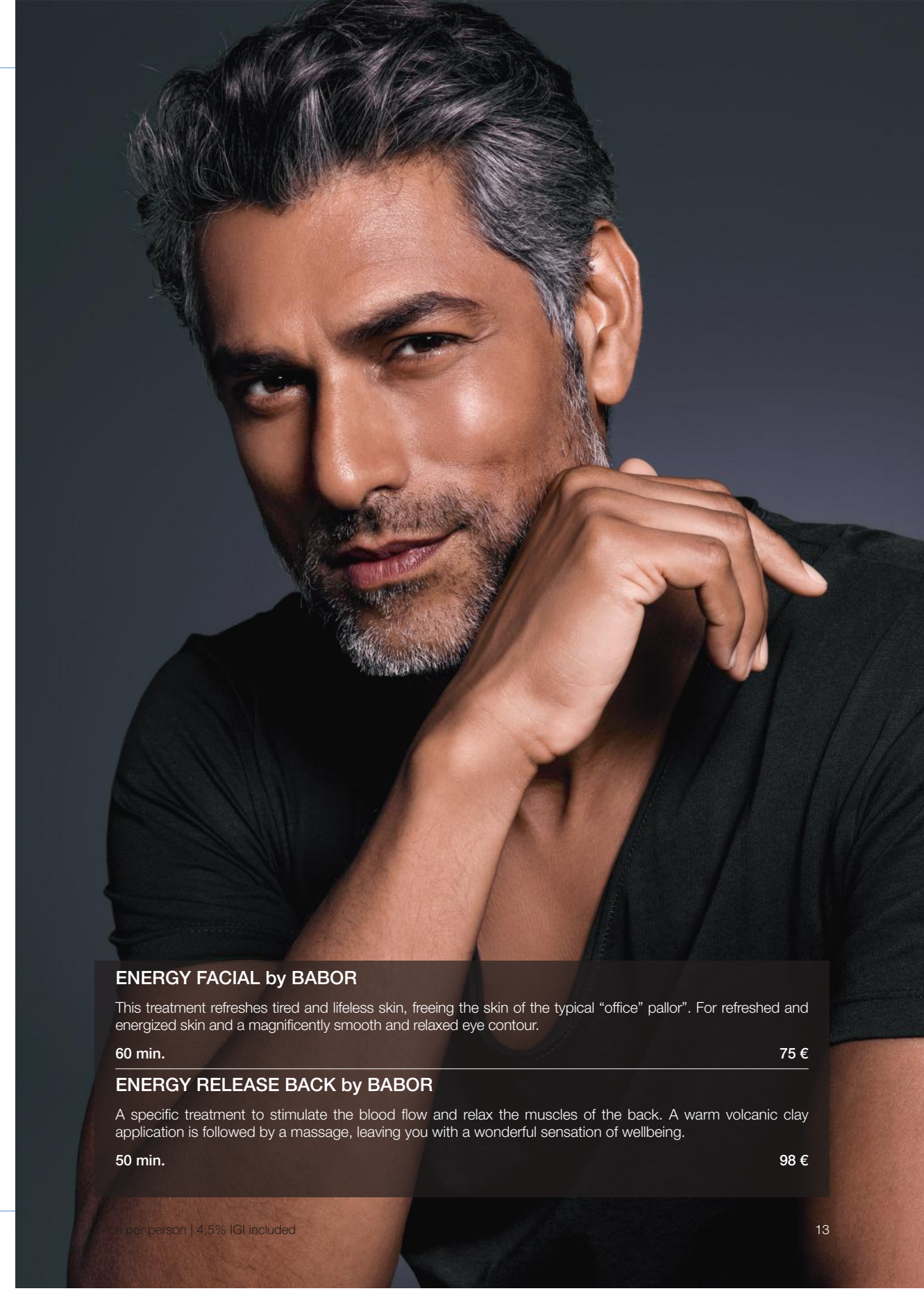
- Facial rejuvenation
- Reduction of wrinkles and creases
- Increased moisture and radiance
- Increased elasticity
- Firmer eyelids and eyebrows
- Firming of neck and chest
- Better muscular and vascular tone
- Regeneration of the epidermis
- Double chin repair
- Toning
- Draining

		Flash Session with Immediate Effect
Localised Facial	35 min.	54 €
Facial: Face, Neck & Chest	60 min.	98 €
Facial: Face, Neck & Chest Advanced	90 min.	135 €

Enjoy a 15% discount when you purchase a package of 3 or more sessions.

