



LIST OF SERVICES

2024

INTRODUCTION

CATALONIA SPA

The spas of Catalonia Hotels are genuine oases of relaxation and wellness in the heart of some of the most special destinations in Europe and the Caribbean. They have been designed to provide guests with an exceptional experience of rejuvenation and personal care during their stay.

In these exclusive spas, guests can immerse themselves in a world of peace and quiet from the moment they walk through the door. You are shrouded in an atmosphere of serenity and calm. The décor and lighting are carefully selected to create a relaxing atmosphere, with soft tones and natural elements that make you feel like you're in an oasis of peace.

The treatments offered at the spas of Catalonia Hotels vary and have been designed to meet each guest's individual needs. We offer a selection of facial and body massages. Highly trained therapists provide a unique, personalised experience that will help relieve stress, rejuvenate your body and mind, and revitalise your spirit.

The philosophy of the spas of Catalonia Hotels goes beyond mere relaxation services; it is about providing a holistic experience to create harmony between body and mind. These spas are ideal for those looking to escape the hustle and bustle of everyday life and treat themselves to a time of self-care and renewal.

Monday to Friday: 11h - 21h

Saturday: 11h - 22h

Sunday: 11h - 21h

ACCESS TO SPA FOR 60 MINS

ACCESS SPA GUEST	€19.00
ACCESS SPA EXTERNAL CLIENTS	€25.00
ACCESS SPA EXTERNAL CLIENTS WITH TREATMENT	€19,00





INGREDIENTS
100% EFFECTIVE AND HIGHLY
CONCENTRATED

We believe that nature contains the best and most powerful active ingredients for our skin. That's why we develop cosmetics that are organic, vegan and that meet the strictest requirements in terms of efficacy, anti-ageing and skin beauty.

All the ingredients used by SCENS are carefully selected for their benefits, properties and scientifically proven efficacy. Our ingredients meet rigorous standards and have been chosen for their purity and effectiveness. To achieve the best possible results for the skin, SCENS uses the highest authorised concentration of active ingredients in its formulas.

ORGANIC RITUALS



60 MINS

€100.00

ORGANIC & VEGAN RITUAL

Relaxing Body Massage + Flash Facial Treatment.

Wonderful ultra-enveloping ritual with baobab, lavandin and bergamot oils specially designed to awaken all the senses, providing luminosity, well-being, relaxation and vitality. This ritual includes a relaxing body massage and a flash treatment for a luminous, firm face.

80 MINS

€120.00

TOTAL REPAIR RITUAL

Relaxing Body Massage + Regenerating Facial Treatment.

Repairing facial and body ritual that regenerates and soothes the skin. Especially recommended after exposure to the sun or for very damaged skin. The body massage with the exclusive SCENS technique and the L'HUILE RELAX INTENSE oil regenerate the skin, release tension and create a feeling of well-being and absolute inner peace.

120 MINS

€150.00

LUXURY EXPERIENCE RITUAL

Exfoliation + Relaxing Body Massage + Facial Massage
SCENS Facelift Massage.

Exclusive, extraordinary facial and body ritual that releases accumulated body tension and restores youth and radiance to the face with the LE FACELIFT SCENS facial massage. The perfect combination of exfoliation with the relaxing body massage and the facial massage will make you feel reborn.

ORGANIC COUPLES



80 MINS

€220.00

ORGANIC MEMORIES

Immerse yourself in a world of relaxation and profound connection with a experience that is unique and designed exclusively for you.

At CATALONIA, we have created a calm, welcoming environment where you can escape from your day-to-day stress and reconnect with each other. Our experience for couples is a unique opportunity to strengthen your bond while enjoying an unforgettable massage.

50 MINS

€170.00

ORGANIC SERENITY

Feel harmony and connection in our oasis of tranquillity. Our couples massage is a unique experience designed to strengthen emotional bonds as you are immersed in a state of profound relaxation.

90 MINS

€150.00

PRIVATE SPA

Private spa from 21:00 to 22:30. Includes Bottle of Cava wine, a Melody of Fruit and Cocoa Ecstasy.

ORGANIC FACIAL TREATMENTS



80 MINS

€150,00

ETERNAL LIFTING EXPERIENCE

Anti-Ageing Lifting.

Iconic firming facial treatment using cosmetics and masks with a high content of re-generating and anti-ageing active ingredients that provide all the antioxidants and nutrients necessary to firm up the skin and restore its elasticity. Applied with the LE FACELIFT SCENS massage, the muscles relax, the skin glows and the contours of the face recuperate their definition and firmness.

75 MINS

€130.00

DETOX SKIN TREATMENT

Ultra detox facial treatment that helps skin that is dull and showing the effects of pollution regain a fresh, healthy look. By applying a variety of masks with great purifying (active charcoal) and oxygenating power, the skin recuperates a radiant, healthy look.

50 MINS

€100.00

VEGAN CLEANSING FACIAL TREATMENT

A luxurious cleansing ritual that helps clear the skin of all impurities, erase the effects of pollution and recuperate a radiant, glowing look.

