

## 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 ° 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	26€

## THERMAL CIRCUIT PASSES

Unlimited access to the circuit to maximize the spa during your holiday. Plus, a 10% discount on any of our individual treatments. Valid for whole days of your choice during your stay for up to 15 days.

The complete package is personal and not transferable.  
\*Valid for whole days of your choice during your stay for up to 15 days.

SPA DAY PASS - 1 DAY*	32€
BREAK IN THE SPA - 3 DAYS*	54€
WEEK OF WELLNESS - 6 DAYS*	79€
WELLBEING STAY - 10 DAYS*	99€
1 MONTH PASS	99€
PASS FOR 5 X 90-MINUTE CIRCUITS	99€

SPA DETOX DAY	115€
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Enjoy a complete day of relaxation at the Artiem Audax with unlimited access to the thermal circuit of the *Blue Spa* and *The View Pool Club*. This package includes a relaxing massage for 50 minutes and a three-course lunch on the terrace of *The View*. Plus, a 10% discount on an additional treatment enjoyed on the day.

Subject to availability, beverages not included.

SPA + MENU THE VIEW	49€
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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	39€
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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 delight with a gift from the Blue Spa @ Artiem Audax. Give health and wellness through our website and receive it instantly by email or in a gift box by mail. You will be able to prepay online for our services, and then call with your voucher code to book directly.  
[www.artiemhotels.com](http://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

## ARTIEM AUDAX

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# Blue SPA

## OUR RITUALS

ALMA DE MENORCA (*Soul of Menorca*) 90' | 105€

Experience Menorca through its aromas and ambiance. A sensory trip that invites you to be carried away by the peace and energy of our island. Feel in your skin the fields, the land and the sea. It is an exclusive treatment designed by Artiem Audax \*90-minute spa circuit included.

CITRUS SUPREM 90' | 130€

A refreshing awakening of citrus aromas and sensations for the face and body. A firming treatment that renews and illuminates the skin and perfumes with an irresistible tangerine aroma.

\*90-minute spa circuit included.

SUITE FOR TWO per person 70' | 76€

Relax with your partner enjoying this gentle and sensory massage ritual. 70 minutes of relaxation and wellbeing with oils and aromas of lavender and lemon from Bio cosmetics. \*90-minute spa circuit included.

DIAMOND ROSE RITUAL 90' | 120€

Damask Rose and Diamond Powder for a luxurious ultra-nutritious treatment with a great renewing power. Exfoliation and hydration in an hour and a half of authentic pampering and pure relax with the perfume of Roses. \*90-minute spa circuit included.

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.

CHOCOTHERAPY 50' | 75€

Delicious body massage with hot chocolate that melts into the skin, nourishes and revitalizes. An anti-stress ally to stimulate endorphins and forget worries.

## 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.

PERSONALIZED HOLISTIC HAUSCHKA 75' | 85€

Holistic Facial Cleansing Ritual with aromatized muslins and the most suitable products from the Dr. Hauschka line in each case. The most natural cosmetics that provide absolute relaxation and well-being. \*90-minute spa circuit included.



C+C VITAMIN FIRMING FACIAL 60' | 70€

Formulated with powerful antioxidant active ingredients, (6% vitamin C) this treatment improves the skin's natural defense against free radicals. Skin instantly recovers all its vitality and feels firmer, more hydrated, luminous and supple than ever.

NB CEUTICALS 60' | 70€

Ideal to strengthen skin's self-defense system, providing an immediate and lasting sense of freshness and wellbeing in addition to soothing, hydrating, regenerating and protecting sensitive skin.

THE CURE 70' | 75€

An effective deep cleansing treatment that applies the science of sirtuins to create the most complete "beauty cure" to restore, detox and hydrate the skin from within.

ANTIAGE DEFIANCE NATURA BISSÉ 60' | 80€

Rich in isoflavones of Iris Florentine and highly firming, it deeply nourishes and diminishes expression lines.

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.

FACIAL LYMPHATIC DRAINAGE 25' | 40€

Lymphatic drainage of face and neck that helps to eliminate toxins and to decongest the face.

## BODY TREATMENTS

BODY PEELING 25' | 40€

A delicious sensation for the skin that is renewed with this sublime scrub of salt crystals and flower petals, leaving the skin highly hydrated and renovated.

ALGOTHERAPY / LODOTHERAPY 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.

VITAMIN C FIRMING BODY TREATMENT 60' | 75€

Fantastic exfoliation, mask and moisturizing body treatment with a high content of vitamin C. Firms and illuminates the skin leaving it soft, with an exquisite tangerine perfume and full of radiance.

TRATAMIENTO ANTICELULÍTICO 70' | 83€

Algotherapy and specific localized treatment. It helps to eliminate toxins and to fight the formation of cellulite.

\*Request information about our anti-cellulite packs



**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.

## MASSAGES & THERAPIES

CALIFORNIAN 70' | 99€

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.

RAINDROP THERAPY 75' | 105€

Drawing on Native American wellness traditions this technique provides a revolutionary means of aligning the body and mind. A unique, targeted massage using a series of pure essential oils for a deeply rejuvenating, and relaxing experience.

LOMI-LOMI 50' | 80€

Relaxing and sensory massage, coming from the islands of Hawaii, harmonizing and sweeping movements, like the waves of the sea.

THAI MASSAGE 70' | 99€

90' | 127€

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.

VOLCANIC STONES 50' | 70€

Relaxation and sensations in a massage where the stress evaporates with the sway of hot volcanic stones on the body and the thermal contrast of cold stones on the legs.

MASSAGE WITH PINDAS 50' | 70€

Comfort and complete relaxation thanks to the soothing feeling of the small warm sacks and essential oils on the skin.

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.