INDIBA® increases the internal temperature of the body, gradually helping to reduce fat, reshape the body and tone the skin, thereby preventing the new formation of fat in areas where it is easily stored.





### ENERGY FACIAL by BABOR

This treatment refreshes tired and lifeless skin, freeing the skin of the typical "office" pallor". For refreshed and energized skin and a magnificently smooth and relaxed eye contour.

60 min.

75 €

### ENERGY RELEASE BACK by BABOR

A specific treatment to stimulate the blood flow and relax the muscles of the back. A warm volcanic clay application is followed by a massage, leaving you with a wonderful sensation of wellbeing.

50 min.

98 €





## **FACIAL APRÈS SKI | APRÈS GOLF by BABOR**

### **Peeling and treatment**

A peeling application to promote facial radiance and a calming treatment made with rose water and an allantoin and panthenol cream with Epigen Tech Peptide, a 360° calming formula that erases redness, reduces tightness and irritation and reinforces the skin cells, preventing aging. Ideal after sun exposure and an excellent ally to reduce stress in the skin caused by jet lag.

**60 min.**

**85 €**

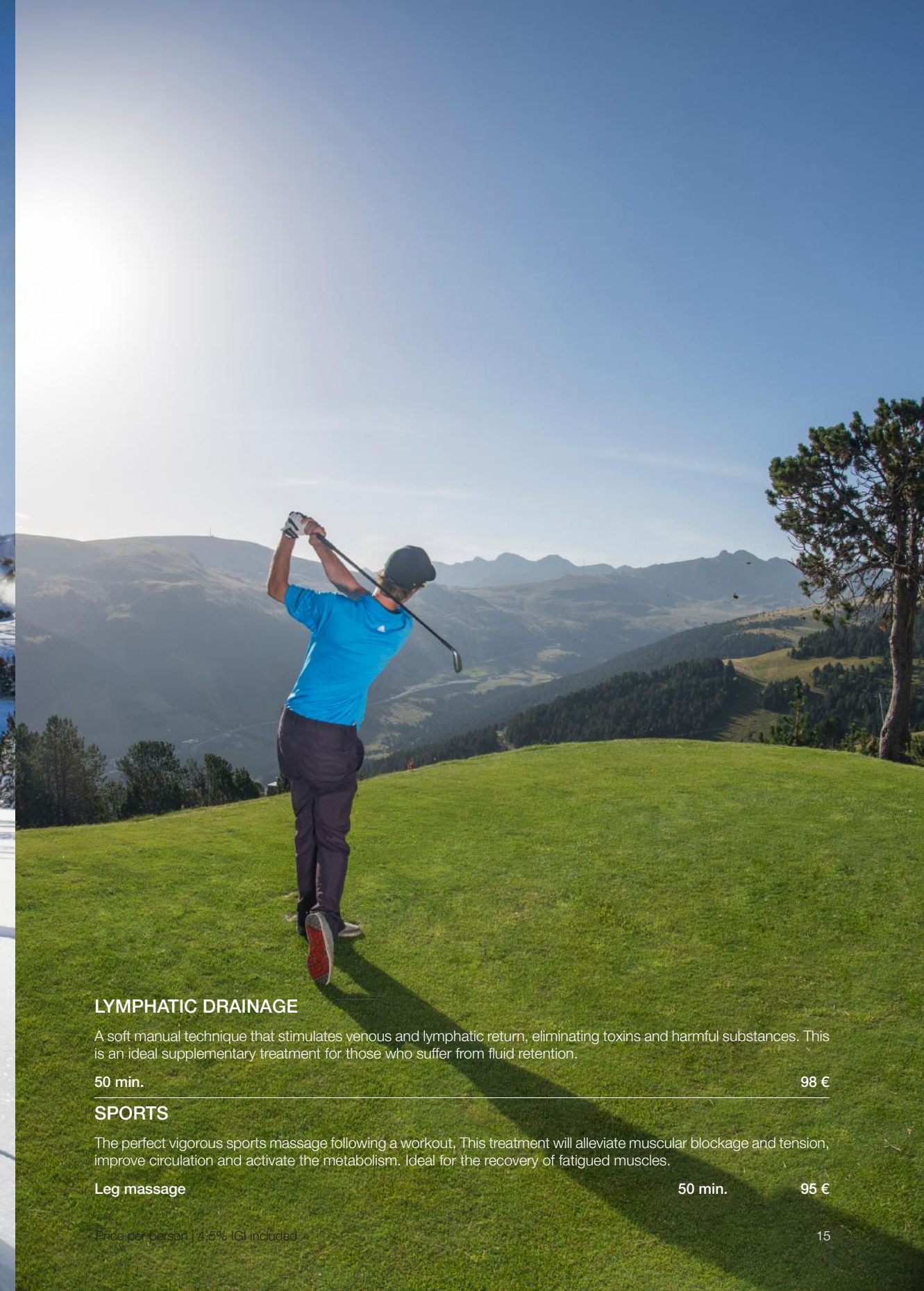
## **FACIAL APRÈS SKI | APRÈS GOLF by VALMONT**