25 MINS

€75, 00

ORGANIC EXPRESS FACIAL TREATMENT

Flash facial treatment with organic, vegan products that moisturise all skin types.

ORGANIC MASSAGES

110 MINS
€150.00

360° EXPERIENCE

Decontracting Facial + Corporal Massage.

Decontracting facial and body massage using cannabis, arnica, patchouli and clove oils for a 360° massage that includes the skull and face.

50 MINS	€90.00
80 MINS	€120,00

BIO DETOX MASSAGE

Lymphatic drainage massage using geranium, baobab and chia oils to stimulate the metabolism with the help of a DETOX manual massage and the SCENS WOOD THERAPY technique.

25 MINS	€70.00
50 MINS	€90.00
80 MINS	€120.00

VEGAN RELAXING MASSAGE

Relaxing massage with baobab, lavandin and bergamot oils. Especially suitable for anyone wishing to disconnect from their routine and eliminate physical and mental stress in a relaxing, all-encompassing atmosphere.

25 MINS	€70.00
50 MINS	€90.00
80 MINS	€120.00

ORGANIC DECONTRACTING MASSAGE

Ultra-effective, firm-pressure, decontracting body massage. Thanks to the cannabis, arnica, patchouli and clove oils, this massage relieves emotional and body stress, re-laxing and oxygenating the muscles, and reducing the accumulated stress in the body.

IN ROOM	50,00 €
---------	---------

IN ROOM SPA

We are pleased to offer our guests the option of enjoying service in the comfort of their room. This exclusive service is available at an additional cost over the regular price of the selected service.

50 MINS
€90.00

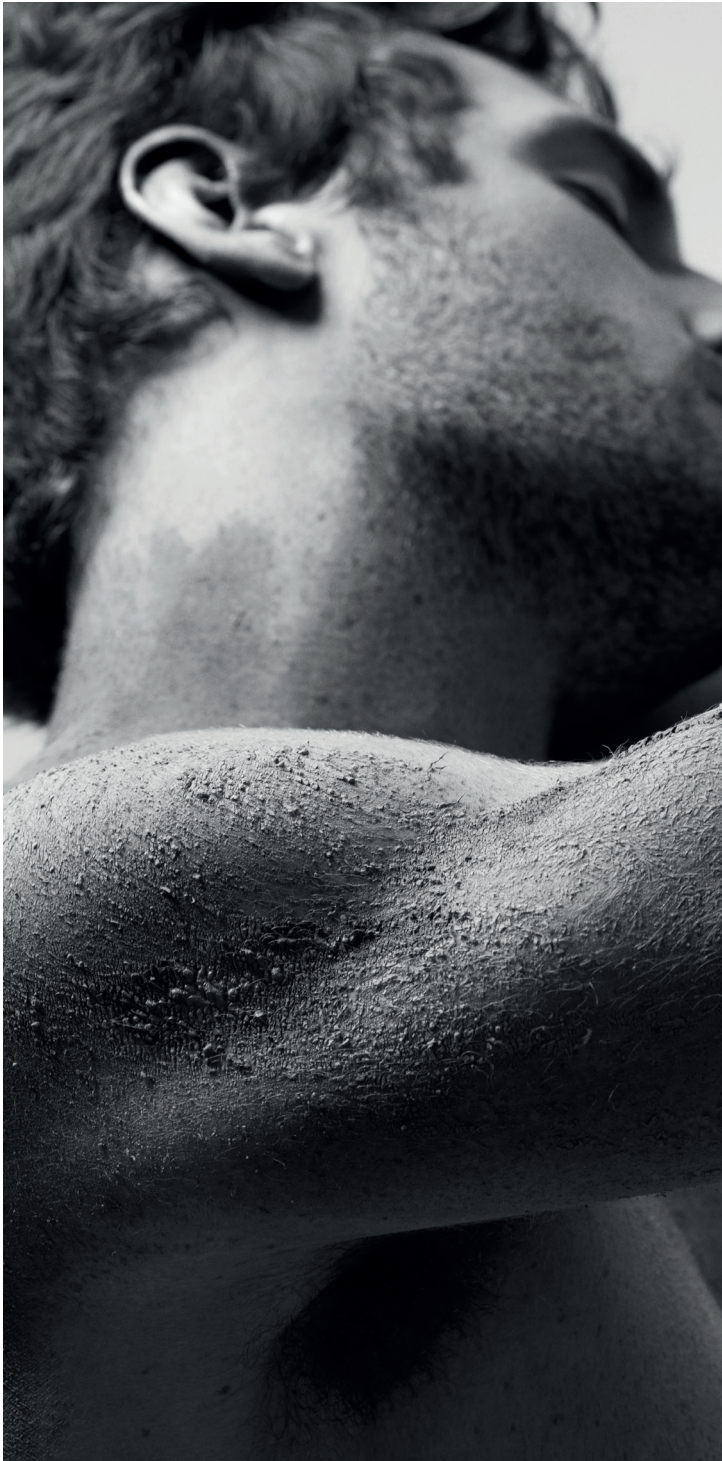
CATALONIA THAI FOOT

The health of your feet.

