

ESPAÑOL

ARTIEM  
ASTURIAS

Spa



The spa at ARTIEM Asturias is a space designed for **wellness**, equipped with a hydrothermal circuit and treatment cabins.

The **hydrothermal circuit**, with its waters at diverse temperatures, showers and saunas, encourages your bodily circulation and heart rate, while helping to eliminate toxins and tensions, both physical and emotional.

Our **treatment cabins** offer a broad menu of treatments and rituals conducted by expert hands capable of bringing you relaxation, health, harmony and beauty.

Immerse yourself in the ARTIEM Asturias Spa, isolate yourself from the world and let our **wellness** philosophy carry you away. Absolute well-being for body and mind.

# hydrothermal circuit

**The wet zone at our ARTIEM Asturias Spa offers the following equipment:**

- **DYNAMIC POOL** at 32°C with underwater jets offering chromotherapy, swan's neck jets, water bed, cannons, geyser and bubble bench.
- **PLUNGE POOL** at 14°C
- **SWIMMING POOL** at 36°C with outdoor access.
- **DRY SAUNA**
- **STEAM SAUNA** with a starry ceiling
- **SHOWERS** offering contrasts, nebulizers and essences
- **RELAXATION ZONE** with infra-red





**MONDAY TO FRIDAY**

60'  
22€

**SATURDAYS, SUNDAYS AND HOLIDAY**

60'  
30€





# treatments

The spa treatments area consists of three cabins for individual massage, a double cabin with a private jacuzzi for massages as a couple and a cabin with a hydromassage tub. Prestigious Natura Bissé products are used in all treatments carried out in the cabins.



# MASSAGES

## ARTIEM CLUB SIGNATURE

### CLASSIC MASSAGE

A massage combining the multiple benefits of essential oils with the most relaxing techniques. Designed to reduce stress, this treatment will immerse you in a deep state of relaxation and mental clarity.

<b>FULL</b>	<b>FULL</b>
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50'	80'
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75€	110€
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### DETOX MASSAGE

A stimulating massage using firming and toning oils to reduce the appearance of cellulite and fluid retention while unifying your skin tone. The silicone suction cups used in this treatment help to drain toxins and waste, thus improving circulation and energy flow.

45'
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60€
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### MASSAGE CLUB

A treatment using very deep techniques and increased pressure on the areas of greatest tension. It will make you feel more alive, while relieving fatigue along with muscular aches and pains.

<b>PARTIAL</b> back or legs	<b>FULL</b>
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50'	80'
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75€	110€
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### REFLEXOLOGY

A deeply relaxing treatment that applies pressure to reflex points on the feet, helping to restore your body's balance in a healthy, natural way.

45'
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60€
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### SPORTS MASSAGE

A massage that combines pressure and stretching techniques to increase the movement range in your joints, helping you recover after physical activity and prevent injury. It improves mobility and flexibility.

<b>PARTIAL</b> back or legs	<b>FULL</b>
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50'	80'
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75€	110€
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### DE-STRESSING MASSAGE

This massage is designed to eliminate fatigue and enhance muscle performance while accelerating recovery after competition or training.

25'
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55€
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# SPA EXPRESS

Add your favourite massage to any of our treatments or customise your own treatment by combining any of these options.

## HEALTHY BACK

A massage to revive your upper body that relieves muscle tension and helps relieve back pain.

25'  
40€

## INTENSE CALM

A treatment for legs and feet that lets you enjoy a space of absolute peace. Your lower limbs deserve all the pampering they receive in this refreshing, relaxing massage.

25'  
40€

## MENTAL RELAXATION

A pleasurable massage combining movements and pressure on the shoulders, neck, head and face to relieve accumulated tension, furthermore stimulating circulation. It is ideal for helping you reduce stress and fatigue, boosting your mental clarity and increasing your energy.

25'  
40€

## EXPRESS FACIAL

This revitalising treatment restores youthfulness and smoothness to your face.