An exclusive after-sun treatment. Enzyme-based exfoliation, to reactivate the skin's radiance, with a calming and repairing contouring and collagen mask application, to alleviate the skin and stop redness.

**60 min.**

**155 €**





## LYMPHATIC DRAINAGE

A soft manual technique that stimulates venous and lymphatic return, eliminating toxins and harmful substances. This is an ideal supplementary treatment for those who suffer from fluid retention.

50 min.

98 €

## SPORTS

The perfect vigorous sports massage following a workout. This treatment will alleviate muscular blockage and tension, improve circulation and activate the metabolism. Ideal for the recovery of fatigued muscles.

Leg massage

50 min.

95 €

Price per person | 4.5% IGT included

15

## HAND & FOOT CARE

### SPA MANICURA

The first impression always counts! Our professional manicure is a very special pleasure that will make you want to show off your hands.

This can be enjoyed at two intensity levels.

**A radiant 45-minute manicure consisting of:**

Hand bath, fingernail filing and buffing, cuticle treatment, application of a nourishing cream on the hands and arms.

**A 60-minute rejuvenating manicure consisting of:**

All the components of the radiant manicure, with the addition of a super repair mask.

45 min.

53 €

60 min.

63 €



### SPA PEDICURE

Show off your pretty feet! Our professional pedicure alleviates tired feet and renews dry and damaged skin, nourishing and hydrating your skin, for a soft and silky feel. All so that you can take a big step forward!

This can be enjoyed at two intensity levels.

**A radiant 45-minute pedicure consisting of:**

Foot bath, nail filing and buffing, cuticle treatment and application of a nourishing cream on the feet.

**A 75-minute transforming pedicure consisting of:**

All the components of the radiant pedicure, with the addition of a moisturising mask and an intensive callous removal treatment.

45 min.

59 €

75 min.

79 €

### SPA MANICURE & PEDICURE SUPPLEMENTS\*

Semi-permanent nail polish

25 min.

20 €

Removal of semi-permanent nail polish

25 min.

20 €

Vinylux polish

25 min.

15 €

\* These treatments are only offered as supplements to a Spa Manicure or Spa Pedicure.



## HAIR REMOVAL WITH WARM & HOT WAX

Half legs	20 €
Full legs	30 €
Under arms	10 €
Bikini line, normal	15 €
Bikini line, Brazilian	20 €
Back	30 €
Legs, under arms and bikini line	50 €

Price per person | 4,5% IGI included





## CHILDREN & TEENAGER

### GLAMOUROUS HANDS

Enjoy a refreshing experience with a wonderful scent, to rejuvenate your young hands. After cutting and filing your nails, we will pamper you with a relaxing hand massage.

35 min. with nail polish 48 €

### FACIAL TREATMENT FOR ADOLESCENTS

Special for adolescents, whose skin often goes out of balance due to hormonal changes. A deep facial cleanse with a final sebum regulator treatment. This adolescent skin cleansing and regulation treatment provides optimal freshness.

