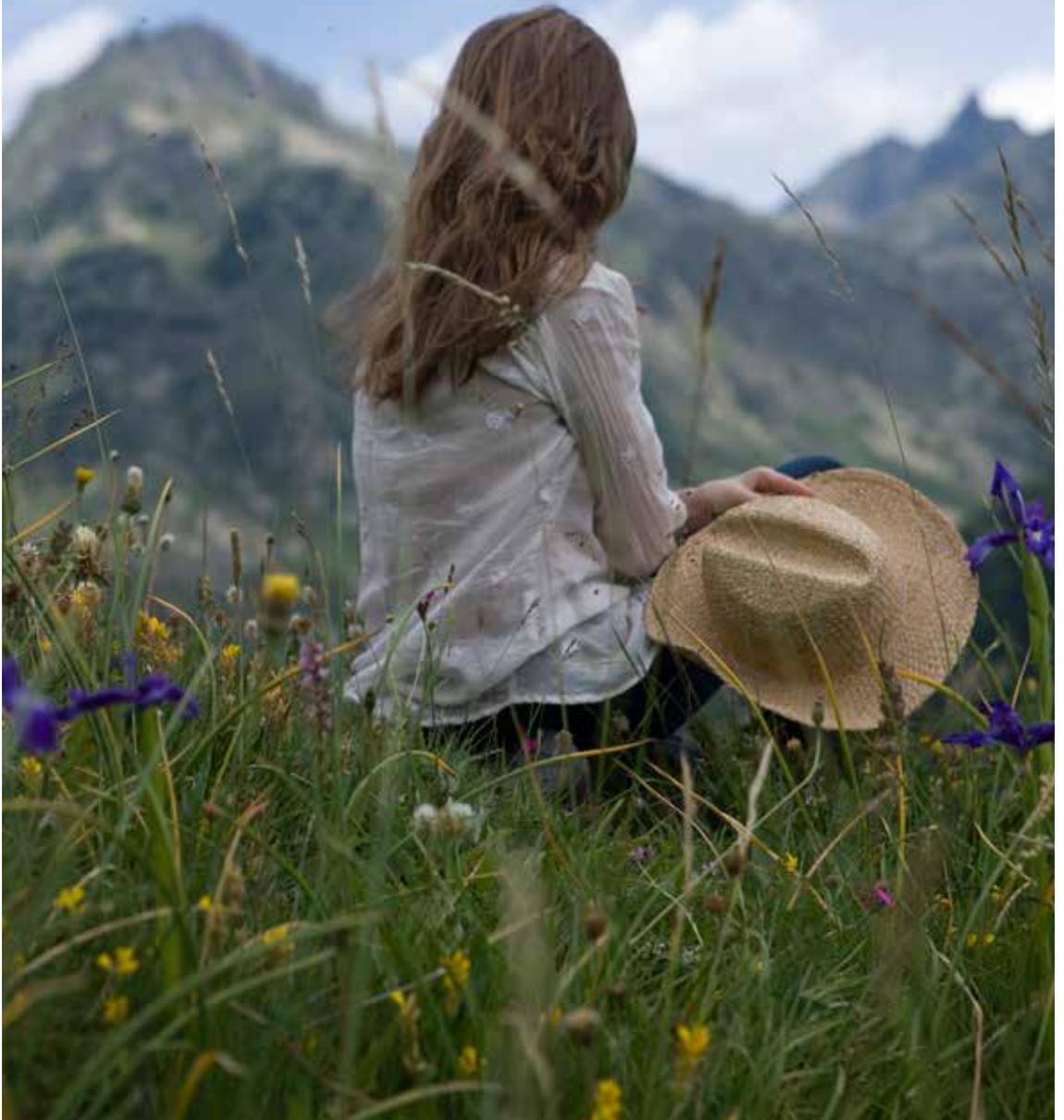


Welcome to the
Summit of Wellbeing...



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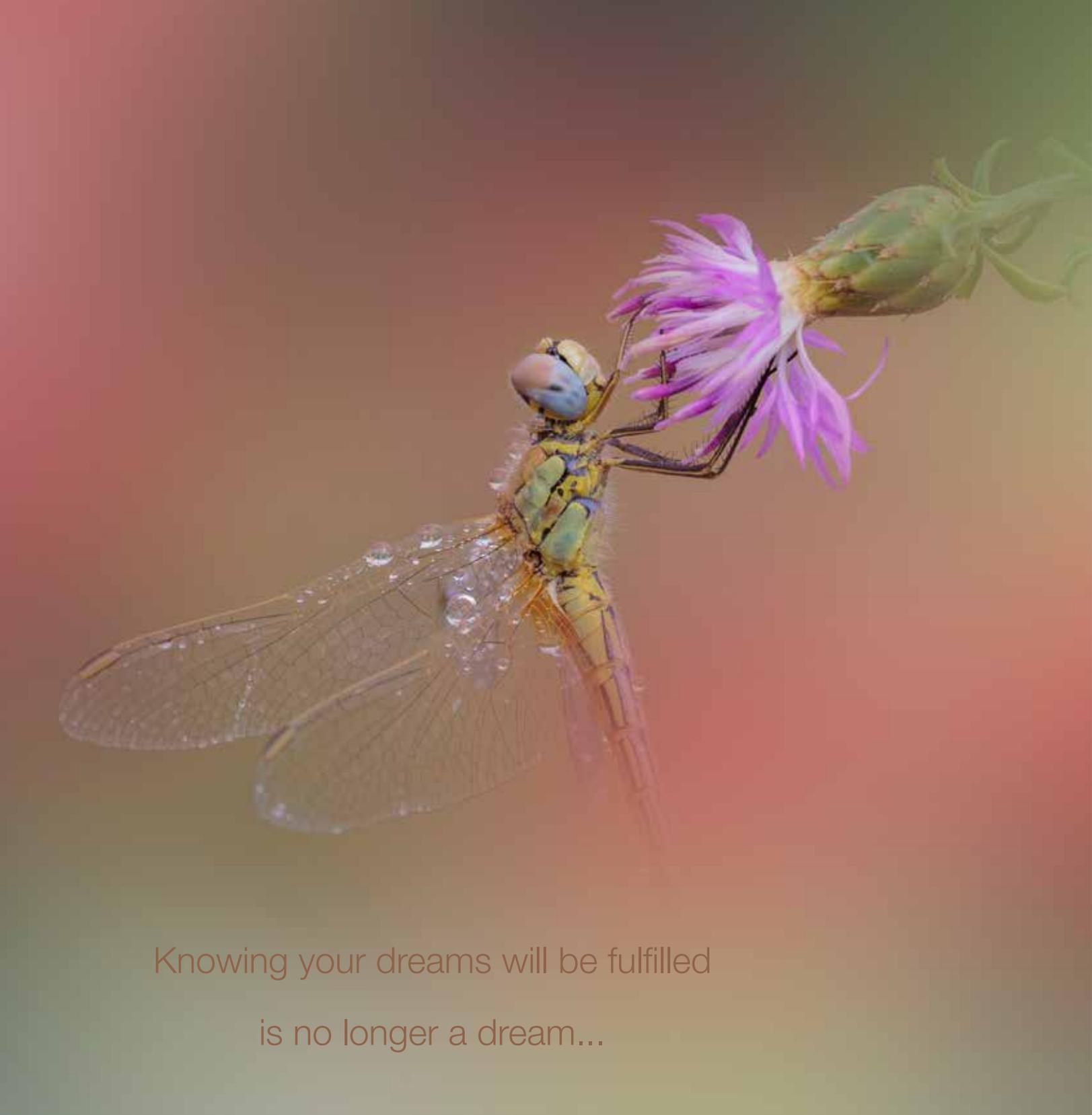
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A close-up photograph of a dragonfly with a yellow and blue body, perched on a purple flower. The dragonfly's wings are transparent and detailed. The background is a soft, blurred gradient of green and brown.

