

WELLNESS

A journey of wellbeing, and discovery. Just for you.

Un viaje de bienestar y descubrimiento. Solo para usted.

Un voyage de bien-être et de découverte. Pour vous seul.

HOTEL
CAMIRAL

AT PGA CATALUNYA RESORT

RELAX AND UNWIND

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*Welcome to our Wellness Centre, gateway to a world of comfort.
The perfect way to take time out, indulge yourself...and truly relax.
Feel yourself re-energising in our indoor hydrotherapy pool and healing
thermal suite. Pamper yourself with a spa treatment. Or soothe tired
muscles in our herbal steam room.
From time-tested holistic rituals and beauty therapies, to innovative
massage and body treatments... we guarantee you'll leave feeling
refreshed, restored, and revitalised.*

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THERMAL AND THERAPY AREA

HYDROTHERAPY POOL

TRADITIONAL SAUNA

LAVANDA STEAM ROOM

THERAPY ROOMS

COUPLES SUITE

RITUALS AND TREATMENTS

SPORTS MASSAGES

RITUALS OF THE WORLD

FACIALS

MASSAGE & BODY COLLECTION

BEAUTY

SPORTS MASSAGE & TREATMENTS

PERSONALISED THERAPEUTIC SPORT TREATMENTS (25/50 MINUTES) €55 / €95

A selection of specialist sports massage techniques for different parts of the body, entirely adapted to your needs. We use stretching and gentle exercise routines, help correct asymmetries, and explain the benefits of massage – and when it should be avoided. Techniques include electrostimulation, thermotherapy, vibrotherapy, tape and kinesiotape.

QUIRO GOLF (50 MINUTES) €95

Feel those tensions melting away with this therapeutic massage designed to relieve stress, soothe sore muscles and improve flexibility. This lavish ritual uses golf balls to improve circulation and reduce joint pain. An innovative technique that restores balance and energy, relaxing your muscles from head to toe and leaving your skin smooth, supple and totally revitalized.

SPORTS MASSAGE (50 MINUTES) €95

For a more intense session, this no-nonsense massage focuses on stretching tense muscles, stimulating inactive ones and improving soft tissue condition. Perfect for increasing flexibility and, over time, improving your posture.

BACK & NECK MASSAGE (25 MINUTES) €50

A relaxing massage that focuses on your upper body to ease away muscle pain, release tension and leave you feeling wholly relaxed. The ultimate tonic for aching bodies, and restless minds.

LIGHTER LEGS MASSAGE (25 MINUTES) €50

A massage treatment adapted just for you, combining firm pressure and light stretching to relieve tension and release knots. Leaving your legs feeling lighter than air.

RITUALS OF THE WORLD

DAMASK ROSE OF MOROCCO (80 MINUTES) €180

A luxuriant, romantic ritual with known restorative effects that has dramatic results on your skin.

A delicate exfoliation using a Damask rose and diamond dust scrub will purify your skin, before cleansing with a light diamond mist spray. The finishing touch: a relaxing massage with natural oils to leave your skin vibrant, silky and supple. A journey to restoration and well-being in a soothing atmosphere of soft, scented roses.

ESSENCE OF THE MEDITERRANEAN (80 MINUTES) €160

A sophisticated, complete skincare treatment designed to enrich your skin through an extra dose of vitamins. Its innovative antioxidant and firming active ingredients restore density and smooth wrinkles for a more radiant, even complexion.

A sensory journey to luminous, well-nourished skin that looks – and feels – wonderful.

OBSIDIANA HOT STONES (50 MINUTES) €95

An innovative therapy using heated stones to enhance relaxation and serenity, while a medium pressure tissue massage stimulates the circulation and detoxifies the body – leaving you with a deep sense of wellbeing.

ORIENTAL ENERGY BALANCE (50 MINUTES) €95

A sensory ritual using oriental oils to release the flow of energy and restore balance between body and mind. Strongly recommended for relieving muscle tension – the primary cause of blocked energy – the treatment enhances your serenity, relaxation and comfort.

AYURVEDA HARMONY (50 MINUTES) €95

A holistic massage based on the Ayurveda system of healing practiced in India for more than a thousand years.