50 min. 85 €

### CLOUD 1850

Relax and enjoy! After this almond oil massage, you'll feel like you're on cloud 1850.

25 min. 43 €  
50 min. 85 €

### GLAMOUROUS FEET

We give your active feet all the attention they need. After cutting and filing your nails, we will pamper you with a relaxing foot massage.

35 min. with nail polish 48 €

### FACE OF HAPPINESS

A refreshing cleanse and gentle care are sure to make your young face shine.

25 min. 43 €

### MUM AND DAD'S CLOUD

Enjoy this treatment with your mum or dad in a double cabin. Only available in the 50-minute version between 10 am and 3 pm.

50 min. 160 €

These offers are only valid for young people between ages 6 and 16.

The massage treatments for kids under age 12 will only be given if the child is accompanied by his/her parents.

Access to the Hydrotherapy Circuit is reserved to teens over age 13.

## Winter Spa packages

10:00  
14:00

**Our Winter Spa packages are available by advance reservation only, within the specified schedule, and they are subject to availability.**

**All of our packages come with the Spa Experience, which includes:**

- 1 3-hour pass to enjoy the Hydrotherapy Circuit & Saunas
- 1 gym session, including free guided classes
- 1 locker in the treatment area
- A bathrobe and towels
- 1 hot beverage, a glass of juice or a glass of cava

### Winter Relax Break

One Spa Experience and one Winter Relax Break Experience with a choice of:

**BACK AND LEG MASSAGE**  
**FULL-BODY MASSAGE**

50 min.  
75 min.

119 €  
155 €

### Winter Beauty Break

One Spa Experience and one Winter Relax Break Experience with a choice of:

**CUSTOMISED FACIAL | BABOR SKINOVAGE<sup>px</sup>**  
**DOCTOR BABOR | SILVER MASK**

60 min.  
60 min.

134 €  
154 €

### Winter Relax Break For 2

One Spa Experience and one Winter Relax Break Experience for 2, with a choice of:

**BACK AND LEG MASSAGE**  
**FULL-BODY MASSAGE**

50 min.  
75 min.

229 €  
298 €





## Summer Spa packages

10:00  
14:00

Our Summer Spa packages are available by advance reservation only and are subject to availability.

All of our packages come with the Spa Experience, which includes:

- 1 3-hour pass to enjoy the Hydrotherapy Circuit & Saunas
- 1 gym session, including free guided classes
- 1 locker in the treatment area
- A bathrobe and towels
- 1 hot beverage, a glass of juice or a glass of cava

### Summer Relax Break

A Spa Experience and a Summer Relax Break Experience with a choice of:

<b>PARTIAL BODY MASSAGE</b>	25 min.	72 €
<b>BACK AND LEG MASSAGE</b>	50 min.	108 €
<b>FULL-BODY MASSAGE</b>	75 min.	140 €

### Summer Beauty Break

A Spa Experience and a Summer Beauty Break Experience, with a choice of:

<b>CONCENTRATE INFUSION AMPOULE</b> <sup>FP</sup>	30 min.	85 €
<b>CUSTOMISED FACIAL   BABOR SKINOVAGE</b> <sup>PX</sup>	60 min.	121 €
<b>ADVANCED CUSTOMISED FACIAL   BABOR SKINOVAGE</b> <sup>PX</sup>	90 min.	148 €

### Summer Relax Break For 2

One Spa Experience and one Summer Relax Break Experience for 2 with a choice of:

<b>PARTIAL BODY MASSAGE</b>	25 min.	135 €
<b>BACK AND LEG MASSAGE</b>	50 min.	207 €
<b>FULL-BODY MASSAGE</b>	75 min.	269 €



## Single admission winter season

### HYDROTHERAPY CIRCUIT & SAUNAS, 3 HOURS

\*price per person

\*\*includes: locker, towel, a warm drink, a glass of juice or a glass of cava.

\*\*\*for national holiday and school holiday rates, please consult us at info@sportwellness.ad or call us at +376 870 510.