A holistic healing technique that provides relaxation and helps balances body systems. Known as a therapy for overall good health and mental calm, the specific techniques use a traditional Thai wooden instrument to relieve foot tension and discomfort.



ORGANIC BODY TREATMENTS



80 MINS

€130.00

BODY SECRET DETOX

Body treatment specifically designed to drain, detoxify and reduce the body outline. Thanks to the application of the slimming wrap and the L'HUILE MINCEUR anti-cellulite body oil, together with the exclusive SCENS WOOD THERAPY technique, the outline of the body can be reshaped, preventing fluid retention and returning great results.

25 MINS

€70.00

ORGANIC BODY SCRUB

Exquisite body exfoliation with different types of salts (Himalayan salt, Dead Sea salt) and essential oils (lavender, geranium, cypress), which remove dead cells from the skin and help it recover elasticity and hydration.

CATALONIA GASTRO & SPA



BREAKFAST & SPA

Monday to Sunday, 09:00 to 12:00

Hotel breakfast buffet

WATER ZONE: 60 MINS

€30.00

BREAKFAST & SPA & MASSAGE

Monday to Sunday, 09:00 to 12:00

Hotel breakfast buffet

URBAN RELAXING MASSAGE: 25 MINS

WATER ZONE: 60 MINS

€80.00

BREAKFAST & MASSAGE & SPA COUPLE

Monday to Sunday, 09:00 to 12:00

Hotel breakfast buffet

ORGANIC MASSAGE: 50 MINS

WATER ZONE: 60 MINS

€190.00

SPA & MASSAGE & LUNCH

Monday to Sunday, 12:00 to 15:00

Lunch in the restaurant

URBAN RELAXING MASSAGE: 25 MINS

WATER ZONE: 60 MINS

€100.00

SPA & MASSAGE & LUNCH COUPLE

Monday to Sunday, 12:00 to 15:00

Lunch in the restaurant

ORGANIC MASSAGE: 50 MINS

WATER ZONE: 60 MINS

€230.00

SPA & MASSAGE & DINNER

Monday to Sunday, 18:00 to 22:00

Dinner in the restaurant

URBAN RELAXING MASSAGE: 25 MINS

WATER ZONE: 60 MINS

€100.00

SPA & MASSAGE & DINNER COUPLE

Monday to Sunday, 18:00 to 22:00

Dinner in the restaurant

ORGANIC MASSAGE: 50 MINS

WATER ZONE: 60 MINS

€230.00



SPA ETIQUETTE

The Spa is a place of tranquillity and relaxation. Thank you for respecting our wellness centre by speaking quietly and switching off your mobile phones. Bringing in food and drink is not allowed.

WHAT TO WEAR

Swimming costume, bathing cap and flip-flops are compulsory (available at the Spa reception). For in-cabin treatments, you will be given what you need (disposables and towels). Our therapists are professionally trained to a high level and will ensure your comfort and privacy at all times.

VALUABLES

We recommend you leave your personal valuables in the safe in your room, as we decline all liability for the loss or theft of items at the Spa Centre.

SPECIAL HEALTH PROBLEMS

If you have any health problems or allergies, or if you are pregnant, please inform our staff when booking your treatment. Some treatments may not be appropriate.

CHOICE OF THE MOST APPROPRIATE SPA TREATMENT

The full list of spa treatments is available on our website. If you think you need help choosing a treatment, please call the spa directly or go to the reception desk, where we will be happy to help. We also recommend that you book your spa services as far in advance as possible.

DURING THE TREATMENT

Your expectations and preferences are our concern. Please do not hesitate to inform your therapist if you feel uncomfortable with any part of your treatment (pressure, music, temperature, etc.). We can then adjust the treatment for your comfort.

LATE ARRIVAL

Please arrive at least 15 minutes before your appointment. Unfortunately, arriving late will limit the time set aside for your treatment, make it less effective and, most importantly, affect your pleasure and enjoyment. As a courtesy to all our clients, all treatments are given at the scheduled time. The charge for our services will be applied in full in all cases.

CANCELLATION OF A SPA RESERVATION

Please give us at least 12 hours' notice in case of cancellation. For reservations cancelled less than 12 hours before the appointment, 50% of the total amount will be charged. No-shows will be charged the full amount for the treatment reserved.

MINIMUM AGE

Guests under the age of 16 are not allowed access to the water zone, sauna and steam bath. If they reserve a treatment, they must be accompanied by their parents to the cabin directly.

PAYMENT

We accept all major debit and credit cards, and cash.

As a hotel guest, your spa services will be charged to your room if you prefer.

CATALONIA

HOTELS & RESORTS

TELEPHONE: +34 944 00 79 46

EMAIL: bilbao.spa@cataloniahotels.com

EXTENSION: 150