

# SPA Occitania

# Rafaelhoteles by La Pleta

## Spa Occitania

Our Spa in Baqueira in the Aran Valley (Valle de Arán) includes all kind of treatments for the complete wellness of body and mind. It is more than a complementary service, it's a set of facilities designed to offer special spa treatments, from body wraps to massage cabins, in an isolated environment where you can immerse yourself in an absolute state of well-being.

This establishment is very special, it's located at the foot of the track, in an incomparable Pyrenean landscape, suitable for both skiing and relaxation.

Each season we make a series of treatments with natural products available. They use the flora and fruits of the Arán Valley, which will make you feel renewed on the inside and on the outside.

Before each treatment, we recommended you loosen any accumulated tension in the water circuit made up of steam, lakes and waterfalls that will help you enjoy your chosen treatment 100%.

Finishing with a relaxing "dream" in one of the beds with an herbal tea, aromatherapy and relaxing music.



## Water Circuit

Jacuzzi, Turkish bath, snow bath, cyclonic showers, pediluvium, aromatherapy shower, dry sauna, swimming pool and gym.

1 hour approximately. Price: 20€

*Price per person, VAT included.*

## Recommendations

We recommend that you enjoy de "water circuit" before your treatment, simply by coming an hour before with your robe, swimsuit and slippers from the room.

In case you do not wish to enjoy the water circuit before your treatment, we strongly encourage you to be here on time, as late arrival is deduced from the length of the massage.

The spa is unfortunately not authorized to children under the age of 18 years old.

For more information you can contact us directly by dialing from your room phone 407 - Occitania Spa

Please notify the SPA coordinator of any allergies or sensitivities to aromas or ingredients when you schedule your appointment.

## Cancelation Policy

Should you need to cancel or reschedule, please notify us at least 3 hours in advance.

Hotel Spa reserves the right to ask for a credit card for payment guarantee.



# Collection of Occitania Massages

## Relaxing Massage

A gentle massage that relaxes your body and decreases the tension, achieving health and wellness.

50 min. 90€

## Deep tissue Massage

A special massage recommended after sports practice, manipulating and relaxing muscle tension. Deep tissue manipulations and stretching are used to help to reduce muscular pain and work on body contractures.

50 min. 100€ - 80 min. 155€

## Feet and Leg Circulation Massage

An energizing foot and leg massage that activates the blood circulation. This massage reduces muscle tension restoring tissue oxygen.

25 min. 60€

## Back and Cervical Massage

Massage recommended to decrease muscular tension, rigidity and pain accumulated in the neck, shoulders and back.

25 min. 60€ - 50 min. 100€

## Feet Reflexology

An ancient technique that uses specific reflex points on feet, relaxing muscles and restoring body balance.

25 min. 60€

## Cervical-cranial Massage

A special massage on head and cervical that eliminates muscle tension, specially recommended for headaches.

25 min. 60€

## Aromatherapy (Body and Mind)

A special holistic massage with essential oils that connects body, mind and spirit in perfect harmony.

50 min. 95€

*All prices are per person, VAT included.*



## **Lymphatic Drainage**

A soft massage with gentle movements that activates lymphatic system and helps to eliminate retained fluids and toxins.

50 min. 95€

## **Anti-Cellulite Remodeling**

A deep massage that activates the venous circulatory system, eliminating fat and adipose tissues.

50 min. 100€

## **Vichy Shower**

Combination of hydrotherapy and massage that activates body and lymph circulation.

50 min. 100€

## **Hot Stones Massage**

Massage that combines manual techniques with hot river stones to relax body and mind.

50 min. 110€

## **Aran Valley Honey Massage**

Massage made with warm honey and almond oil that nourishes your skin, producing a healthy and amazing experience.

50min. 100€

## **2 Lovers Massage**

A special relaxing massage to share in couple, made in a warm and relaxing ambience.

50 min. 100€

*All prices are per person, VAT included.*



## Collection of Occitania Body Rituals

### Exfoliation + Hydratations

Soft exfoliation with antioxidant and draining properties for your skin that acts removing skin impurities. Various flowers, essences and salts from the Dead Sea are used to create the recipe that best suits your needs.

25 min. 60€

### Citrus exfoliation treatment (C+ C Natura Bissé)

Perfect antioxidant cocktail to achieve a radiant skin. The treatment consists of an exfoliation, a delicious wrap and hydration based on vitamin C at its maximum concentration.

50min. 110€

### Dead sea's mud treatment (Oxygenating)

Detox body treatment that activates blood circulation and purifies your skin. It has therapeutic and anti-aging properties.

50 min. 110€

### Queen of Egypt's Ritual

Let yourself be seduced by our star ritual, based on the ancient Egyptian civilizations. Enhance the luminosity of your skin with our gold peel and its rejuvenating effect with the properties of myrrh.

You will enjoy a very special bath while receiving a facial treatment accompanied by a relaxing head massage, ending with an exquisite body hydration.

80 min. 165€

*All prices are per person, VAT included.*



## Collection of Occitania Facials

### Facial exprés by Natura Bissé

Flash effect treatment to bring luminosity providing a velvety effect skin. Ideal to be radiant before any event.

25min. 60€

### Facial treatment FOR MEN by Natura Bissé

Perfect treatment a man's skin, eliminates impurities, moisturizes and provides a feeling of incomparable comfort.

25min. 60€

### S.O.S Sensitive Skin Treatment by Natura Bissé

The ideal treatment for sensitive skin with the revolutionary peptic-tolerance complex. Specially recommended for hypoallergenic skin. It stimulates skin tolerance and relieve and soothe while protects the facial skin.

50 min. 110€

### CITRUS VITA-ESSENCE C+C Treatment by Natura Bissé

Moisturizing facial treatment for dry skin. Vitamin C stimulates the production of collagen, prevents sagging and skin aging.

50 min. 120€

### DIAMOND facial ritual by Natura Bissé

An excellent holistic and sensorial ritual for face, body and mind. This treatment dramatically reverses aging by increasing the firmness and elasticity of your skin, obtaining an incredible lasting lifting effect and absolute relaxation.

80 min. 160€

*All prices are per person, VAT included.*



## Mini Treatment for Kids

### Kids and Babies Massage

Soft child and baby massage, hydrating their body with essential oils.

25 min. 40€

### Cocoa wrap (mínimum age: 4)

Delicious cocoa body wrap specially for children skin, accompanied by a relaxing massage that would leave their skin hidrated and soft.

45 min. 55€

### Mini manicure

It includes hand massage and nail polish.

20 min. 15€

### Princess Occitania treatment

Funny treatment for girls that includes manicure and hairdressing.

40min. 45€

## BEAUTY

Manicure 45 min. 40€

Pedicure 50 min. 45€

Manicure Spa 70 min. 60€

*(includes peeling and anti-aging mask)*

Pedicure Spa 75 min. 65€

*(includes peeling and anti-aging mask)*

Wax (Please contact Spa Reception)

## HAIR

Wash and dry woman 50€

Wash, cut and style woman 70€

Men haircut 30€

Child haircut 25€

*All prices are per person, VAT included.*

