

Blue Spa

COMPLETE 90 MINUTE THERMAL CIRCUIT

The Blue Spa's thermal circuit has been designed specifically to relax, cleanse and balance the body. Hydro-massage Pools of 34 °C and 38 °C with different Jacuzzis, bubbles beds, cervical cannons, plunge pool of 12 °C, four types of specialty showers, Pediluvium Compostela, exterior terrace with sun beds, Roman Thermal Bath, Swedish Sauna, Turkish Bath, Thermal Loungers and relaxation area.

ARTIEM HOTELS GUESTS	22€
VISITORS	28€

THERMAL CIRCUIT PASSES

Access for various days to the circuit to maximise the spa during your stay. Plus a 10% discount on any of our individual treatments.

The vouchers are personal and non-transferable.

FOR INHOUSE GUESTS:

3 SESSIONS OF 90'	54€
6 SESSIONS OF 90'	79€
10 SESSIONS OF 90'	99€

FOR NON-HOUSED CLIENTS:

MONTHLY VOUCHER 1 calendar month, max 90' daily, (subject to availability)	105€
5 X 90' SESSION VOUCHER Whole season 99€.	99€
	115€

SPA DETOX DAY

Enjoy a relaxing day at ARTIEM Audax with:
- a 90-minute thermal circuit at the Blue Spa
- a 50-minute relaxing massage
- a 10% discount on another individual treatment to be enjoyed on the same day.
- a menu on the terrace of The View enjoying the sun and the pool (drinks not included).

Subject to availability.

SPA + MENU THE VIEW	50€
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90-minute circuit combined with a menu on the terrace of **The View Pool Club**.
Subject to availability, beverages not included.

SPA + MENU BUFFET	45€
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90-minute circuit combined with a buffet lunch in the Oliva Restaurant or Galdana Restaurant.
Subject to availability, beverages not included.



GIFT VOUCHERS FOR THE BLUE SPA

Surprise and hit with a Blue Spa @ Artiem gift Audax. Give health and well-being through our web and receive it instantly by email or in a gift box in the mail. You can pay for advance our online services. Reserve later with your voucher code over the phone.
www.artiemhotels.com

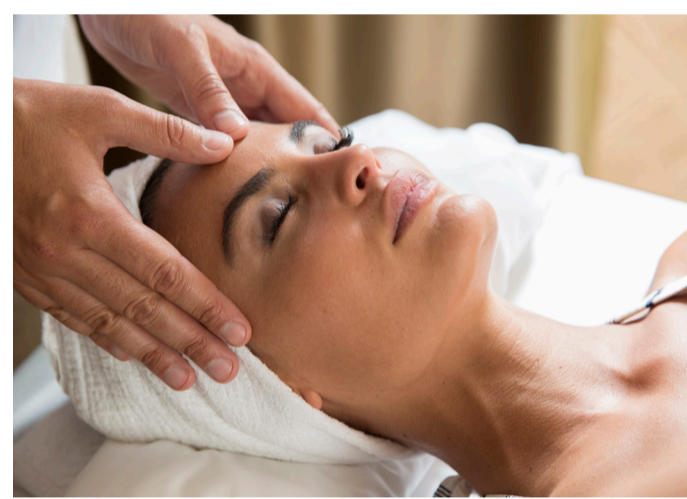
SWIMWEAR AND SWIMMING CAP COMPULSORY

Access from 16 years of age. Please call to confirm your reservation.
Tel. Blue Spa: 971 15 48 12

OUR RITUALS

AYURVEDA COUPLE'S per person 50' | 45€

A couple's ritual of Hindu origin that is performed by a single therapist with hot oils from India. This beautiful treatment is aimed at balancing and harmony of energy between the couple.



BODY TREATMENTS

ALGOTHERAPY / MUD THERAPY 25' | 40€

The algae of Bretagne will remineralise, drain and detoxify in this body wrap. The Marine mud wrap purifies and soothes the skin with its anti-inflammatory properties. The benefits of the sea in a therapeutic body wrap.



FACIAL TREATMENTS

TOUCH OF LIGHT 30' | 40€

Facial care with rejuvenating mask and moisturizing, ideal to combine with body treatments, using Bio cosmetics by Dr. Hauschka.

PERSONALIZED HAUSCHKA 60' | 68€

Complete cleansing and care that applies the products of the Dr Hauschka line suitable to the specific needs of each type of skin.

JAPANESE FACIAL MASSAGE 50' | 65€

Very relaxing Japanese technique that works wrinkles and expression lines in a precise way rejuvenating the face.

FACIAL REFLEXOLOGY 50' | 65€

Therapy created by Professor Châu in Saigon to stimulate the process of self-regulation through the reflex points in the face.

MASSAGES & THERAPIES

CALIFORNIAN 60' | 85€

Born in California in the 1960s, this massage combines several techniques with consciously connecting to the respiration and presence of the individual. Smooth and harmonious movements help to release blocked energies.

THAI MASSAGE 60' | 85€

Massage realized on a futon on the floor that combines techniques of stretching, manipulation and pressure. It is carried out dressed appropriately on our external platform in the natural environment.

AYURVEDA ABHYANGA 60' | 70€

Journey to India with this enveloping massage that works on an energetic level with specific aromatic oils to balance body and spirit. Finish the treatment with a few minutes in the Hammam of the spa.

RELAXING 25' | 40€*

50' | 65€

Gentle Antistress Massage, ideal to rest and forget all your worries.

*Available as **Sky Massage** (open air)

DEEP TISSUE OR SPORTS MASSAGE 25' | 60€

50' | 80€

Massage requiring more technical and precise manipulation, or deep tissue pressure.

PERSONALIZED THERAPY 25' | 60€

50' | 80€

Specific application of different massage techniques and therapies to respond to individual needs.

LYMPHATIC DRAINAGE VODDER METHOD 50' | 65€

Manual therapy to eliminate toxins and improve lymphatic circulation. Very relaxing and effective.

FOOT REFLEXOLOGY 50' | 65€

Ancient technique that works pressure points in the soles of the feet in a therapeutic form to treat the connected organs in the body.

THAI FOOT MASSAGE 50' | 65€

Traditional Thai Massage technique that works from foot to knee with pressure that harmonize and balance the body.

IMPORTANT: Cancellations must be done at least 2 hours prior to the appointment, otherwise there will be a charge of 50% of the service booked. We recommend that you arrive a few minutes before your appointment to ensure you enjoy the full session for the service you have contracted. The discounts and services included in packages are not transferable. Please tell us if you suffer from any condition that could affect your treatment.

All prices are per person and include taxes.

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