

WELLBEING



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## INTRODUCTION

You are cordially invited to visit our **“WELLBEING AREA”** accommodated on the 8th floor of the Grand Hotel Central. An extensive area (almost 200 m<sup>2</sup> or 2,152 sq. feet) laid out for your wellbeing that features a bright and airy **FITNESS** space that provides you with top of the range Technogym equipment and some recommended exercise routines to keep you in shape while away from home. There are also several adjacent exclusive treatment rooms offering everything from **THERMAL AROMATHERAPY** (both dry and wet) to **NATURA BISSE MASSAGES** to a comprehensive menu of **BEAUTY TREATMENTS**.

And of course you are also welcome to take part in our **YOGA AND RUNNING SESSIONS**. Find out about times or make a reservation at reception.

## THERMAL & AROMATHERAPY | 80 €

Since the time of ancient Rome civilisations have understood the recuperative powers of the Spa and thermal baths culture, combined with the natural aromas of vegetables in order to optimise the sense of rest and relaxation. At Grand Hotel Central we extend an invitation to visit **THE THERMAL SUITE** where the following options can be enjoyed:

**DRY SAUNA:** Minimum humidity and the maximum temperatures (that the body can withstand comfortably) where the aroma of pines will help open the skin pores to eliminate toxins and flush out other unwanted substances as well activa-

ting the body's circulation. We recommend sessions of maximum 15 minutes.

**HAMMAM:** An environment of high temperatures and 95% humidity where you will inhale the exhilarating sensation of eucalyptus, a refreshing aroma to clear the respiratory system and become renewed. We recommend sessions of maximum 15 minutes.

In order to take full advantage of the wellness suite experience we recommend a cold shower after each of the sessions and a leisurely rest afterwards. Approximate overall duration: 45'



## MASSAGES & TREATMENTS

BY NATURA BISSÉ BARCELONA

*Ask our therapists about the most suitable  
Natura Bissé beauty product for your skin type.*

### > **QUIROSPORT** | 60 MIN - 135 €

*Relaxes · Relieves · Soothes*

A sports massage ideal for total body recovery focusing on tension and sore muscles. A targeted treatment for the sports enthusiast to relieve tired muscles.

### **POST SHOPPING RECOVERY** | 60 MIN

> INDIVIDUAL 135 € - FOR TWO 260 €

*Stimulates · Revitalizes · Recharges*

Put your feet up and your bags down, take a break to recover and relax. Ease away your long shopping day with extra care and attention for your legs and soles.

### **LOMI JUMA** | 60 MIN

> INDIVIDUAL 140 € - FOR TWO 270 €

*Energizes · Balances · Soothes*

Improve micro-circulation and restore balance and harmony between the body and mind. Take a journey to a peaceful oasis to relieve stress and restore physical and mental well-being.

### **D-STRESS** | 60 MIN

INDIVIDUAL 145 € - FOR TWO 280 €

> *Oxygenates · Hydrates · Decongests*

A luxurious oxygen therapy for face and back. This treatment not only detoxifies and hydrates the targeted areas, but also relaxes your body, thus providing an amazing sense of calm and well-being.

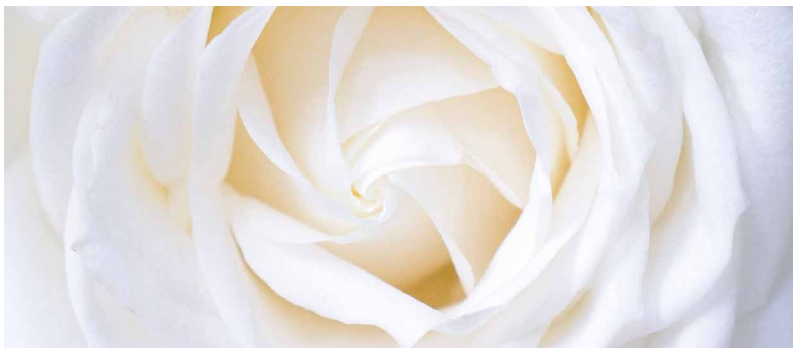
### **RITUAL FACIAL CITRUS AROMATERAPIA** | 60 MIN 155 €

> *Antioxidant · Hydrates · Revitalizes*

A true firming, antioxidant treatment that provides luminosity and revitalizes the skin.

## BEAUTY

> <b>COMPLETE PEDICURE</b>	69 €
> <b>SPA PEDICURE</b>	80 €
> <b>MANICURE</b>	45 €
> <b>SPA MANICURE</b>	60 €
> <b>MAKE UP</b>	75 €
> <b>MANICURE SHELLAC</b>	75 €



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### GENERAL INFORMATION:

- All massages have a duration of 60 mins (unless the 90 mins option is requested).
- Please be punctual, otherwise our other guests will be inconvenienced.
- Unfortunately we have to charge for cancelled reservations with less than two hours notice.
- Complimentary water and towels.



## OTHER ACTIVITIES

**YOGA:** We organise yoga sessions for our clients, just ask at reception. We can also offer you exclusive private sessions.

**RUNNING:** Close to the hotel there are a number of excellent routes to choose from (both through the city and by the beaches). You will find maps in The Fitness room of suitable 5 and 10 Km routes. We can also offer you a private running session alongside a local runner for a one-on-one experience

**BICYCLES:** See the concierge about availability.

**PERSONAL TRAINER:** If you'd prefer a more personalised work-out session then just ask at reception.

*Sometimes the most productive  
thing to do is... relax.*