25'  
40€

## BODY SCRUB

Complete exfoliation that leaves the skin of your entire body looking more radiant than ever. It removes dead skin cells and your skin regenerate.

25'  
40€

## WRAP

A health and beauty treatment to improve your skin's condition and your circulation. It helps to relieve muscle pain and eliminate toxins.

25'  
40€

# HYDROTHERAPY

## HYDRO-MASSAGE TUB

A relaxing, toning and draining bath including aromatherapy in a private cabin. Enjoy it alone or as a couple.

<b>INDIVIDUAL TUB</b>	<b>DOBLE TUB</b>
20'	20'
25€	40€





Spa

piscina  
32°C

# WELLNESS RITUALS

## ROYAL CLUB FOR TWO

Enjoy a unique moment with that special person in a space designed for you to relax both body and mind.

- A relaxing aromatherapy bath in a private jacuzzi
- Tea and chocolates
- Body scrub
- A couples massage in a double cabin
- Facial

120'  
250€

## DE-STRESS

Immerse yourself in an experience to remove stress with this ritual helping you reconnect body and mind.

- A relaxing aromatherapy bath in a private jacuzzi
- A craniofacial massage
- A relaxing massage that includes aromatherapy

105'  
105€

## ROYAL CITRUS EXPERIENCE

A revitalising awakening consisting of citrus aromas and sensations for the skin. Exfoliation, mask, massage and moisturising with a high vitamin C content. A firming facial and body treatment that renews and illuminates your skin. **By Natura**

**Bissé.**

90'  
130€

## DIAMOND EXPERIENCE ROSE MASSAGE

Damask rose and diamond powder for a luxurious ultra-nourishing feminine treatment with a powerful rejuvenating effect. An hour and a half of relaxation and true pampering.

Exfoliation, massage and moisturising using damask rose oil to give you irresistible skin and an indescribable feeling of well-being.

**By Natura Bissé.**

80'  
110€









# BODY TREATMENTS



## **AIR OF PARADISE**

Immerse yourself in the aromas of the Bay of Biscay and its relaxing essences. They will help you find the perfect balance between body and mind. This is an unforgettable experience that starts with a cherry foot and leg wrap, continues with a sea salt and rosemary peeling, before ending with a relaxing massage. It is ideal for recovering from a long trip or a day of intense activity on the beach or in the mountains.

80'  
120€

## **CELTIC MASSAGE**

Enjoy the benefits of this ancient Nordic technique that was performed on warriors before and after fighting to improve energy and relieve stress.

Treatment with hot and cold stones that have a huge sedative effect, it furthermore helps oxygenate the blood and increase muscle relaxation.

50'  
90€

# FACIAL BEAUTY

**BY NATURA BISSÉ**

## THE CURE

Deep cleansing in three phases that work from the inside outwards.

| 90'  
| 115€

## 3D COLLAGEN SHOCK

A rejuvenating and regenerating treatment based on combining three types of collagen.

This is an anti-ageing challenge with a surprising lifting effect.

| 60'  
| 95€

## CITRUS VITA ESSENCE

This treatment has a high vitamin C content (up to 6%), to offer antioxidant and firming properties that rejuvenate and brighten your skin.

| 60'  
| 85€

## O<sup>2</sup> RELAX FOR MEN

A treatment using pure oxygen molecules that are released into the skin to infuse the skin's cells with energy and help eliminate toxins. The skin is purified, regaining its tone and vitality.

| 60'  
| 85€





All prices are per person and include VAT.

IMPORTANT: No-shows and cancellations giving less than 6 hours' notice will be penalised with a charge of 50% of the total amount. We recommend you arrive a few minutes before your appointment, so that you can enjoy the full service you have reserved. The discounts and services included in the packages are not transferable to other people.

Tell us if you suffer from any illness that may put our facilities or treatments at risk.

**Information and bookings:**

**(+34) 985 341 997**

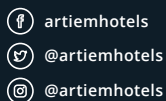


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