



Relax
Skin
Body
Wellness
Sensations
Hydration
Massages
Ritual



Relaxation and aromatherapeutic massages

Massage using natural essential oils

A traditional balancing and relaxing massage, during which intense aromatic sensations revitalise your senses and uplift your spirits.

Length of session: 30 minutes | Cost: 38€

Massage with hot macerated oils

The combination of the hydrating and antioxidant properties of beeswax, the nutritive qualities of coconut and soya oils and the pleasant aroma of natural essences are added to the pleasurable sensations of a warm-oil massage in order to produce a feeling of absolute well-being.

Length of session: 45 minutes | Cost: 45€

Whole-body Peeling and olive massage

Exfoliation of back, legs and arms, which will leave your skin renewed and ready for deep hydration, in the form of a massage using emulsion of olives.

Length of session: 60 minutes | Cost: 65€

Well-being body treatments

The sweet pleasure of chocolate

Toning body peeling treatment using cacao and chocolate wrap and ending with a relaxing massage. A pleasure for all the senses and in every sense.

Length of session: 75 minutes | Cost: 78€

À la carte body wraps (cherry, mud, grape or others according to season)

A selection of body wraps to nourish and enrich the skin with all the properties of the natural element chosen, followed by a hydration process. Ideal for every kind of skin.

Length of session: 60 minutes | Cost: 65€

Medicinal Ayurvedic massage

Body massage using small linen bags of rice with medicinal herbs, and warm oils, which will nourish your skin with all the natural benefits of these plants, and will bring balance through the alleviation of accumulated tension.

Length of session: 75 minutes | Cost: 78€

Sensation rituals

This is a synergic combination of several therapies which interact with natural, organic cosmetics and has the effect of transporting the client, on a sensorial level, to a new plane of natural and healing relaxation.

“Orient” Ritual

A reparative body ritual which will take you to far-off lands, thanks to products such as incense, myrrh, and Argan oil, the so-called “liquid gold of Morocco”. It also includes the application of a face-mask to restore elasticity, and to give instant hydration and rejuvenation to the cells.

Length of session: 75 minutes | Cost: 78€

“Coastal breeze” Ritual

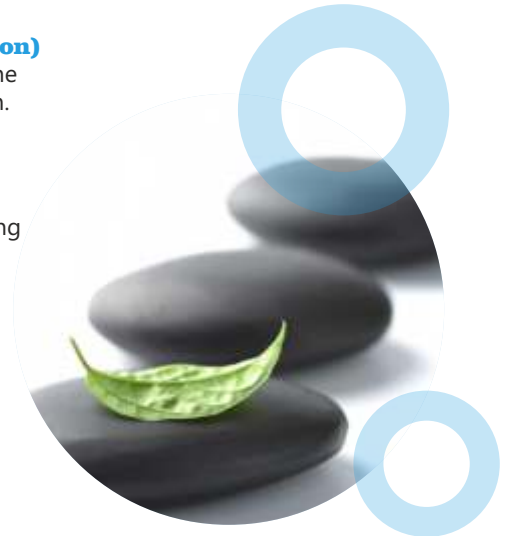
Exfoliation and total body massage utilising the natural products of our homeland: olives, rosemary and marine clay. The ritual culminates in a pleasant foot-treatment which will relax every part of the nervous system. This is a ritual which helps to remodel the figure, and which also benefits the lymphatic and circulatory systems.

Length of session: 75 minutes | Cost: 78€

“The four rivers” Ritual

A succession and combination of thousand-year-old therapies in which the whole body is treated, from feet to head, following all the body's energy channels. This ritual will be carried out using linen rice-bags, healing geothermal stones, and an aromatherapy synergy blend using heated oils. A ritual which brings harmony and balance, which lessens muscular pain, and harmonises the chakras, bringing freedom from stress and helping towards emotional balance.

Length of session: 90 minutes | Cost: 90€





Wellness - Antistress

Cranial (head)-facial-cervical (neck) massage

Using gentle pressure and circular movements to the scalp, the cervical (neck) area and the face, the flow of oxygen to the brain is increased, the nervous system is relaxed, and accumulated pressure and tensions are released. Neuro-sedative effect.

Length of session: 30 minutes | Cost: 38€

Foot reflexology

Massage applied to different points of the feet, through which, via the body's energy channels we connect with various organs to achieve the reactivation and relaxation of all the body's reflex points.

Length of session: 30 minutes | Cost: 38€

Four-hand massage

Complete body massage (back, legs and arms) carried out by two masseur/therapists simultaneously, which will relieve stress and tension, ending in a gentle balancing massage of your head and feet.

Length of session: 60 minutes | Cost: 90€



Therapeutic and healing massages

Back relief massage

Active back massage, which relieves muscular tension, soothes pain and takes away tiredness at the same time as hydrating the skin with oil of sweet almonds and arnica.

Length of session: 30 minutes | Cost: 38€

Length of session: 60 minutes | Cost: 60€

Complete relief massage

Complete active massage applied to back, arms and legs. Stimulation of the nervous system, relieving contractures and producing a calming effect.

Length of session: 60 minutes | Cost: 60€

Anticellulite massage (manual)

Intensive manual massage of the cellulite-affected area(s) using oil of essence of grapefruit, with the aim of activating/stimulating both blood and lymphatic circulation, improving local cutaneous tissue functioning and increasing the mobility of fat nodules.

Length of session: 45 minutes | Cost: 45€

Circulation

Using a mixture of essential oils, we reactivate the blood circulation by dealing with problems of accumulation of liquids/liquid retention.

Length of session: 45 minutes | Cost: 45€



Therapeutic facial treatments Tractaments facials terapèutics

Express facial

The Express facial cleaning treatment eliminates the impurities and dead cells from the skin which are caused by cutaneous stress.

Length of session: 30 minutes | Cost: 38€

Facial Decongestant treatment

This is a deep-cleaning facial treatment, with a process of decongestant and detoxifying hydration, which will guarantee you a purified and renewed skin.

Length of session: 60 minutes | Cost: 65€



Sports massage

Easing of muscle tension in legs and/or arms

Active recovery massage for muscle relief in legs and/or arms. Ideal for cyclists, golfers, or for anybody after a long walk or excursion.

Length of session: 30 minutes | Cost: 38€

Length of session: 60 minutes | Cost: 60€



BASIC RULES AND CANCELLATION POLICY

- It requires arrive 10 minutes prior to treatment in order to begin treatment in the established time.
- It is dangerous to receive treatment under the influence of alcohol or drugs.
- It is recommended to use heat treatments during pregnancy or under use of anticoagulants, antihistamines, beta-blocker or tranquilizers.
- Prices are including VAT.
- 50% charge of the treatment booked if cancellation is made less than 4 hours.
- The partial cancellation of a confirmed booking, will the charge 100% of the service booked.

Relax
Skin
Body
Wellness
Sensatio
Hydratio
Massag
Ritual

Hotel
Ciutat de Girona

C/ Nord, 2
17001 Girona
Tel. +34 972 48 30 38
Fax +34 972 48 30 26
info@hotelciutatdegirona.com
www.hotelciutatdegirona.com



FADERSON
HOTELS