	Mornings (10.00 a 13.00 h)	Afternoons
Non-guests	starting at 45 €	starting at 49 €
Sport Hotel and Sport Hotel Village guests	34 €	37 €

### SUPPLEMENT GYM USE, INCLUDES FREE CLASSES

\*valid only when combined with admission to the Hydrotherapy Circuit and Saunas, subject to availability.

Non-guests and Andorra residents	20 €
Hotel guests	free

\*Andorra residents will enjoy a 15% discount on admission to the circuit (only during winter) and gym (ID required).

## Single admission summer season

### HYDROTHERAPY CIRCUIT & SAUNAS, 3 HOURS

\*price per person

\*\*includes: locker, towel, a warm drink, a glass of juice or a glass of cava.

\*\*\*for national holiday and school holiday rates, please consult us at info@sportwellness.ad or call us at +376 870 510.

	Mornings (10.00 a 13.00 h)	Afternoons
Non-guests	29,50 €	34,00 €
Andorra residents (with ID card)	27,50 €	29,50 €
Guests of the Sport Hotel and Sport Hotel Village	25,00 €	27,00 €

### Guests of the Sport Hotel and Sport Hotel Village

\*valid only when combined with admission to the Hydrotherapy and Saunas Circuit, subject to availability.

Non-guests and Andorra residents	10,00 €
Hotel guests	free

### OUTDOOR POOL, INCLUDES FREE CLASSES IN THE POOL & KIDS' CLUB ACTIVITIES

\*booking subject to availability.

Non-guests and Andorra residents	25,00 € per day, per person (adults and children ages 3 and up)
Hotel guests	free

## Winter and summer seasonal packages

We offer all of our customers a special admission fee:

- A 10% discount on the applicable price with the purchase of 6 or more admissions.
- A 15% discount on the applicable price with the purchase of 10 or more admissions.

## Sport Wellness Mountain Spa Gym & Activities

### EXTERNAL CUSTOMERS, NON-GUESTS

\*includes: locker, towel, water and fruit

\*\*package non-transferable, non-refundable, subject to availability

	1 day	10 days	1 month	Summer or Winter season
Gym (includes free classes)	20 €	150 €	250 €	420 €

### PERSONAL TRAINING SESSION

50 min.  
80 min.

45 €  
70 €

For further information on guided activities and classes, please check with the Spa's main reception desk. Spa slippers and swimsuits are required inside our Spa. Please shower with soap and hot water before entering the spa circuit and after each use. Towels and swimsuits are required for use of the saunas. When using the gym area and during the guided activities, we recommend that guests wear soft-sole sports shoes and comfortable sportswear.

The Sport Wellness Mountain Spa is a spa for adults. Children under age 13 will not be admitted to the hydrotherapy circuits, the saunas or the gym. Teens between ages 13 and 18 must be accompanied by a responsible adult. In the case of any doubt, the spa reception staff reserves the right to request an identification card that accredits the age of a potential guest.



# The most valuable gifts are not ships, jewellery or cars...

## ...They are time, love and life!

Give the gift of what is most important in life, with a Sport Wellness Mountain Spa gift card.

Whether it is a visit to our hydrotherapy circuit, a Spa package or a treatment, we're delighted to assist you.

Please feel free to contact us by telephone (+376) 870 510  
or by email at [info@sportwellness.ad](mailto:info@sportwellness.ad).

...Now is the time to enjoy the Summit of Wellness!

We look forward to seeing you soon,

**Your Sport Wellness Mountain Spa team**








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## Bookings & Contact

We will be delighted to recommend and set up the perfect experience for you. To do so, we suggest that you book your treatments in advance online, by telephone or in person at the Sport Wellness Mountain Spa reception desk.

Guests staying at the Sport Hotel Hermitage & Spa have free access to the Spa, whereas the guests staying at the Sport Hotel Village and Sport Hotel will enjoy very special Spa access conditions. Use of the gym is free for all our guests.

External customers may enjoy any of our services by advance booking, in keeping with the current rates.