Knowing your dreams will be fulfilled
is no longer a dream...



Dear clients,

In incomparable natural surroundings at an altitude of 1850m, with wonderful views over the valley of Soldeu, Mountain Spa 1850 is the perfect place to enjoy treatments & therapies specially designed for your wellbeing, health and beauty, as well as a magnificent hydrotherapy circuit.

Spa comes from the Latin and is an abbreviation of the words Salut per Aqua, which means Health through Water.

In our Spa, we base our services on the benefits of water, minerals and essential oils; all this accompanied by physical exercise, and of course, by our professionals – an expert team of wellbeing devotees.

Our location and the natural elements which form our environment are the essence of our being and the best help in ensuring that the time you spend with us becomes a unique and privileged experience.

Welcome to the Summit of Wellbeing!

Your Mountain Spa 1850 team



We offer you 5 floors with a total of 5000sqm dedicated to wellbeing and beauty.

Decorated by the famous Spanish sculptor Domènec Fita i Molat, the works on display in all our spaces make up, along with our characteristic facilities, the distinctive elements of our spa.

Join us to discover it:

1st Floor circuit



- Relaxation area with loungers
- Four jacuzzis tubs (32-30°C)
- General locker rooms, showers and toilets

2nd Floor circuit



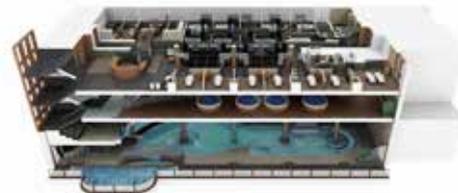
- Tepidarium - Relaxation area with 9 heated beds (36°C)
- Sauna with music therapy and chromotherapy (90°C); 10% humidity
- Turkish bath (40°C); 90% humidity
- Ice fountain
- Contrast showers
- Caldarium (35°C)
- Sanarium (50°C); 20% humidity
- Relaxing showers
- Aromatherapy cabin (40°C); 60% humidity
- Pediluvius
- Relaxation zone

3rd Floor circuit



- Hydromassage pool (32°C); 1.40m deep with 2 outdoor jacuzzi tubs
- Relaxation pool (34°C); 1.40m deep
- Contrast pool (12°C); 1.40m deep and pebble path (12°C)
- Relaxation zone

Treatment rooms



One floor is dedicated exclusively to treatments and therapies.

It has 19 cabins, one of which is a double so that couples can enjoy treatments together, and most of them overlook the mountains.

Thinking about your own welfare and the comfort of other users, we would ask that you read the information below in order to find out about the rules of use and improper uses of our Spa.

Usage of the Hydrotherapy Circuit

Our Spa is a Health & Wellbeing centre that is focused on the relaxation of our clients. When you enter, it is mandatory to wear the appropriate footwear and swimwear. We will provide you with towels and if you forget your swimsuit, you can buy one in the main reception. It is compulsory to shower with hot water and soap before starting the circuit and after using our aquatic facilities.

The Spa should not be used by those with any of the following issues:

- Up until the third month of pregnancy or in cases of high-risk pregnancies. For other cases, please consult your doctor
- Severe high blood pressure or uncontrolled high blood pressure
- Severe low blood pressure
- Skin infections
- Malignant tumours undergoing treatment
- Those with cardio-vascular problems should obtain their doctor's consent. Any heart condition or recent by-pass surgery
- Chest or urine infections
- Protruding varicose veins
- Tinnitus
- Phlebitis
- Conjunctivitis
- Malnutrition: anorexia or anaemia
- Iodine's allergy (in cases of other allergies, please consult)
- Claustrophobia
- Fever or general physical discomfort

Usage of the Saunas

The use of the saunas is recommended for the following issues: chronic rheumatism, minor colds, stress, minor bronchial disorders, acne, to compliment obesity treatments and muscular contractions.

The saunas should not be used by those with any of the following issues:

- Severe high blood pressure
- Severe low blood pressure
- Cardio-vascular problems
- Fever
- Epilepsy
- Anorexia
- Nephritic colic
- Severe bronchial diseases
- Pregnancy
- Varicose veins
- After drinking alcohol
- Communicable infectious diseases (spa use is totally prohibited in this case)

We do not recommend that you use the saunas after large meals, please wait a minimum of 2 hours.

Entry is only permitted to those with the appropriate footwear, swimwear and towel. Before using the facility, you must take a hot shower with soap and then dry yourself. Shaving or waxing inside the sauna is forbidden.

Once your session is ended, it is recommended that you take a warm shower and then a colder shower after a break of 5 to 10 minutes. You should keep hydrated by drinking plenty of water before and after the session.

If at any point during the session you feel dizzy, nauseated or any discomfort, please leave the sauna and notify the staff immediately.

We would like you to enjoy your stay with us so we hope you will find the following information useful.

