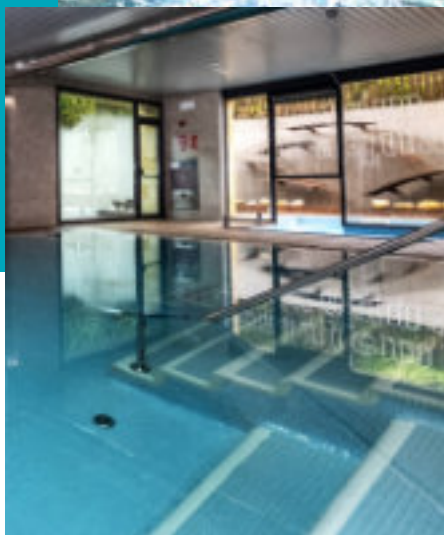


Spa Asturias



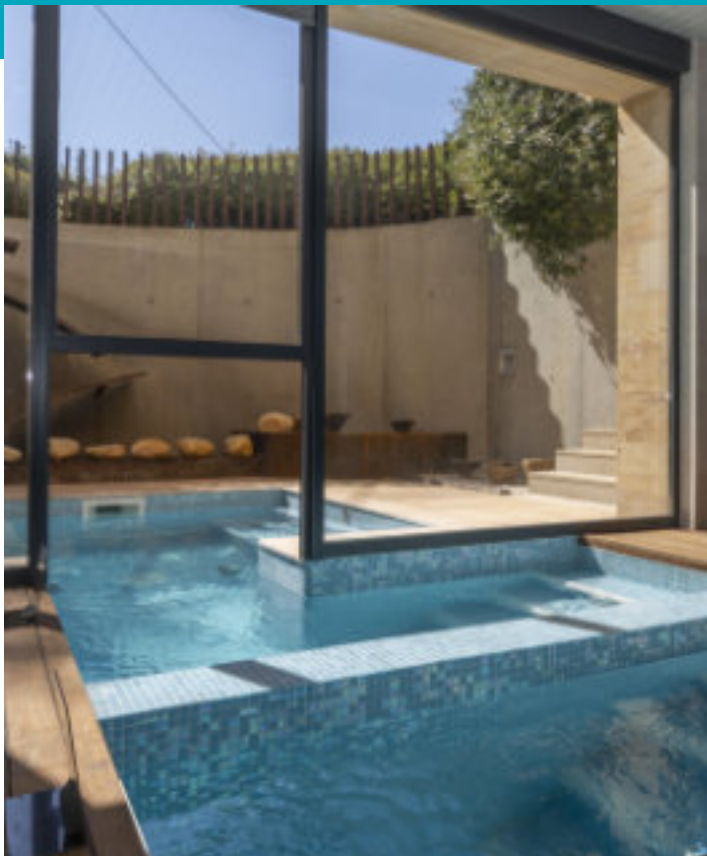
ARTIEM ASTURIAS

Certified

Corporation

**THE
BEST
HOTELS
FOR THE
WORLD**

Spa Asturias



SPA CIRCUIT

FULL 75' MINUTE CIRCUIT

22 € (Monday to Friday) / 30 € (Saturdays, Sundays and public holidays)

The ARTIEM Asturias spa circuit is designed to guarantee well-being. Its waters, at different temperatures, and its showers and saunas favour the circulation and heart rate, helping to eliminate toxins and physical and emotional stress. Dynamic pool with 32° jets, mist and essence contrast showers, foot bath, dry sauna and steam bath, cold tub (14°), 36° jacuzzi with outdoor access and infrared relaxation area.

HYDROTHERAPY

WHIRLPOOL BATHTUB

25 € (individual) / 40 € (double)

A toning, relaxing, draining aromatherapy bath in a private booth to enjoy alone or as a couple.

Massages

We want to highlight the key element to caring for our body, mind and soul: the massage. The art of improving our sensations through touch, generosity and knowledge.

BREATHE (relaxing)

50' / 75 €

A massage that combines the multiple benefits of essential oils with the most relaxing techniques. Designed to reduce stress and achieve a profound state of relaxation and mental clarity.

CALM (hydrating and calming)

50' / 75 €

A massage that combines the multiple benefits of essential oils with the most relaxing techniques. Designed for skin that requires special care, it takes you to a state of profound harmony and well-being.

CLUB (muscle and circulatory)

50' / 75 €

A massage that through the application of deep techniques and greater pressure in the areas with the greatest tension, will increase your vitality, while also relieving fatigue and muscle pain.

EXCESS OUT (detoxifying and draining)

50' / 75 € A

stimulating massage performed with firming and toning oils that reduces the appearance of cellulite, water retention and unify the skin tone. The silicone suction cups used in this treatment help to drain toxins and waste, thus improving the circulation and the energy flow.

CELTIC (energising and circulatory)

50' / 90 €

Enjoy the benefits of this millenary Nordic technique performed on warriors before and after fighting to improve their energy and relieve stress. A treatment with hot and cold stones that has a highly sedating effect and also helps to oxygenate the blood and increase muscle relaxation.