-  (+ 376) 870 510: extension "4" from your hotel room
-  [info@sportwellness.ad](mailto:info@sportwellness.ad)
-  [www.sportwellness.ad](http://www.sportwellness.ad)

## Preparing for your visit & required clothing

For greater comfort, we recommend that hotel guests come to the Spa in their bathrobes. Spa slippers and swimsuits are required and are available for sale at our reception desk. Swimsuits and towels must be used at all times in all saunas and steam rooms.

When using the gym area and during the guided activities, we recommend that guests wear soft-sole sports shoes and comfortable sportswear.

We recommend that Spa users refrain from wearing jewellery and valuable belongings when enjoying the treatments, as the Spa will not be responsible for them.

We will provide you with everything you need for our massage and beauty treatments. During the treatments, only the area of your body being treated will be exposed and the rest of your body will be covered.

Having a shower before our massages and body treatments is the ideal way to relax and prepare you for your treatments. We suggest that men shave several hours before having a facial treatment. We do not recommend body exfoliation treatments in the cases of sunburn or freshly shaven or waxed legs.

Because the skin needs to rest after a treatment to enjoy its full effects, we do not recommend sunbathing or exposing the skin to the harmful effects of the sun's rays (this includes UVA sunbeds), swimming pool chlorine and / or sea salt.

## Comfort

The Sport Wellness Mountain Spa is a place for peace, quiet and relaxation. Please do not use your mobile phone, camera or video camera here, and remember that smoking is prohibited inside the spa. Please do not consume any alcohol before or immediately after your treatment, as alcohol could reduce its effectiveness. The Spa does not permit the consumption of any foods or beverages that are not provided on the premises.

In the case of non-compliance with our rules, we may be forced to ask you to leave our facilities.

## Arrival

We make every effort to see that all treatments begin at the scheduled times. For this reason, we recommend that you arrive 15 minutes before your appointment. If you arrive late and your assigned therapist or cabin is booked for an appointment immediately following yours, we may be forced to shorten your booked treatment and still charge you the full price.

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## Cancellation policy

We inform you that you may cancel or change your treatments at no cost whatsoever, providing that the Spa reception is notified of such changes at least 12 hours in advance of the appointment time. If you miss your appointment or fail to notify the Spa within such term, we will be forced to charge you 100% of the purchased treatment.

## During treatment

Sexual harassment or inappropriate behaviour during a treatment will not be tolerated. In the event of such behaviour, our therapists will have the right to stop the treatment immediately.

## Health conditions

It is important that you inform us —and above all your therapist— of any health problems or specific medical issues that may require special care before you begin your treatment.

## Pregnancy or breastfeeding

Special rules apply to this time in your life. We will be delighted to provide you with personal guidance regarding the most ideal treatments that you can enjoy with total safety during your pregnancy or lactation period.

## Minors

The Sport Wellness Mountain Spa is a spa for adults. Children under age 13 will not be admitted to the hydrotherapy circuits, the saunas or the gym. Teens between ages 13 and 18 must be accompanied by a responsible adult. In the case of any doubt, the spa reception staff reserves the right to request an identification card that accredits the age of a potential guest. Minors under age 12 will only be given massage treatments if they are accompanied by their parents. For babies, children and young people who cannot enter the spa, we have a wonderful supervised Kids' Club. For further information on the activities for children and families, please consult the staff at the main reception desk of the Spa.

## Loss or damage to personal belongings

Sport Wellness Mountain Spa will not be responsible for the theft or loss of or damage to clothing or personal belongings inside of its facilities.



### Use of the Hydrotherapy Circuit

Our Spa is a Health and Wellness centre that focuses on the relaxation of our customers. Spa slippers and swimsuits are required for use of the Spa. We will provide you with towels, and if you have forgotten your swimsuit, you may purchase one at our main reception desk. You are required to shower with soap and hot water before entering the spa circuit and after each use of our water facilities.