Opening times (subject to change and availability)

- **Treatments**
 - Monday to Thursday: 12 am to 8 pm
 - Friday to Sunday: 10 am to 8 pm
- **Hydrotherapy circuit and saunas***
 - Monday to Thursday: 12 am to 8 pm
 - Friday to Sunday: 10 am to 8 pm
- **Outdoor swimming pool****
 - Monday to Thursday: 12 am to 8 pm
 - Friday to Sunday: 10 am to 8 pm
- **Gym**
 - Monday to Sunday: 7 am to 10 pm

* Pools and saunas will close 15 minutes before the Mountain Spa 1850 closing time

** Only opens during the summer months and subject to weather conditions

We reserve the right to make adjustments and changes in the treatment schedules and in the opening times of the hydrotherapy circuit and saunas.

From the 15th of July to the 15th of September, schedules may be extended.

To avoid any inconvenience, we would recommend that you check availabilities before your arrival: by email at info@sportwellness.ad or by telephone +376 870 510.

Bookings & Contact

We would love to plan and recommend a perfect experience for you. To do this, we suggest that you book your treatments online, by telephone or in person at the Mountain Spa 1850 reception.

Guests staying at the Sport Hotel Hermitage & Spa have free access to the Spa, while guests staying in the Sport Hotel Village and Sport Hotel enjoy very special access conditions. Gym entry is free for all guests.

External clients can enjoy any of our services upon request and these are subject to the current rates.

-  (+ 376) 870 510, or dial extension 4 from your room
-  info@sportwellness.ad
-  www.sportwellness.ad

Preparing for your Visit & Required Clothing

For your greater comfort, we recommend that hotel guests go to the Spa in their bathrobes. The use of flip flops and swimsuits is mandatory to in our Spa. You will find all accessories on sale at the reception. In all saunas and steam rooms, the use of swimwear and towels is obligatory.

Sports footwear with soft soles and comfortable sports clothing are required in the fitness area and during guided activities.

We suggest that you do not wear jewellery or other valuable items while you are enjoying your treatment and the Spa will not be responsible of their loss.

For our beauty treatments and massages, we provide the appropriate utensils. During treatments the only exposed part of your body will be the area that the therapist is working on; the rest of you will remain covered.

Taking a bath before our massages and body treatments is the ideal way to relax and prepare your body. We suggest that men shave a few hours before facial treatments. If you are sunburnt or have freshly shaven legs, we do not recommend body exfoliations.

Due to the skin's need to rest after a treatment, we do not recommend sunbathing or exposing yourself to the harmful effects of the sun's rays (including the UVA sunbed), swimming pool chlorine and/or the salt in sea water.

Comfort

Mountain Spa 1850 is a quiet and peaceful place for relaxing. Please do not use your mobile phone or any cameras or video cameras; we would also remind you that the spa is a non-smoking area. Please do not consume any alcohol before or immediately after your treatment as this may reduce its effectiveness. The consumption of your own food or drink is not allowed in our Spa.

In the event of any infringements of our rules, we may be forced to ask you to leave our facilities.

Arrival

We make every effort to ensure that all treatments start at the confirmed hour. This is why we advise you to arrive 15 minutes before your treatment time. If you arrive late and either your therapist or the cabin has a booking immediately after your treatment, then we would unfortunately have to shorten your treatment while still charging the full price for your reservation.

Cancellation policy

We hereby inform you that any cancellation or change of your treatment will be free of charge, provided that you inform the Spa reception with a minimum of 12 hours' notice. If this is not done or if you miss your treatment, we regret having to charge you the full amount for the agreed treatment.

During the treatment

Sexual harassment or unsuitable behaviour during the treatment will not be tolerated; therefore our therapists have the right to stop the treatment in this occurs.

Health conditions

Please make sure that you inform us and more importantly your therapist about any special requirements before you start your treatment.

Pregnancy or Breastfeeding

We apply special rules for this wonderful time of your life. We are glad to provide you with a personal recommendation about the most suitable treatments that you can safely enjoy during your pregnancy or lactation period.

Teenagers (children/minors)

Mountain Spa 1850 is a spa for adults. Entry to the hydrotherapy circuit, saunas or gym is prohibited to minors aged under 13. Teenagers aged between 13 and 18 must be accompanied by an adult. In the event of any doubt, the Spa reception reserves the right to request an identity document to prove a teenager's age. Minors aged 12 will only be given massage treatments if they are accompanied by their parents. We offer a wonderful supervised Kids Club for babies and children who cannot go into the Spa. For more information about kid and family activities, consult the Spa main reception.

Loss or damage to personal belongings

Mountain Spa 1850 declines all responsibility for lost or damaged personal belongings.





In addition to enjoying a wellbeing experience in our aquatic zone, we offer you the opportunity to pamper yourself with our treatments collection.

At Mountain Spa 1850 there is a treatment for every need: body massages as well as facial, therapeutic, relaxing, sports or holistic treatments to achieve total relaxation of the body and mind.

Reach the summit of wellbeing, let yourself be guided by our expert therapists and pamper yourself thanks to our partners' care and beauty products which include:

 **The purity of nature combined with the power of science**

In the heart of the Swiss Alps, Valmont gathers ingredients imbued with exceptional properties, selected for their beautifying effects on the skin.

Water from ancient glaciers allied with plant extracts from the Valmont conservatory – the phyto-alpine garden - nurtures every layer of the skin with the finest innovations from *Magicien du Temps*. A true anti-aging expert, for 30 years Valmont has been perpetuating the unique expertise of Swiss cellular cosmetics - the legacy of the famous Valmont Clinic - with treatments that offer instant and lasting results of unparalleled quality.

Through unique and exclusive protocols, Valmont treatments stand out thanks to the “Butterfly Motion” that characterizes the technique. The rhythm of the motion is at once disconcerting and captivating, bringing opposites into harmony. Clients feel both relaxed and reinvigorated; their skin is simultaneously calmed and awakened.

INDIBA®  **The Science of Beauty**

INDIBA® Depp Beauty opens the doors to success and the world of beauty: enjoy unforgettable sensations with the latest technology of the Proionic System®. The methodology uses knowledge and the application of techniques that, in addition to benefitting one's physical aspect, increase one's sensation of wellness and improve one's quality of life.

