

FACIAL TREATMENTS

DEEP FACIAL HYGIENE 80' 170€

Treatment designed to cleanse the face in order to remove impurities and dead skin cells. We recommend this treatment prior to any other facial you may wish to have.

ZEN FACIAL 50' 130€

Soothing facial treatment using a unique combination of botanical ingredients, relaxing massage, fruit enzyme exfoliation and algae mask to help restore essential vitamins and minerals to hydrate the skin.

CITRUS VITA ESSENCE 50' 130€

Antioxidant treatment that restores vitality to sun-damaged skin and helps minimise the signs of premature ageing. Vitamin C stimulates collagen production and restores facial firmness, while improving skin radiance and hydration.

3D COLLAGEN SHOCK 50' 140€

Remodelling and firming treatment that combines three types of collagen. It redraws the facial oval, improves skin density and enhances hydration. In addition, it offers an incredible lifting and redensifying effect, sculpts the contours of the face and reveals smoother, rejuvenated skin.

DIAMOND ENERGY 50' 140€

High-end, energising and rejuvenating facial treatment that immediately transforms the skin. Powerful active ingredients and innovative manoeuvres for a smooth, firm and radiant complexion.

DIAMOND LIFE INFUSION 80' 180€

Preserve the skin's youthfulness and delay the appearance of the signs of ageing with this treatment that visibly fades wrinkles and fine lines and restores the vitality of a younger-looking complexion.

INDIBA FACE 30' 70€

Treatment that increases collagen and elastin synthesis, inducing an improvement in skin elasticity, hydration and regeneration. Ideal to combine with an anti-ageing or moisturising treatment.

INDIBA + FACIAL ANTIAGING 80' 200€

The facial treatment that treats the signs of ageing and sagging skin and combined with Indiba boosts collagen and elastin to keep your skin looking young and healthy.

RITUALS

VITAMIN C RITUAL 110' 250€

A unique experience of luxury and exclusive wellness to enjoy true relaxation, starting with a personalised aromatic bath with citrus oils. It consists of a nourishing, regenerating and antioxidant facial and body treatment.

GREEN TEA MAGIC 110' 260€

The treatment helps to get rid of cellulite and tightens the skin. It has antiviral and antimicrobial properties. It calms the nervous system and energises. Our Ritual will start with visits to the pool and saunas, Scottish shower, an aromatic bath, pressotherapy, extra detoxifying care with Green Tea including exfoliation, body wrap and moisturising balm. Our Zen Room with aromatherapy would be the last step of the experience where you can relax in our comfortable hammocks, massaging glasses accompanied with relaxing music and a tea ceremony.

CHOCOLATE DELIGHT 80' 220€

Perfect care for toned and smooth skin. The procedure eliminates the state of fatigue and irritability, restores emotional balance and gives a feeling of calm and peace. Cocoa activates the production of endorphins, the hormone of happiness. Our Zen Room with aromatherapy would be the last step of the experience where you can relax in our comfortable hammocks, massaging glasses accompanied with relaxing music and a tea ceremony.

WATER CIRCUIT

External Clients - 90 minutes 50€
Includes heated outdoor swimming pool with jets, jacuzzi, saunas, Turkish bath and gymnasium.

FACE
SKIN
BODY

 WELLBEING
ALÀBRIGA HOTEL & HOME SUITES

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BODY TREATMENTS

CITRUS BODY PERFECTION 50' 140€

Citrus sensory experience that includes exfoliation, firming, moisturizing and antioxidant wrap. Prevents flaccidity, moisturizes and fights premature aging.

SLIMMING ALGAE WRAP (LAMINARY) 50' 140€

Anti-cellulite and slimming treatment, metabolism activator that helps eliminate toxins and reshape your silhouette. It improves your figure and produces a pleasant feeling of relaxation.

DETOX ALGAE WRAP (FUCUS) 50' 140€

Fucus algae with lipolytic properties acts intensely in the slimming process, provides its richness in calcium and magnesium.

SELF-HEATING MUD WRAP 30' 80€

Self-heating mud produces a bubbling and micro-massaging effect to relieve tension in the neck, shoulders and back.

INDIBA BODY 80' 150€

It is a radiofrequency with regenerative, anti-cellulite and analgesic effect. It works both by reducing pain and accelerating the recovery of fat nodules, firming tissues and improving the silhouette.

PRESSOTHERAPY 30' 60€ / 5 SES. 250€ / 8 SES. 380€

Pressotherapy is ideal for cellulite, reducing, remodelling circulatory and fluid retention treatments. It is also very effective in pre/post-operative and postpartum treatments, as well as in muscular discomfort, postural corrections and states of stress, insomnia or anxiety.

LUMICELL 120' 130€

It is an effective, non-invasive system, designed for the treatment of cellulite and body contouring.

MASSAGES

BESPOKE MASSAGE 25' 65€ / 50' 120€ / 80' 180€

Fully personalized holistic treatment with medium or gentle pressure that combines massage techniques with essential oils that energize, relax and revitalize our body, generating a sense of tranquility and extreme relaxation.

"There is no cosmetic for beauty
like happiness"

Lady Marguerite
Countess of Blessington

WELLBEING
ALABRIGA HOTEL & HOME SUITES
Carretera de Sant Pol, 553, 17220, Sant Peli de Guíxols, Girona.

RELAXING BACK & SCALP MASSAGE 50' 110€

An effective back, neck and head massage for the release of stress and tension. It is the ideal treatment to align the spine and relieve any muscle tension in the back. It reduces migraines, insomnia and improves hair health.

SPORTS MASSAGE 60' 140€

Massage that prepares the tissues for sports effort, prevention and recovery of injuries both in periods of physical training and competition. It is excellent for relieving muscle tension, improving flexibility and restoring musculoskeletal balance.

HOT STONES 80' 150€

Deep, relaxing and soothing massage using hot stones to release and soothe muscle tension and pain. The warmth of the stones promotes deep relaxation that will leave you recharged and revitalised.

PODAL REFLEXOLOGY 50' 110€

A highly effective foot reflexology massage to eliminate anxiety, release muscle tension and provide deep relaxation by stimulating reflex points.

TIME FOR TWO (by petition)

Enjoy as a couple any treatment from our menu in the privacy of our couples cabin with optional time beforehand (for a relaxing bath in our aromatherapy bathtub). A totally personalised experience.

AQUA EXPERIENCE

AQUA EXPERIENCE 1 PAX 90' 180€ / 2 PAX 120' 320€ FAMILY (MAX 3 PAX) 150' 450€ / (MAX 4 PAX) 150' 600€

Aqua Experience starts with a fully customized sauna for deep tissue heating to get rid of toxins, improve blood circulation and open up the pores. Followed by a circuit of contrast showers to tone the body and stimulate immunity. Once the skin is prepared a body exfoliation nourishes the skin under the Vichy shower. Our experience includes a whirlpool bath with aromatic oils to care for the skin and give the body a feeling of renewal and a facial mask with nourishing properties. The last step is our Zen Room with aromatherapy, massaging glasses and a tea ceremony.

HYDROMASSAGE BATH VICHY 15' 50€ / 20' 60€ 45' 70€