For optimum relaxation and inner serenity, we select the massage oil best suited to you according to your dosha.

FACIAL

DIAMOND QUEEN COLLECTION FACIAL (80 MINUTES) €160

An exclusive ritual that uses a regenerative, energizing action to produce an instant lifting effect on your skin. Powerful active ingredients combine with innovative massage techniques to firm your skin, reducing wrinkles and expression lines. The treatment reinforces the skin's natural defence system, preserving long-lasting hydration and improving elasticity. And leaving your skin feeling radiant, refreshed and rejuvenated.

REVITALISING VITAMIN C FACIAL (50 MINUTES) €95

An exquisite protocol designed to recapture the skin's luminosity and firmness through a relaxing citrus aromatherapy treatment. The ritual awakens the senses, infusing your skin with all the energy of Vitamin C. Its powerful anti-oxidant action repairs damaged skin, leaving you with a completely hydrated, revitalized complexion. The delicious citrus fragrances and rich textures make this treatment an unforgettable experience.

EXPRESS FACIAL (25 MINUTES) €50

A detoxifying and relaxing facial that refreshes the skin and lifts the spirit. Ideal for some express "me-time" or as a quick pick-me-up.

CEUTICAL FACIAL (50 MINUTES) €95

Specially designed for sensitive skins that experience redness, dilation of capillaries and inflammation after exposure to the sun. Our soothing serum combines natural botanicals that calm the skin and increase its natural defences.

LA CURA ANTI-AGING FACIAL (50 MINUTES) €95

The ultimate bespoke facial that deep-cleans and detoxifies skin while relieving stress. This meticulous cleansing protocol is based on thermoactive enzymatic detoxification, using heat to open and soften pores, and botanical freshness to close and purify them. A new concept that pampers your skin to maximum purity, providing an instant sense of wellbeing.

OXYGEN FACIAL (50 MINUTES) €95

A treatment specially created for stress-fatigued skin, restoring vitality and radiance and leaving your skin wonderfully firm and hydrated.

MASSAGE & BODY THERAPY COLLECTION

ANTI-CELLULITE THERAPY (50 MINUTES) €95

A specialist treatment designed to stimulate the circulatory and lymphatic system and target areas of fluid retention, cellulite and uneven skin tone. A firming and detoxifying mask is then applied to relieve blockages and tone the skin for extra suppleness. A course of treatments is recommended for longer-lasting effects.

INDIAN HEAD MASSAGE (25 MINUTES) €55

An uplifting massage treatment that focuses on the upper back, shoulders, scalp and face. The ritual relaxes and tones the facial muscles while stimulating and nourishing the hair and scalp. A time-tested massage technique known to relieve eye strain, insomnia, migraines, and stiff necks and shoulders.

FOOT REFLEXOLOGY (25 MINUTES) €50

A holistic ritual that stimulates predefined pressure points on your feet to relieve tension and stress.

Effective as an ongoing technique for promoting good health and preventing illness, it leaves you feeling instantly relaxed and reenergised.

MANICURE & PEDICURE

FILE & PAINT €35

This classic includes nail shaping, cuticle care, a hydration and the nail polish of your choice.

SPA MANICURE €55

An exclusive manicure that includes nail analysis, exfoliation and massage, nail shaping and application of the nail polish of your choice.

SPA PEDICURE €55

A luxurious treatment that includes a range of invigorating products to pamper your feet... and leave you with the sensation of walking on air.

FOR MORE INFORMATION OR TO
BOOK A TREATMENT, PLEASE SPEAK
TO A MEMBER OF OUR SPA TEAM.

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www.hotelcamiral.com

Lobby level, Hotel Camiral
Dress code Pool Wear & Robe

***Disclaimer**

We strongly advise that you consult your medical physician for clearance in advance of partaking in any our wellness treatments if you are pregnant or could be pregnant, suffer from heart disease, circulatory problems, high or low blood pressure or from any condition which may affect your reaction to heat or any condition which makes you unsure of the advisability of availing of a treatment, using a sauna, steam room or the thermal bath.

A MEMBER OF



THE LEADING HOTELS
OF THE WORLD®