-  A treatment that can be enjoyed as a couple
-  A treatment that is particularly suitable for pregnant women
-  A treatment suitable with INDIBA® Deep Beauty



The 'Wellbeing Days' programs are only available through prior bookings and are subject to availability. They can be enjoyed on the same day or during the same week of the purchase. Each program is individual and cannot be shared between several people.

Relaxation & Balance

Reach a complete state of relaxation and balance through our calming treatments. Stress is reduced, giving way to relaxation. Experience harmony between the body, mind and soul.

Your Relax & Balance program contains:

- A locker in the treatment zone
- A bathrobe & towels
- A hot drink, a glass of fruit juice or a glass of cava

Elixir aromatic bath **25 min.**

Complement your treatment with a bath. The hydromassage jets provide a toning and pleasurable massage.

"100% Argan" Relaxation & Nutrition **75 min.**

Enjoy a full body exfoliation which leaves your skin cleansed and prepared to receive a delicate, nutritious massage. The high content of Vitamin E, Omega 3, 6 and 9 is ideal for combating premature ageing and for returning smoothness and natural colour to the skin.

Reiki **60 min.**

Reiki (Japanese) means 'universal life energy' and it is an extremely effective technique for the liberation of stress and relaxation. A sensation of peace, vitality and happiness combined with an exceedingly pleasant feeling of security are common experiences. Reiki accelerates the healing power of your body and opens the mind, body and soul, providing balance on an emotional and mental level.

Total price of the Relaxation & Balance program: € 240.00

Inspiration & Vitality

Be inspired and recharge your batteries, ready for everyday life. The energy treatments support a full and healthy lifestyle. With this program, time takes on a new dimension and peace and harmony will come back into your life.

Your Inspiration & Vitality program contains:

- A locker in the treatment zone
- A bathrobe & towels
- A hot drink, a glass of fruit juice or a glass of cava

Foot Podal **60 min.**

The strategic points in the soles of the feet, those that are related to our internal organs, are delicately massaged.

This treatment is especially effective in cases of physical fatigue or digestive problems.

Traditional Thai Massage **75 min.**

Thai massage is based on the application of pressure along the ten invisible energy lines of the body (Zen). Done in typical Thai clothing, this traditional massage is performed over a futon. The masterful combination of Thai stretching techniques and the deep massage of pressure points stimulate blood flow, releases toxins, allow the body to heal naturally and restore suppleness.

Express Lifting – Minimum Time, Maximum Effect **50 min.**

This is a firming treatment with splendidly radiant results for all those who have limited time but who want the maximum effects of Valmont products. The Express Lifting treatment consists of: skin analysis, cleansing, face and neck lifting massage, application of a firming ampoule, collagen veil, serum application, an eye, lip and face contour cream.

Total price of the Inspiration & Vitality program: € 335.00

Beauty & Pampering

We focus our attention on your inner and outer beauty. We take care of your skin with high quality products that are suited to your needs. Enjoy your beauty treatments in an impressive atmosphere.

Your Beauty & Pampering program contains:

- A locker in the treatment zone
- A bathrobe & towels
- A hot drink, a glass of fruit juice or a glass of cava

At the Summit of Wellbeing

100 min.

This is particularly suitable for revitalizing the face, body and spirit. We have selected the most suitable products and techniques for this special combination of muscle tension releasing massage and revitalizing facial massage, giving lovers of mountains and sun a quick recovery.

The At the Summit of Wellbeing treatment consists of a gentle massage on the back of the body, followed by a full facial treatment with: cleansing, exfoliation, a face, neck and hand massage, collagen veil, oxygenator serum application and a contour cream for eyes, lips, neck and face.

Spa manicure

50 min.

First impressions count! Our professional manicure is a very special pleasure that will make your hands shine.

The 50 minute anti-aging manicure consists of:

Hand bath, nail filing and polishing, cuticle treatment, exfoliation, restoration mask and nutritive cream applied to hands and arms.

Spa pedicure

75 min.

Show off your beautiful feet! Our professional pedicure relaxes your tired feet and renews dry and damaged skin, nurturing and hydrating to achieve a soft and silky feel. Take a big step!

The 75 minute transforming pedicure consists of:

Hand bath, nail filing and polishing, cuticle treatment, exfoliation, restoration mask, intensive callus treatment and nutritive cream applied to the feet.

Total price of the Beauty & Pampering program: € 290.00

Mountainveda

Ayurvedic, Thai and Japanese traditions adapted to our Mountain Spa 1850 world.

Abhyangam - Anti-Stress

This relaxing massage with herbal oils for the whole body includes the head and face, ensuring relaxation of the body and mind. It improves your circulation and the brightness of your skin. This massage is suitable for daily use, since all energies are balanced. It is the classic Ayurvedic massage.

55 min.

€ 110

Marma Massage – Energy Reinforcement

Finger pressure is used on the vital points (*marma*) and muscles, pressing a thumb or palm on certain points which have a high concentration of life energy. This massage is excellent when you have too much work, when day-to-day life leaves you fatigued, and it helps to stretch muscles of the body and relieve tiredness.

55 min.

€ 120

Elakkizhi - Herbal Calm

This massage is suitable for muscle cramps and joint pain, though it also has great relaxing properties. It is highly recommended for those who want a really intense massage. This doesn't mean that it is a powerful massage, but the combination of heat and essential oils followed by a massage produces amazing results. It includes a full body massage, followed by a massage with heated *pindas* in herbal oils. This treatment pacifies your *Vata dosha*.

75 min.

€ 145

Thaila-Shirodhara - Tranquillity

This is a powerful therapy to relax the mind. After a whole body relaxing massage, the forehead is washed with medicinal oils. This massage is suitable for those with anxiety, depression, insomnia, nervous disorders and it also improves mental clarity. This therapy balances your *Vata* and *Pitta doshas*.

80 min.

€ 160

Sowkhyam - Anti-Fatigue

This is a combination of three types of massage. It is a balancing therapy that helps to relieve fatigue and stresses of the body and mind. It begins with a body massage (including head and face) done with herbal oils, followed by a massage with herbal *pindas* that alleviates strained muscles and lastly, you receive the *Shiro-dhara* therapy which calms the mind. The treatment will take you closer to *Swasthyam*, which is a balanced state of mind and body.

100 min.

