

FACE TREATMENTS

DEEP CLEANSING 80 MINS 180€

Treatment designed to cleanse the face in order to eliminate impurities and remove dead skin. Recommended for prepping the skin before other facials.

SENSITIVE SKIN 50 MINS 120€

Pampers and strengthens delicate skin and helps boost its natural defences.

FIRMING 80 MINS 210€

Treatment to help promote the skin's elasticity and firmness thanks to its repairing and restructuring qualities.

HYDRATING 50 MINS 120€

A highly moisturising and nourishing treatment leaving the skin glowing and plump.

ANTI-AGEING 80 MINS 210€

Designed to target the signs of the ageing process, this treatment provides a lifting effect to reveal younger, brighter and firmer skin.

VITAMIN C 80 MINS 195€

Known for its powerful effects as an antioxidant, this treatment delivers an instant and lasting glow, reducing fine lines while hydrating and firming the skin.

INDIBA FACE 25 MINS 65€

Boost collagen synthesis and elastin, improving the skin's elasticity, hydration and regeneration. Ideal for combining with our anti-ageing or hydrating treatment.

RITUALS

VITAMIN C RITUAL 110 MINS 250€

A unique luxury and wellbeing experience for profound relaxation. This anti-ageing treatment for both the face and body is designed to profoundly nourish and regenerate the skin from top to toe.

Restoring the skin's glow and vitality, we use a cocktail of vitamins with an antioxidant effect.

DIAMOND ROSE RITUAL 80 MINS 160€

Luxurious Ritual that leaves the skin completely renewed and rejuvenated, with a feeling of calm and well-being thanks to the therapeutic aroma properties of Damascus Rose. The treatment consists of a body exfoliation with diamond powder, a deep massage with Rose oil and finally with a protective veil.

FACE
SKIN
BODY

WELLBEING
ALÀBRIGA HOTEL & HOME SUITES
Carretera de Sant Pol, 633, 17220, Sant Feliu de Guixols, Girona.

  [alabrigahotel - www.hotelalabriga.com](https://www.alabrigahotel.com)

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BODY TREATMENTS

BODY PEEL 50 MINS €130

This exfoliating body treatment is designed to remove dead skin and impurities. Hydrate and nourish the skin with chocolate, alum stone, cereal and amber.

SEAWEED WRAP 50 MINS €150

Helping to tackle cellulite, this treatment activates the metabolism in order to help eliminate toxins and remodel the silhouette. Sculpt your figure while enjoying a thoroughly relaxing experience.

FANGO WRAP 50 MINS €150

A firming and calming treatment tackling inflammation and stimulating the lymphatic flow.

VITAMIN C WRAP 50 MINS €150

Enjoy all the benefits of this concentrated antioxidant treatment harnessing pure vitamin C to help firm the skin and restore its glow. Protect skin from dullness and premature ageing by boosting and firming from the inside out.

LUMICELL €120

A non-invasive system effective at treating all layers of cellulite by combining infrared light with a deep subdermal vacuum massage designed to firm and sculpt the figure.

INDIBA BODY 80 MIN €120

This innovative treatment harnesses radio frequency to rejuvenate the skin, tackle cellulite and fight inflammation. Targeting pain and boosting recovery after injuries, it also reduces fat, regenerates tissues and sculpts the silhouette.

MASSAGES

RELAXING OR TONING

Designed to reduce stress by eliminating tension, this treatment relaxes both muscles and mind. Opt for gentle or moderate pressure.

25 MINS	50 MINS	80 MINS
60€	100€	180€

SPORTS MASSAGE 50 MINS €110

Designed for athletes and sportspeople from all walks of life, this treatment combines expert massage techniques and stretches in order to prepare both the body and mind for optimum performance. Strong pressure.

HEAD AND NECK 25 MINS €50

Treatment designed to relieve tension in the neck, head, shoulders and face. Delicate pressure relaxes the muscles and the central nervous system, releasing tension affecting our physical and mental health.

FACIAL MASSAGE 25 MINS €65

Massage technique improving circulation in the facial tissues, leaving the skin young and glowing. Helps lift the complexion and restore the skin's natural glow.

REFLEXOLOGY 50 MINS €100

Therapeutic technique based on the stimulation of specific zones of the feet in order to produce targeted effects on other areas of the body.

LYMPHATIC DRAINAGE 50 MINS €110

This treatment uses gentle massage techniques to target the circulatory system in order to help the body's fluids to remove toxins and improve blood circulation.

HOT STONES 60 MINS €135

A geothermal therapy combining the use of hot stones and massage techniques to ease sore muscles while soothing pain and tension. Ideal for reducing stress, fatigue and anxiety.