

Blue Spa

#ARTIEMLOVERS

Certified
B
Corporation

THE
BEST
HOTELS
FOR THE
WORLD

ARTIEM AUDAX

Blue Spa Experiences



Relax for two 190,00€

Release tension with a couple's massage in the same cabin and complete the experience by relaxing in our thermal circuit. The perfect plan to let yourself go.

Spa Detox Day 130,00€

Enjoy a relaxing day at ARTIEM Audax with:

- A 90-minute thermal circuit in the Blue Spa.
- A 50-minute relaxing massage.
- A **10%** discount on another individual treatment to be enjoyed on the same day.
- You will be able to take advantage of the Pool Club The View with a menu on the The View terrace enjoying the sun and the pool (drinks not included).

Recharge & Lunch 65,00€

90 minutes at the Thermal Circuit combined with lunch at The View or Oliva terrace. Drinks not included. From 9h30 to 14h00.

Thermal & Galdana 65,00€

90 minutes at the Thermal Circuit combined with dinner at restaurant Galdana. Drinks not included. From 18h00 to 21h00.

Thermal Circuit Experience

Hotel Guests get **20%** off on session and Thermal Circuit packages. 90' sessions.

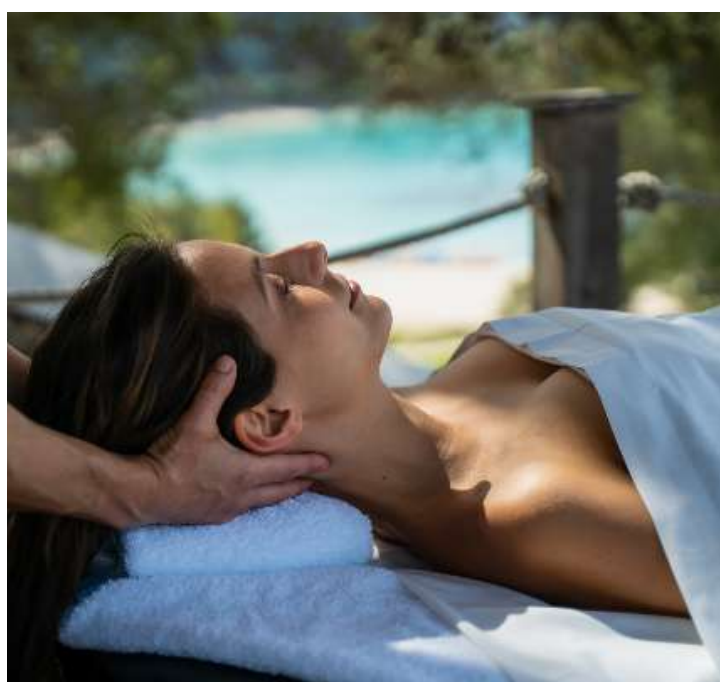
1 session **30,00€**

3 sessions **80,00€**

6 sessions **150,00€**

10 sessions **200,00€**

Take advantage of our Spa during your stay and enjoy **10%** off in massages & Therapies by booking one of our packages for multiple sessions. The vouchers are personal and non-transferable.



Blue Spa

Massages & Therapies



Ayurveda Abhyanga (1)

50' **95,00€**

We are transported to India with this wrap massage that works on the energy level with special oils, balancing body and soul. The treatment ends with a few minutes in the Turkish bath.

Californian (2)

80' **130,00€**

Created in the California of the sixties, this massage combines several techniques with conscious contact, breathing and presence. Its gentle harmonious movements help release blocked energy.

Lymphatic Draining Vodder Method (1)

50' **85,00€**

A manual therapy that eliminates toxins and improves the lymph circulation. Very relaxing and effective.

Relaxing (Alqvimia) (1)

25' **60,00€** / 50' **85,00€** / 80' **115,00€**

A gentle anti-stress massage that is perfect for relaxing and forgetting about your worries. *Available as a Sky Massage (outdoors) with a 10€ supplement for the 50' and 80' massages.

Lomi Lomi Massage (3)

80' **130,00€**

Lomi Lomi is a traditional Hawaiian technique that combines long, fluid and rhythmic movements performed with hands and forearms. Its aim is to release physical, emotional and energetic tensions, promoting a deep sense of well-being.

Polynesian Massage (2)

60' **110,00€**

Originated in the Pacific Islands, it is a massage that is performed on a solid base without the use of oils. The body is worked as a whole through pressure, stretching and conscious breathing.

Sports Massage (3)

25' **75,00€** / 50' **115,00€**

A decontracting chiromassage that requires a more technical and precise manipulation.

Foot Reflexology (2)

50' **95,00€**

A millenary technique applied to the feet that exerts a therapeutic effect on the body through reflex points.

Prenatal massage (2)

25' **70,00€** / 50' **115,00€**

Helping to improve circulation, relieve muscle aches and pains and prevent cramps. *From the second trimester onwards.

Intensity: light (1) ; Moderate (2) ; Deep (3)

Blue Spa

Body & Facial Treatments



Facial lymphatic drainage (1)

25' **60,00€**

A manual therapy that eliminates toxins and improves the lymph circulation. Very relaxing and effective.

Japanese Facial Massage (2)

50' **95,00€**

A very relaxing Japanese technique that smooths wrinkles and expression lines with precision, rejuvenating the face.