€ 185

Langhanam - Anti-Cellulites

This helps to combat obesity and cellulite. The first part is a micronized herbal massage followed by a body massage performed with medicinal oils and, lastly there is an application of hot herbal *pindas* that activates the metabolism and helps to drain body fat. This therapy also lightens the body, helps digestion and improves the health of the skin.

100 min.

€ 185

Traditional Thai Massage

Thai massage is based on the application of pressure along the ten invisible energy lines of the body (*Zen*). Done in typical Thai clothing, this traditional massage is performed over a futon. The masterful combination of Thai stretching techniques and the deep massage of pressure points stimulate blood flow, releases toxins, allow the body to heal naturally and restore suppleness.

75 min.

€ 130

100 min.

€ 170

Reiki

Reiki (Japanese) means "universal life energy" and it is an extremely effective technique for the liberation of stress and relaxation. A sensation of peace, vitality and happiness combined with an exceedingly pleasant feeling of security are common experiences. Reiki accelerates the healing power of your body and opens the mind, body and soul, providing balance on an emotional and mental level.

60 min.

€ 98

1850 Massages & Therapies

This is a selection of the best massages and therapies from Mountain Spa 1850 that will make your dreams come true.

Hot Stones 🌿

This combines the relaxing effects of a massage with the benefits provided by warm and cold volcanic stones. It channels energy and releases tension. It will give you an overall feeling of freedom, wellbeing and comfort.

75 min. € 130

Lymphatic Drainage

This is a gentle, manual technique to stimulate venous and lymphatic return by eliminating toxins and harmful substances. It is ideal as a supplementary treatment for people who suffer from fluid retention.

50 min. € 87

Physiotherapy Session

This is the evaluation and treatment of muscle and bone injuries through manual, postural and electrotherapy techniques. Clients will receive guidance and advice.

60 min. € 98

Foot Reflexology 🌿

The strategic points in the soles of the feet, those that are related to our internal organs, are delicately massaged. This treatment is especially effective in cases of physical fatigue or digestive problems.

30 min. € 59
60 min. € 98

Face, Head & Neck 🌿

A deeply revitalizing and relaxing experience. It includes a massage of the head and shoulders and of the pressure points of the face. It releases the stress and tensions of life. It is also advisable for those with insomnia and it is beneficial for the scalp.

40 min. € 69

The 42 Movement Facial Massage 🌿

Exclusive facial massage techniques. A wide variety of movements to re-shape, structure and stimulate the facial contours.

40 min. € 74

Relaxing 🌿

This relaxing, anti-stress massage is adapted to the current state of your mind, body and soul. The rhythm, manoeuvres and aromas will provide a deep sensation of wellbeing.

Partial body massage 25 min. € 43
Back and legs massage 50 min. € 85
Full body massage 75 min. € 126

Deep Tissue Massage 🌿

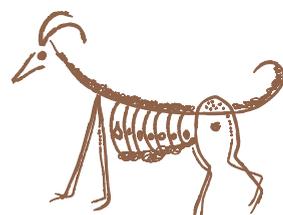
This energetic deep tissue massage is perfect for after a sports session. It melts away muscle tensions and blockages, improves blood circulation and activates the metabolism. It's ideal for the recovery of tired muscles.

Partial body massage 25 min. € 48
Back and legs massage 50 min. € 89
Full body intensive massage 75 min. € 129

Made-to-Measure Massage - Relaxing 🌿

This massage is focused on you and your needs! We adjust the time, intensity and style of the treatment for you. The 'made-to-measure' massage techniques lead to the oxygenation of your muscles and the relaxation of your mind.

60 min. € 98
80 min. € 143
100 min. € 170



Exfoliation, Wraps & Body Rituals

These unique suggestions are for pampering your body in all respects. The traditional treatments will introduce you to the world of body beauty.

Gentle exfoliation

Enhance the results of any treatment with an exfoliation which removes dead cells and facilitates the breathing of the skin. It will be purified and illuminated, leaving it soft and velvety.

25 min. € 43

Made-to-Measure Wrap 🌿

Choose between a moisturizing, anti-inflammatory or anti-cellulite mask, let it go to work and feel how your skin receives the active elements of the selected product. This treatment is carried out in a steam booth.

25 min. € 43

Exfoliation and Moisturisation

Restore the sensation of freshness and cleanness to your skin with a full body exfoliation. The bath with magnolia and orange blossom oils illuminates the skin, leaving it hydrated and silky.

50 min. € 85



Anti-Ageing Body Treatments

Restorative Exfoliant

Prepare your skin before any Valmont exfoliant body treatment.

25 min. € 48

Purification & Hydration

This involves a body exfoliation followed by the application of echinacea oil which leaves the skin totally purified and hydrated.

50 min. € 95

"100% Argan" Relaxation & Nutrition

Enjoy a full body exfoliation which leaves your skin cleansed and prepared to receive a delicate, nutritious massage. The high content of Vitamin E, Omega 3, 6 and 9 is ideal for combating premature ageing and for returning smoothness and natural colour to the skin.

75 min. € 129
100 min. € 168

The Sommelier Anti-Oxidant Ritual

A brushing exfoliation and a body wrap accompanied by a facial massage and body massage will help to stop cellular ageing. The properties of cava are combined with the latest cosmetic technology. The stem cells from grape vines and magnolias provide natural protection against skin stress caused by the sun and pollution.

110 min. € 179

Made-to-Measure Body & Face Ritual

Made-to-measure beauty and wellbeing. Give your body the time it really needs. We provide you with a therapist who will diagnose and treat the necessities of your skin, body and face. All the cosmetic products, techniques and protocols that they need are combined to offer total relaxation. You set the time; we'll do the rest...

160 min. € 260



Beauty & Pampering baths

We also offer some special suggestions to disconnect and pamper yourself before your massage or treatment or so you can enjoy a personal relaxation moment.

Elixir Aromatic Bath ★

Complement your treatment with a bath. The hydromassage jets provide an invigorating and pleasant massage.

25 min.

€ 43

Bath & Illuminating Hydration

Illuminate your skin to the max with a relaxing bath followed by an application of an ultra-hydrating lotion.

50 min.

€ 85



This can be combined with any treatment as a complement or it can be done on its own.

1850 Facials

We suggest a selection of facial treatments and rituals. These suggestions are designed for you to show off a perfect face, without forgetting the relaxation.

Facial Hygiene

This deep cleansing facial care skin treatment is essential for removing impurities.