FOOT REFLEXOLOGY

45' / 65 € A

deeply relaxing treatment in which pressure is applied to reflex points on the bottom of the feet that helps to restore the body's balance in a natural, healthy way.

MENTAL RELAXATION (neurosedating)

25' / 40 € A

pleasant massage that combines movements and pressure on the shoulders, neck, head and face to relieve accumulated tension. Ideal for helping to reduce stress and fatigue, enhance mental clarity and increase energy.

COMFORT LEGS (tired legs)

25' / 40 € A

leg and foot massage in which to enjoy total peace and quiet. This fresh relaxing massage focuses on the lower limbs.

HEALTHY BACK (cervical spine relaxation)

25' / 40 € A

massage that reanimates the upper part of the spine, relieving muscle tension and helping to reduce back pain.

Body & Facial Treatments

BODY TREATMENTS

Our treatments are based on a combination of ancestral alchemical wisdom together with the best 100% natural cosmetics that, when applied by expert hands, bring you inner and outer beauty, health and well-being.

PURE DETOX AND TOTAL DETOX

60' / 95 €

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.

DECONTRACTING AND THERAPEUTIC

45' / 75 €

Essential Oils are your best allies for fighting physical fatigue and muscle pain. Relaxes, relieves muscle tension and brings an agreeable feeling of lightness and well-being.

NATURA BISSÉ FACIAL TREATMENTS

Natura Bissé creates each of their products with the different needs of the skin in mind and based on the belief that each skin is unique and has its own voice.

THE CURE BY NATURA BISSÉ

60' / 95 €

Deep cleansing in three phases that works from within: Restoring, detoxifying and hydrating.

3D COLLAGEN SHOCK BY NATURA BISSÉ

60' / 95 €

A rejuvenating and regenerating treatment based on a blend of 3 types of collagen. An anti-ageing challenge with a surprising lifting effect.

CITRUS VITA ESSENCE BY NATURA BISSÉ

60' / 85 € A

treatment with a high concentration of vitamin C (up to 6%) with anti-oxidant and firming effects for a radiant, youthful skin.

O2 RELAX FOR MEN BY NATURA BISSÉ

60' / 85 €

A treatment with pure oxygen molecules that are released on the skin to bring energy to the cells and help eliminate toxins. The skin is purified and recovers its tone and vitality.

EXPRESS FACIAL BY NATURA BISSÉ

30' / 50 € A

revitalising treatment that restores the youthfulness and smoothness of the face.

Alqvimia Rituals

A session that combines a facial, body and energy-emotional treatment in a space in which to pamper and feel yourself. ALQVIMIA Rituals are a sensory experience that will transport you to a place inside yourself where you have never been before. The powers of alchemical aromatherapy will unfold the beauty of your face and body, your mind will be released from worry and your emotions will come to the surface in a voyage to the most intimate transformation.

ANTI-STRESS

105' / 115 €

Immerse yourself in an anti-stress experience with this ritual that will allow you to reconnect body and mind.

- Relaxing bath with lavender aromatherapy
- Relaxing massage with lavender aromatherapy -
Cranio-facial massage

QUEEN OF EGYPT BY ALQVIMIA

90' / 150 €

Every woman deserved 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.

OASIS OF SERENITY BY ALQVIMIA

90' / 150 € 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. Much more than a moment of total relaxation, Oasis of Serenity will help you recover your inner harmony and connect with an attitude of respect for your own vital rhythm. This Spa Ritual combines an anti-stress body treatment, a nourishing and moisturising facial treatment and the energy balance provided by the hands of the masseur with gentle, relaxing movements.

3 ARTIEM ELEMENTS BY ALQVIMIA FOR TWO

120' / 250 €

This integrated beauty and relaxation ritual offers our clients the scents, benefits and sensations of our region through a relaxing bath, an exfoliation and body massage and a facial treatment.

Argayar (Earth) With shrubs, trees and plants that are characteristic of our region. The wildest notes that bring us closer to nature in Asturias and the beautiful land in which our experiences are located.

Airi (Air) The air and breezes of Asturias in a combination of the freshness of the sea and the oxygen of its green forests along with the moistness of the earth and the proximity of the vast ocean.

Fueu (Fire) The warmth of wood, the hearth and other classics of the experience that Asturias has to offer. With warm, sweet, profound notes. It also provides important benefits in temperature imbalances, during cold spells, with periods of inactivity and a lack of energy.

Enjoy this special moment with that special person in a space designed to relax your body and soul.



OPENING TIMES

Monday to Saturday

10:00h - 21:00h

Sunday

10:00h - 20:00h

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asturias.recepcion@artiemhotels.com

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IMPORTANT: All prices are per person and include VAT. Please let us know if you suffer from any condition that could put the use of the facilities or treatments at risk. A charge of 50% of the total price will be made for no-shows and cancellations with less than 6 hours' notice. We recommend you arrive a few minutes before your appointment to be able to enjoy all the benefits of the service to the full.

**Please book in advance to use the Spa and treatments.*

ARTIEM
ASTURIAS

ARTIEM
AUDAX

ARTIEM
CARLOS

ARTIEM
CAPRI

ARTIEM
MADRID