Do not use the Spa facilities if you have any of the following conditions:

- If you are within the first three months of your pregnancy or if your pregnancy is considered one of risk; in all other cases, please consult your doctor before using the Spa
- Severe or uncontrolled high blood pressure
- Infectious skin diseases
- Malignant tumours undergoing treatment
- Cardiovascular changes or irregularities without the consent of your doctor, recent heart attack or recent bypass surgery
- Respiratory or genitourinary infections
- Large varicose veins
- Inflammation of the ear
- Phlebitis
- Conjunctivitis
- Malnutrition: anorexia, anaemia
- Allergy to bromine (for other allergies, please consult)
- Claustrophobia
- Processes that include fever and general malaise

### Use of the Saunas

The use of the saunas is advisable for cases of chronic rheumatism, minor colds, stress, asthma, minor bronchial disorders and acne; and as an enhancement for the treatment of obesity and muscle contractions.

You should not use the saunas if you have any of the following conditions:

- Severe high blood pressure
- Low blood pressure
- Cardiovascular problems or heart disease
- Fever
- Epilepsy
- Anorexia
- Nephritic colic
- Severe bronchial disease
- Pregnancy
- Varicose veins
- After consuming alcohol
- Contagious infectious diseases (in this case, the use of the Spa is totally prohibited)

We advise you not to use the sauna after large meals. In such cases, please be sure to wait at least two hours before entering the sauna.

Swimsuits, towels and the appropriate footwear are required to enter the saunas. All users are required to shower with soap and hot water and dry themselves off before using the sauna. Shaving or waxing inside of the sauna is prohibited.

Once you finish your session, we advise you to shower with warm water, followed by a 5-10-minute break, and then shower again with cooler water. Please be sure to drink plenty of water before and after your session.



If at any time during your session you feel dizzy or nauseated or if you have any other type of discomfort, please leave the sauna and notify the staff immediately.

We offer you five floors, with a total surface area of 5 000 m<sup>2</sup> exclusively designed for your wellbeing and beauty.

Decorated by the famous Girona-born artist Domènec Fita i Molat, our Sport Wellness Mountain Spa 1850 features different drawings, which, together with our facilities, truly set apart our Spa.

### 1<sup>st</sup> Floor of the circuit



- Relaxation areas with loungers
- Four hydromassage hot tubs (32-30 °C)
- Changing room, showers and services

### 2<sup>nd</sup> Floor of the circuit



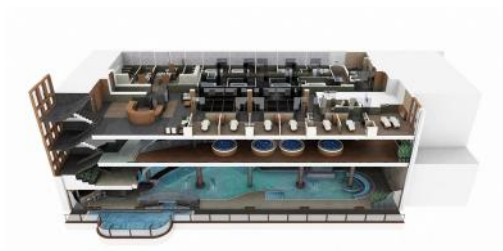
- Tepidarium - Relaxation area with 9 heated beds (36 °C)
- Sauna with music therapy and chromotherapy (90 °C); 10% humidity
- Steam room (40 °C); 90% humidity
- Ice fountain
- Contrast showers
- Caldarium (35 °C)
- Sanarium (50 °C); 20% humidity
- Relaxation showers
- Aromas cabin (40 °C); 60% humidity
- Footbath
- Relaxation area

### 3<sup>rd</sup> Floor of the circuit



- Hydromassage pool (32 °C); 1.40 m deep, 2 outside hydromassage hot tubs
- Relaxation pool (34 °C); 1.40 m deep
- Contrast pool (12 °C); 1.40 m deep and pebble path (12 °C)
- Relaxation area

### Treatment rooms



We have one floor that is exclusively used for treatments and therapies.

It has 19 cabins, one of which is double, to enable couples to enjoy treatments together.

Moreover, most of our cabins have mountain views.



# SportWellness

MOUNTAIN SPA



A MEMBER OF  
THE LEADING HOTELS  
OF THE WORLD

## Opening times (subject to changes and availability)

### Treatments, hydrotherapy circuit and saunas\*

Monday to Sunday: 10:00 am to 9:00 pm

Summer: Sunday to Thursday: 10:00 am to 8:00 pm

### Gym

Monday to Sunday: 7:00 am to 9:00 pm

\*The pools and saunas will close 15 minutes before the closing time of the Sport Wellness Mountain Spa.

On national holidays and during school holidays, the service schedules may be extended. To avoid any inconvenience, we recommend that you check the schedules before your arrival, via email at [info@sportwellness.ad](mailto:info@sportwellness.ad) or by calling us at +376 870 510.