50 min. € 85

Unique Beauty - Custom Facial Treatments

In this care program we focus on the actual and individual needs of your skin: after a skin analysis and cleansing, including exfoliation, we will give you a facial treatment that is based on your needs. These beauty rituals can be enjoyed in three at different levels of intensity:

30 minutes of unique Beauty, consisting of:

Skin analysis, cleansing, exfoliation, special mask, hand massage, serum application, eye contouring and facial cream.

55 minutes of unique Beauty, consisting of:

Skin analysis, cleansing, exfoliation, face and neck massage, special mask, hand massage, serum application, eye contouring and facial cream.

80 minutes of unique Beauty, consisting of:

Skin analysis, cleansing with extraction, exfoliation, face and neck massage, special mask, hand massage, serum application, eye contouring and facial cream.

30 min. € 60
 55 min. € 98
 80 min. € 140

Anti-Ageing supplement in the Unique Beauty Treatment - Collagen Veil

Enhance the results of your care program with the application of a collagen veil.

Results: a perfect and visible skin which will shine.

25 min. € 40

Facial Anti-Ageing Treatments & Rituals

With these suggestions, we offer you the best Valmont products to fight against the passing of time.

Express Lifting - Minimum Time, Maximum Effect

This firming treatment with splendidly radiant results is for all those who have little time but want the maximum effects of the Valmont ingredients.

The treatment consists of:

Skin analysis, cleansing, face and neck lifting massage, application of a firming ampoule, collagen veil, serum application, eye and lip contouring and facial cream.

50 min. € 148

Hydration The Manantial de Bisses treatment

Treat dehydrated and exhausted skin a wellspring of hydration. Your skin is revitalised, looking resplendent and toned. The Manantial de Bisses treatment can be enjoyed at two different levels of intensity:

The 30 min. treatment, consists of:

Skin analysis, cleansing, mask, exfoliation, serum application, eye and lip contouring and facial cream

The 75 min. treatment, consists of:

Skin analysis, cleansing, mask, exfoliation, hydrating serums, face and neck massage, collagen veil, eyes, lips, neck and face contour cream application

30 min. € 80
 75 min. € 165

Energy - Vitality of the Glaciers

Give back to your face the energy and hydration that is taken away by the stress of life and high pollution. This change in luminosity combats the first signs of skin deterioration. The skin is filled and fatigue is removed.

The treatment consists of:

Skin analysis, cleansing, exfoliation, face, neck and hand massage, collagen veil, oxygenator serum application and an eyes, lips, neck and face contour cream

75 min. € 165

Anti-Ageing & Firming The High Peaks Lifting

This lifting redensifies and smoothes the skin, reducing the signs of aging and minimizing expression lines, producing an immediate lifting effect.

The treatment consists of:

Skin analysis, cleansing, exfoliation, face, neck and hands lifting massage, application of a firming ampoule, collagen veil, and an eyes, lips, neck and face contour cream application

100 min. € 190

Exclusive: At the Summit of Wellbeing

This is particularly suitable for revitalizing the face, body and spirit. We have selected the most suitable products and techniques for this special combination of muscle tension releasing massage and revitalizing facial massage, giving lovers of mountains and sun a quick recovery.

The At the Summit of Wellbeing treatment consists of a gentle massage on the back of the body, followed by a full facial treatment with: cleansing, exfoliation, face, neck and hand massage, collagen veil, oxygenator serum application and a contour cream for eyes, lips, neck and face.

100 min. € 195



Deep action for deep beauty. Visible results from the first sessions.

Wellbeing



- Facial Anti-Ageing
- Bags under the eyes
- Double chin
- Neck & neckline

Relaxation



- Breast lifting
- Flabby arms
- Abdomen
- Saddlebags and buttocks
- Cellulite

Body harmony



- Baldness
- Hair loss
- Prevention and maintenance

Detox-Draining Effect



- Breast lifting
- Flabby arms
- Abdomen
- Saddlebags and buttocks
- Cellulite

Illustration of the results of the Double Chin & Lifting Effect Treatment

- Increases skin elasticity
- Redefines facial contour
- Tones and revitalises
- Oxygenates and feeds the skin

Sessions
0-4



Before



After

Courtesy INDIBA JAPAN

Illustration of the results of Abdomen Modelling

- Drainage effect
- Reduces accumulated fat
- Increases skin elasticity
- Accelerates circulation

Sessions
0-8



Before



After

Courtesy INDIBA JAPAN

Facial Treatments - Anti-wrinkle & Natural Lifting

INDIBA® helps you to enhance your interior beauty, increasing cell performance and the production of collagen and elastin for your skin, making it look young and healthy.

Eyes contouring	20 min.
Hides the bags under your eyes and reduces crow's feet wrinkles.	
Flash session	€ 44
Results Pack 6 sessions	€ 220
Restructuring Pack 12 sessions	€ 429

Anti-Ageing facial	30 min.
Redefines the contours of your face and reduces wrinkles and expression lines.	
Flash session	€ 60
Results Pack 6 sessions	€ 310
Restructuring Pack 12 sessions	€ 594

Double chin	20 min.
Re-firms and redefines your chin.	
Flash session	€ 44
Results Pack 6 sessions	€ 220
Restructuring Pack 12 sessions	€ 429

Neckline	30 min.
Brings back firmness and splendour to the neckline.	
Flash session	€ 60
Results Pack 6 sessions	€ 310
Restructuring Pack 12 sessions	€ 594

Face, Neck & Neckline	50 min.
Full rejuvenation treatment.	
Flash session	€ 84
Results Pack 6 sessions	€ 430
Restructuring Pack 12 sessions	€ 819

Body Treatments - Anti-Cellulite & Remodelling

INDIBA® increases the internal body temperature, encouraging the reduction of fat, body reshaping and skin re-firming and avoiding the formation of new fats on easy accumulation zones.

