

# THERAPEUTICS MASSAGES

## Well-being Massage 70€/person

Gentle 50min. massage, combined with natural oils with relaxing effects that help release tension and daily stress, achieving a state of deep relaxation of the body and mind.

## Decontracting Massage 72€/person

Deep massage of 50min., of medium-high pressure, combined with digitopuncture and stretching techniques, which help to eliminate toxins and improve oxygenation of the muscles. Indicated for people with muscle pain, contractures and fatigue.

## Chocolate Massage 70€/person

Body massage of 50min. antioxidant and thermoactive cocoa moisturizer.

## Foot Reflexology 69€/person

45min. foot massage technique, which contributes to improving the proper functioning of the internal organs of the body by stimulating the reflex areas in the feet.

## Lymph Drainage 72€/person

Gentle and light massage technique of 50min that seeks to activate the lymphatic system. Contributes to the elimination of waste substances from the body and a better response from the immune system.

## Partial Massage 45€/person

Localized 25min massage to choose between upper trunk (back) or lower trunk (feet and legs).

## Head-Neck Massage 45€/person

25min head, neck and shoulder massage technique that helps relax the central and peripheral nervous system. Indicated for problems of insomnia, migraines and stress.

## HOURS

Monday to Thursday, 10am-2pm and 4pm-8pm  
Friday, 10am-2pm and 4pm-9pm  
Saturday and Sunday, 9am-9pm

## CHILDREN'S HOURS

From 12 noon to 2pm  
and from 4pm to 5pm

### GENERAL CONDITIONS OF USE OF THE THERMAL CENTER

**EARLY BOOKING:** It's mandatory to reserve all your treatments as far in advance as possible to guarantee and adapt the service and schedule to your preferences. **CANCELLATION POLICY:** Cancellations of treatments NOT made at least 24 hours in advance, will entail a charge of 50% of the contracted services. In the case of NO presentation or Cancellation in the 12 hours prior to the treatments, the 100% charge will be made. **ARRIVAL AT THE THERMAL CENTER:** Please show up for your treatments at least 10 minutes prior to your reservation, so that you can change or store your belongings with peace of mind. We inform you that the treatment time will NOT be extended if you arrive late. **ETIQUETTE:** the environment of our Thermal Center is of tranquility and relaxation. Please respect our clients' right to privacy. Swimsuit use is required at all times. **PERSONAL ITEMS:** We regret that we are NOT responsible for any loss or damage to personal items. Keep all your valuables in the safe in your room or avoid using them during your treatments at the Thermal Center. **HEALTH STATUS:** If you have any health conditions, allergies or serious injuries that could affect the service, you must inform them at the time of booking treatments. **PREGNANCY:** If you think or know that you may be pregnant, you should inform the reception staff before booking any treatment. **MINIMUM AGE:** The minimum age to access the Thermal Center is 14 years old, but children between 6 and 13 years old may access our facilities during Children's Hours, accompanied at all times by an adult and under their responsibility.

# SPA MENU



**1881 Hotel Balneario Vichy Catalan**  
Av. Dr. Furest, 32  
17455 - Caldes de Malavella (Girona)  
Telf. +34 972 470 000 Ext. 2  
spa@1881hotels.com  
www.hotelbalnearivichycatalan.com

## BODY CARE

### Marino Body Peeling 68€/person

Full body exfoliation of 50min., using microparticles of sea salts with a mild lemon aroma.

### Citric Body Peeling 68€/person

Full 50min. body scrub, using a microgranulated citrus scrub, which helps remove impurities and brightens the skin.

### Antialgic Mud 36€/person

25min therapeutic treatment. Poultice based on paraffin and mud indicated to treat contractures and other muscular ailments.

### Hand Paraffin 36€/person

25min specific treatment for hand care. Indicated in muscle pain, osteoarthritis, arthritis, among others.

## THERMAL WATER TREATMENTS

### Thermal Circuit - 28€/person Residents in Caldes de Malavella - 18€/person

### Children's Thermal Circuit (6 to 13 years) 23€/person

50min tour of the different areas of Vichy Catalan thermal water at 32°-35°C.

### Vichy Shower Massage 45€/person

Perfect combination of 25min, manual massage with the benefits of Vichy Catalan thermal water.

### Mud wrap treatment 68€/person

50min body treatment with a calming effect indicated for joint and muscle pain.

### Algae wrap treatment 68€/person

Body treatment of 50min., draining, lipolytic and firming.

### Purity Wrap 68€/person

Facial and body treatment of 50min, indicated for the elimination of impurities and toxins accumulated in the body.

### Mediterranean Wrap 68€/person

Facial and body treatment of 50min, based on olive oil and mud, with a moisturizing and nourishing effect. Suitable for any type of skin.

### Tired Legs Treatment 68€/person

Treatment of 50min. specially indicated to favor the venous return of the legs and thus eliminate the feeling of heaviness, heat and inflammation.

### Scottish Shower 18€/person

10min hydrotherapy treatment using pressurized water at different temperatures. Helps to promote and reactivate blood circulation.

### Vichy Inhalations 25€/person

15min. inhalation of Vichy Catalan water to cleanse and purify the respiratory tracts; improves overall well-being.

## SPECIAL MASSAGES

### Special Vichy Catalan Massage 98€/person

80min. head to toe massage, specially designed for lovers of massages and Vichy Catalan products.

### Sensory Experience 98€/person

Set of specific movements of 80min., accompanied by 100% natural aromatic oils, which make this massage an unforgettable experience for the 5 senses.

### Hot Stone Massage 92€/person

75min. relaxing massage with hot volcanic stones that relieves tension and revitalizes the body and mind.

## BEAUTY RITUALS

### Citrus Ritual 110' - 150€/person

This citrus experience nourishes and regenerates tired and / or dull skin. We combine the facial and body treatment with a welcome ritual and finish with a hydrating and relaxing massage with an intense citrus aroma.

### Morgana Ritual 110' - 150€/person

Experience of facial and body treatment with anti-aging effect based on the Celtic goddess of water. A ritual that takes us to the ancient Eocene sea. Helps stimulate blood and lymphatic circulation.

## FACIAL TREATMENTS

### Diamond Experience Energy 110€/personne

A high-end facial treatment, energizing and rejuvenating, that instantly transforms your skin. Powerful active ingredients and innovative maneuvers for a smooth, firm and radiant complexion.

### The Cure 97€/person

Deep 80min facial hygiene, which slows down the aging of the skin associated with stress and helps to repair and prevent damage caused by unhealthy lifestyle habits and external aggressions.

### The Luxe 97€/person

80min facial treatment designed according to your skin type by one of our specialists.

### Personalized Facial Treatment 85€/person

50min facial treatment designed according to your skin type by one of our specialists.

### Inhibit V-Neck 85€/person

Treatment designed to treat the needs of the neck and décolleté.

Prices have a 10% increase in treatments booked on weekends, holidays and/or during the month of August.