

W E L L B E I N G





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 m² 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 BISSÉ** 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'

GENERAL INFORMATION::

- 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.



MASSAGES & TREATMENTS

WITH NATURA BISSÉ PRODUCTS

> **CUSTOMISED MASSAGE**

30 Min - 70 € | 60 Min - 115 € | 90 Min - 150 €

A massage adapted to your individual needs. Just tell us what you most need or relax and we'll design a made-to-measure treatment for you.

> **DEEP TISSUE**

60 Min - 115 € | 90 Min - 150 €

Relaxing · Alleviating · Calming

A massage that works on the muscular insertions in a slow and even way by decompressing fascia tension. Liberating physical tensions and emotional.

> **FOOT REFLEXOLOGY**

30 Min - 70 € | 60 Min - 115 €

Balance · Relaxing

Experience a complete bonus for the whole body and mind with the Millennia old techniques of foot reflexology

EXPERIENCES FOR TWO

> **LOMI JUMA**

60 Min - 280 € (Incluye thermal 60 min. Té y fruta fresca)

Revitalise · Balance · Calming

Improve micro-circulation and recalibrate the balance and harmony between the body and the mind. Take a trip to an oasis of peace for alleviating stresses and restoring physical and mental wellbeing.

BODY TREATMENTS

BY NATURA BISSÉ BARCELONA

> QUIROSPORT

30 Min - 75 € (focused on a specific area of the body) | 60 Min - 130 €

Relaxing · Alleviating · Calming

An ideal sports massage for total recovery of the body, focusing on tension and sore muscles. A treatment aimed at sports lovers to relieve tired muscles.

> POST SHOPPING RECOVERY

30 Min - 75 € (working on legs) | 60 Min - 130 € (Integral)

Stimulating · Revitalise · Recharge

Take a break to recover and relax after a long day of shopping. Let us take care of your feet and legs with a revitalizing massage using Natura Bissé products.

> LOMI JUMA

60 Min - 140 €

Revitalise · Balance · Calming

Improve your micro-circulation and recalibrate the harmony between your body and mind. Take a trip to an oasis of peace for alleviating stresses and restoring physical and mental wellbeing.



**The signature massages are carried out using Natura Bissé dry Oils.
Ask our therapists about the most appropriate Natura Bissé products for your skin type.*

FACIAL TREATMENTS

BY NATURA BISSÉ BARCELONA

- > **FACIAL EXPRESS** 30 Min - 75 € | 60 Min - 130 €

Cleans · Hydrates · Smoothes

Ideal for recovering luminosity and smoothness, suitable for all kinds of skin in record breaking time. Perfect as a pick me up.

- > **D – STRESS** 60 Min - 130 €

Oxygenate · Hydrate · Decongest

An exclusive therapy using oxygen for the face and back. This treatment is not only suitable for detoxifying but also hydrating specific areas, as well as relaxing the entire body and providing an incredible sensation of calm and wellbeing.

- > **CITRUS FACIAL RITUAL AROMATHERAPY** 60 Min - 150 €

Antioxidant · Hydrate · Revitalising

Antioxidant treatment, firming that provides luminance and revitalises the skin.

- > **WHITE DIAMOND SYSTEM** 60 Min - 150 €

Evens and illuminates skin tone.

Exclusive treatment that effectively erasing skin blemishes. For a firmer, more uniform and exceptionally luminous skin tone.

BEAUTY

- > **COMPLETE PEDICURE** 75 €
- > **SPA PEDICURE** 90 €
- > **SPA MANICURE** 70 €
- > **SHELLAC MANICURE** 85 €
- > **MAKUP** 75 €
- > **BLOW DRY** 90 €
- > **BLOWDRY AND MAKUP SESSION** 130 €
- > **EYELASH LIFTING** 140 €



OTHERS ACTIVITIES

YOGA: We organise yoga sessions for our clients taking place on the hotel terraces. Ask at reception about times for the sessions. If you prefer a private session just ask the concierge team.

JOGGING: Within the surroundings of the hotel there a number of routes that you can choose from (both urban and along the beaches). At the Fitness gym you'll find maps with the most picturesque routes for running in the vicinity of the hotel. You can also avail of a private session with a local runner.

BICYCLES: Ask the concierge about availability.

PERSONAL TRAINER: If you prefer a private customised exercise session ask at reception.

NUTRITIONAL COACH: Wellbeing starts from the inside. Take your time and ease talking to our nutritionist about your eating habits.

MUSIC: Enjoy our different music lists selected specially for exercising or relaxing. Discover us on Spotify @unicohotels

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