Flabby arms	20 min.
Re-firms skin and reduces arm circumference.	
Flash session	€ 44
Results Pack 6 sessions	€ 220
Restructuring Pack 12 sessions	€ 429

Breast Lifting	30 min.
Re-firms and reshapes the breasts, giving a lifting effect.	
Flash session	€ 60
Results Pack 6 sessions	€ 310
Restructuring Pack 12 sessions	€ 594

Flat stomach	30 min.
For a flat stomach and a redefined figure.	
Flash session	€ 60
Results Pack 6 sessions	€ 310
Restructuring Pack 12 sessions	€ 594

Saddlebags	30 min.
Reduces cellulite and redefines the hip line.	
Flash session	€ 60
Results Pack 6 sessions	€ 310
Restructuring Pack 12 sessions	€ 594

Anti-Cellulite	50 min.
Reduces cellulite and redefines your figure.	
Flash session	€ 84
Results Pack 6 sessions	€ 430
Restructuring Pack 12 sessions	€ 819

The Results and Restructuring Packs have 2 sessions per week. For faster results, you can have 1 session a day or 3 per week.

The results depend on a healthy lifestyle, the metabolic balance of your body and the number of sessions you have.

Hands & Feet care

Spa Manicure

First impressions count! Our professional manicure is a very special pleasure that will make your hands shine. The treatment can be enjoyed at two different levels of intensity:

The 40 minute bright manicure consists of:

Hand bath, nail filing and polishing, cuticle treatment, exfoliation, restoration mask and nutritive cream applied to hands and arms.

The 50 minute rejuvenating manicure consists of:

All the bright manicure components, plus a repairing mask.

40 min.	€ 44
50 min.	€ 50

Spa Pedicure

Show off your beautiful feet! Our professional pedicure relaxes your tired feet and renews dry and damaged skin, nurturing and hydrating to achieve a soft and silky feel. Take a big step! This treatment can be enjoyed at two different levels of intensity:

The 40 minute bright pedicure consists of:

Hand bath, nail filing and polishing, cuticle treatment, exfoliation, restoration mask, intensive callus treatment and nutritive cream applied to the feet.

The 75 minute transforming pedicure consists of:

All the bright pedicure components, plus a hydrating mask and an intensive callus treatment.

40 min.	€ 49
75 min.	€ 79

Spa Manicure & Pedicure Supplements*

Classic nail polish	10 min.	€ 10
Semi-permanent nail polish	25 min.	€ 20
Semi-permanent nail polish removal	25 min.	€ 20

* These treatments are only offered as a supplement to the Spa Manicure or Spa Pedicure.

Waxing with Hot or Warm wax

Half-legs	25 min.	€ 30 €
Full legs	50 min.	€ 50 €
Underarm	10 min.	€ 25 €
Bikini line	25 min.	€ 30 €
Brazilian	50 min.	€ 50 €
Arms	25 min.	€ 30 €
Chest	50 min.	€ 50 €
Back	50 min.	€ 50 €
Lips	10 min.	€ 15 €
Eyebrows	25 min.	€ 30 €
Legs, underarm and bikini line	75 min.	€ 75 €

Makeup & Hairdresser

Please ask at the Spa reception for the availability, times and prices of these services.

Children & Teenagers

We have a selection of suggestions and rituals for our youngest clients to get the chance to learn about the beauty and wellness world first hand.

The Cloud 1850

Relax and enjoy! After this almond oil massage, you'll feel like you're on Cloud 1850.

25 min.	€ 43
50 min.	€ 85

Glamour hands

Enjoy a refreshing experience with a wonderful smell for your young hands. After a nail cut and polish, we pamper you with a relaxing hand massage.

25 min. without nail polish	€ 43
30 min. with nail polish	€ 45

Glamour feet

We take care of your active feet. After a cut and polish, we pamper you with a relaxing foot massage.

25 min. without nail polish	€ 43
30 min. with nail polish	€ 45

Happy Face

A refreshing cleansing and a gentle treatment will make your youthful face shine.

25 min.	€ 43
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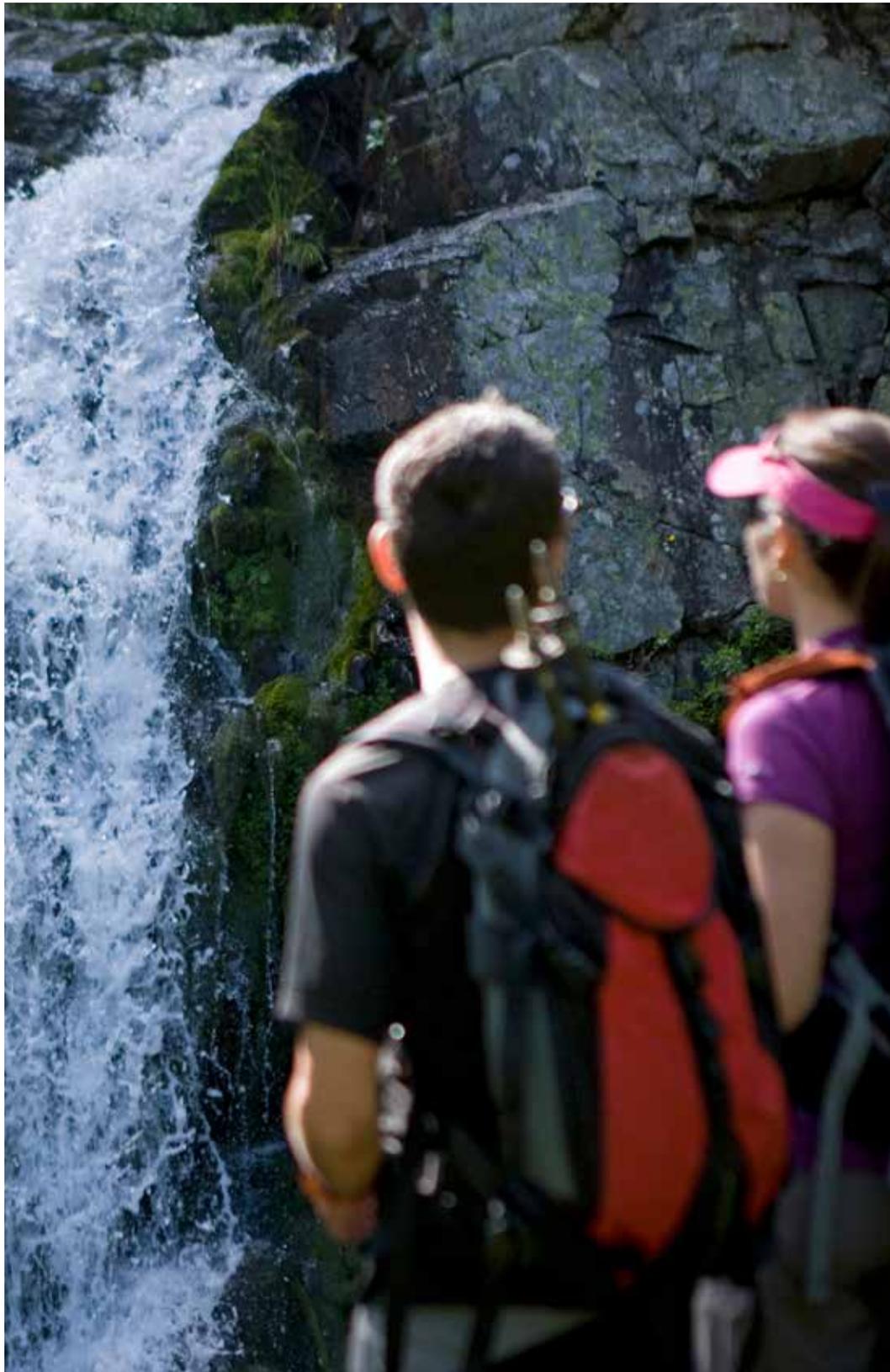
Teenage Facial Treatment - We fight against acne