Cranio-facial Massage (2)

25' **60,00€**

This massage activates circulation and oxygenation in these areas to eliminate accumulated tension.

Touch of light

25' **55,00€**

Facial care with rejuvenating and moisturizing mask, ideal to combine with body treatments, with Dr. Hauschka's organic cosmetics.

Hauschka Personalised

60' **85,00€**

Complete cleansing and care applied by the products of the line that are the most appropriate for the needs of each skin type.

Seaweed / Mud Therapy

25' **50,00€**

The brown algae of Brittany remineralise, drain and remove toxins from the body. The sea mud purifies, reduces inflammation and soothes the skin. All the benefits of the sea in a therapeutic wrap.

Body peeling

25' **55,00€**

Exfoliation with salt, flower petals and aromatic oils. It eliminates impurities and leaves a soft and moisturize skin.

ADD - ONS

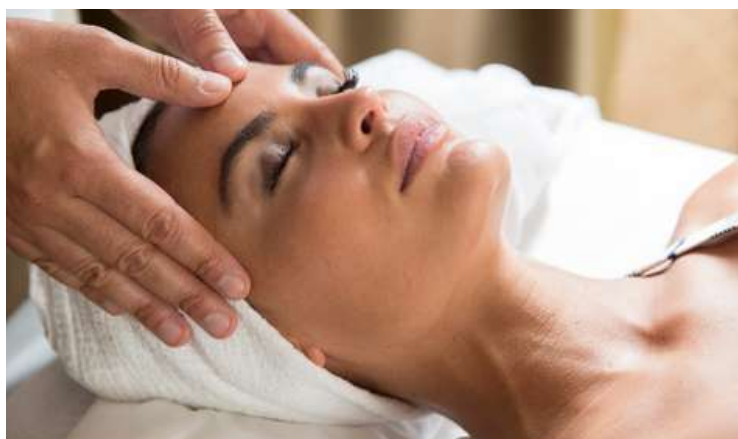
Eye Contour Treatment

15,00€

Scalp Treatment

15,00€

Add these treatments to your massage and let yourself be pampered by our therapists. *Please ask the therapist to know in which massages these services are available.



Intensity: light (1) ; Moderate (2) ; Deep (3)

Blue Spa

Rituals by Alqvimia



Oasis of Serenity

180' **170,00€**

A ritual that provides a pleasant feeling of inner peace and profound relaxation that envelopes the physical body as well as the mind and emotions. Oasis of Serenity is much more than a moment of total relaxation; it helps restore your internal harmony and allows you to connect with an attitude of respect for your own vital rhythm. This Spa Ritual is a combination of an anti-stress body treatment and a nourishing, moisturising facial treatment.

Spa Circuit 90' + Body Exfoliation + Mud Therapy + Hydration + Facial Treatment

Queen of Egypt

180' **170,00€**

Every woman deserves to feel like a queen. This Beauty Ritual, based on Salts and Mud from the Dead Sea, with exotic fragrances and mild notes of incense and myrrh, rejuvenates the skin, restoring its natural beauty and attractiveness, boosting your self-esteem and internal feminine force. A seductive treatment with an enigmatic Queen of Egypt aroma inspired by Queen Cleopatra, one of the most fascinating women in history.

Spa Circuit 90' + Body Exfoliation + Mud Therapy + Hydration + Facial Treatment



Pure and Total Detox

60' **115,00€**

A treatment that naturally drains and cleanses the organs of your body through a detoxifying process, eliminating toxins, fluids and fat and restoring the beauty of your skin.

Spa Circuit 90' + Body Exfoliation + Mud Therapy + Hydration

Artiem Somni of Menorca

180' **170,00€**

The light and calm of Menorca merge in this treatment in which fresh citrus aromas fill the body and mind with energy. Achieve a glowing, healthy skin and let yourself be swept away by the sensations that will remind you of this beautiful island.

Spa Circuit 90' + Body & Face Exfoliation + Body & Face Relaxing Massage

Blue Spa Thermal Circuit



WATER ZONE



Showers

Disinfectant shower
Stimulation shower
Bucket shower
Footbath



Pools

34 °C therapeutic pool
12 °C plunge pool
38 °C jacuzzi



Hydromassages

Cervical
Dorsal
Lumbar and legs
Hydromassage beds



Terrace

Jacuzzi
Solarium

Blue Spa Thermal Circuit



PERSPIRATION ZONE



Perspiration zone

Saunas
Thermal loungers
Water fountain
Cold showers



Roman bath

50 °C
70% Steam



Turkish bath

Traditional Hammam
40 °C
90% Steam



Finnish sauna

90 °C
10% Steam



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**THE
BEST
HOTELS
FOR THE
WORLD**

IMPORTANT: IT IS MANDATORY TO WEAR A BATHING SUIT AND CAP. Access reserved for persons over 17. Please call to confirm your booking. 50% of the price will be charged for no-shows and cancellations with less than 8 hours' notice. We recommend arriving a few minutes before your appointment to be able to enjoy all the benefits of the service in full. The discounts and services included in the packs are non-transferable.

** Please let us know if you suffer from any condition that could put the use of the facilities or treatments at risk.*

**ARTIEM
AUDAX**

**ARTIEM
CARLOS**

**ARTIEM
CAPRI**

**ARTIEM
MADRID**

**ARTIEM
ASTURIAS**