Suitable for teenagers with unbalanced skin due to hormonal changes, this treatment involves a deep cleanse facial with a final oil regulator treatment. With this teen treatment you will achieve optimum freshness.

50 min.	€ 85
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These offers are available for children aged between 6 and 16 and only include the treatments. Access to the hydrotherapy Circuit is reserved for people aged over 13.

Minors aged 12 will only be given massage treatments if they are accompanied by their parents.



Summer Spa Packages

The Summer Spa packages are only available with advance booking and are subject to availability.

All packages include the Spa Experience, which consists of:

- 1 three hour pass to the Hydrotherapy Circuit & Saunas
- 1 gym session, including free guided classes
- 1 locker in the treatments zone
- A bathrobe and towels
- A hot drink, a glass of juice or a glass of cava

Summer Relax Break

The Spa Experience and your choice of "Summer Relax Break" experience:

Partial body massage	25 min.	€ 63
Back and legs massage	50 min.	€ 105
Full body massage	75 min.	€ 144

Summer Relax Break for Two

The Spa Experience and your choice of "Summer Relax Break for Two" experience:

Partial body massage	25 min.	€ 117
Back and legs massage	50 min.	€ 193
Full body massage	75 min.	€ 263

Summer Beauty Break

The Spa Experience and your choice of "Summer Beauty Break" experience:

Unique beauty	30 min.	€ 80
Unique beauty	55 min.	€ 118
Unique beauty	80 min.	€ 158

Summer Spa Break

The Spa Experience and your choice of "Summer Spa Break" experience:

Exfoliation and hydration	50 min.	€ 105
100% Argan Relaxation & Nutrition	75 min.	€ 149
The Sommelier Anti-oxidant Ritual	110 min.	€ 197

Single Passes

HYDROTHERAPY CIRCUIT & SAUNAS, 3 HOURS

*Prices per person

**Includes locker, towel and a hot drink, a glass of fruit juice or a glass of cava.

***For national holidays & school holidays, please consult info@sportwellness.ad or phone +376 870 510

	Monday to Thursday	Friday to Sunday
Non-guests	€ 29.50	€ 34.00
Andorra residents (ID required)	€ 27.50	€ 29.50
Sport Hotel & Sport Hotel Village Guests	€ 25.00	€ 27.00

GYM USAGE SUPPLEMENT, INCLUDES FREE CLASSES

*Available only in combination with the Hydrotherapy Circuit & Saunas passes, subject to availability

Non-guests & Andorra residents	€ 10.00
Hotel guests	free

OUTDOOR POOL, INCL. FREE CLASSES AT THE POOL & KIDSLUB ACTIVITIES

*Advance booking, subject to availability

Non-guests & Andorra residents	€ 15.00 per day per person (adults and children, from age 3)
Hotel guests	free

Summer Passes

SPORT HOTEL & SPORT HOTEL VILLAGE GUESTS, 3 HOURS PER PASS

*Includes locker and towel

**Tickets are transferable, non-refundable and subject to availability

	4 passes	6 passes	8 passes	10 passes
Hydrotherapy Circuit & Saunas	€ 98.00	€ 138.00	€ 172.00	€ 200.00

EXTERNAL CUSTOMERS - NON-GUESTS, 3 HOURS PER PASS

*Includes locker and towel

**Tickets are non-transferable, non-refundable and subject to availability

	5 passes	10 passes	1 month	Summer pass (ends 30.11)
Hydrotherapy Circuit & Saunas	€ 135	€ 250		
Hydrotherapy Circuit & Saunas and Gym (incl. free classes)	€ 160	€ 300		
Hydrotherapy Circuit & Saunas, outdoor pool and Gym (incl. free classes)			€ 500	€ 900

Mountain Spa 1850 Gym & Activities

EXTERNAL CUSTOMERS – NON-GUESTS

*Includes locker, towel, water and fruit

**Tickets are non-transferable, non-refundable and subject to availability

	1 day	10 days	1 month	Summer pass (ends 30.11)
Gym (incl. free classes)	€ 20.00	€ 150.00	€ 250.00	€ 420.00

PERSONAL TRAINING

50 min.
80 min.

€ 45,00
€ 70,00

For further information about activities and guided classes, please ask at Spa main reception.

The use of flip flops and swimwear is mandatory in our Spa. Please shower with hot water and soap before starting the circuit and after you have finished.

The use of swimwear and towels is obligatory in all saunas.

Sports footwear with soft soles and comfortable sports clothing is required for the fitness area and during the guided activities.

Forgotten your swimsuit? No problem!
The following accessories are for sale in reception:

- Men's & Women's swimsuits
- Pool footwear
- Bathrobes

The most expensive and valued gifts are not
Ships, Jewels or Cars...

... they are Time, Love and Life!

Give what is most important in life with a Mountain Spa
1850 gift card

Whether it is a hydrotherapy circuit pass, a Spa package
or a treatment – we will be happy to serve you!

Please do not hesitate to contact us by telephone at
(+376) 870 510 or by email at info@sportwellness.ad.

...And now it's time to enjoy the Summit of Wellbeing!

We hope to see you soon,
Your Mountain Spa 1850 team



SportWellness
MOUNTAIN SPA

T +376 870 510

www.sportwellness.ad

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