



**we** *spa*

*“Health” with water*







NEW SENSATIONS FOR YOUR WELLBEING, AT ANY TIME **we spa** OFFERS AN UNFORGETTABLE ENVIRONMENT FOR RELAXATION AND ENJOYMENT, IN A WORLD WHERE DAILY ACTIVITY LEADS TO MENTAL STRESS AND BODY FATIGUE.

ENJOY YOUR FREE TIME BY LETTING US CARE FOR YOU DESERVE IT, WE OFFER YOU A RANGE OF FACIAL AND BODY TREATMENTS SO YOU FEEL COMPLETELY RELAXED.

ADVICE BY OUR QUALIFIED PERSONNEL COMBINED WITH THE USE OF NATURAL PRODUCTS.

OUR SUITES ARE DEDICATED TO PROMOTING HEALTH, RELAXATION AND WELLBEING.





## *SHOWER JET*

Designed for pressurized water: cold, hot or mixed, causing muscle tissue mobilization, combatting cellulite, circulatory problems, muscle contractures, fatigue, etc...

It helps eliminate toxins, mobilizes the muscles, increases the metabolic activity.

## *VICHY SHOWER*

Hydropathic treatment based on a column of water jets alternating from head to toe, making an underwater massage. This technique should be complemented with one of our wraps, (chocolate, seaweed, mud, body scrubs, etc...)

## *OZONIZED BATH TUB FOR SPECIFIC THERAPIES WITH WATER*

Automatic massage in a heated, ozonated water bath gives great healing power, eases muscle contractures, invigorating and all enhanced by the effects of seaweed, winetherapy, etc...

## *ULTRA SOUNDS*

By using ultra sounds our treatments help improve blood circulation. The benefits are: anti-inflammatory, resorption of oedema, muscle relaxation, healing, localized fat nodules, etc...



## *THERMOTHERAPY*

Application of heat: a potent vasodilator is used to enhance the effects of our wraps (seaweed, wine, mud, etc...) So as to treat different areas before any of our massages.

## *PRESSOTHERAPY*

Great lymphatic drainage to help you combat poor circulation and heaviness in the legs, mainly used by pregnant women for varicose veins and oedema.



## *CRIOTHERAPY*

Cold application: a potent vasoconstrictor is used to tone the tissues especially in cases of sagging, varicose veins, localized oedema and poor circulation in general.

## *MASSAGE*

Try a variety of massage techniques combined with hydrotherapy and thermal treatments to provide great physical and mental wellbeing.

**CHIROPRACTIC MASSAGE** (massage for various purposes as needed)

**SPORTS MASSAGE** (eases muscle contractures)

**FOOT REFLEXOLOGY** (massaging the soles of the feet)

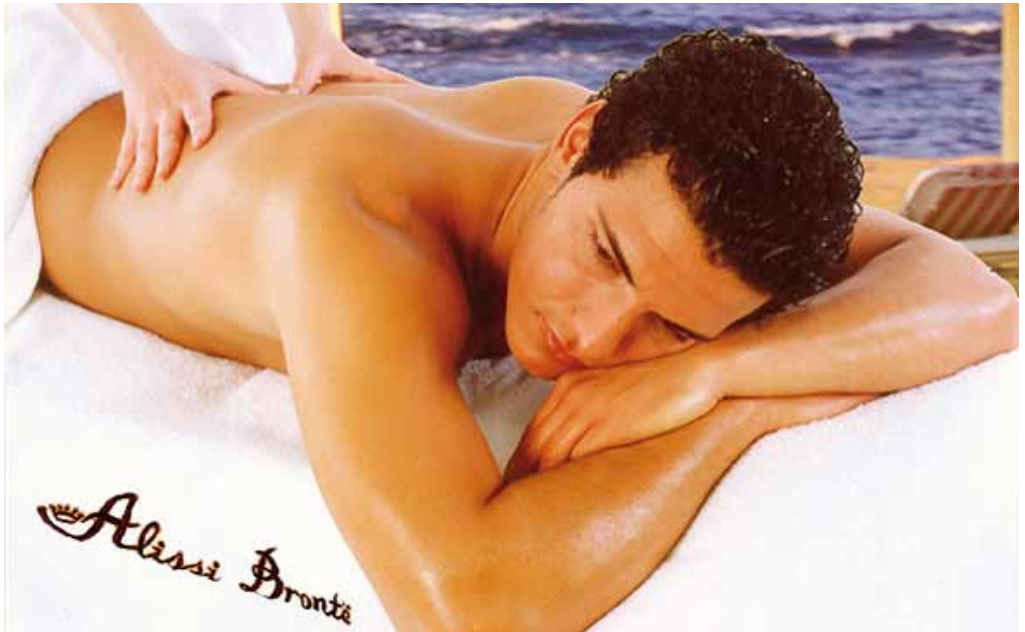
**BAMBOOTHERAPY** (massage performed with bamboo sticks)

**STRETCHING** (to make everything flexible)

**MULTISENSORY MASSAGE** (massage with spices, silks and feathers)

etc...

A wide variety of effects that relax the affected areas, eases muscle contractures, improves skin appearance, promotes blood circulation, tones the body, prevents injuries, helps the disabled, strengthens the immune system, acts as a laxative, detoxifies, revitalizes and improves the unsightly "orange peel" (Cellulite)



# Applying natural cosmetics

## CHOCOLATHERAPY

Anti-stress: sweet preparations, pamper your skin for in a delicious multisensory experience for physical and mental wellbeing. Chocomud with high concentrations of cocoa and caffeine increases the cellular metabolic rate, causing the release of toxins from the cells and draining fluid from the skin. Diuretic, detoxifying and anti-aging.  
IRRESISTIBLE TEMPTATION

## DETOX (sensory candle massage)

The temperature at which this is applied helps us gain a greater penetration of active ingredients, contains grape and cocoa to help us detoxify. Aromatherapy: patchouli, amber and cedarwood from morocco to protect and regenerate the skin.



## SCRUBBING BY BAMBOO

Salt body scrub spa with bamboo extract, seaweed, sodium salt-iodic. Restores the skin to look smooth and radiant. Draining effect and anti-inflammatory.

## ALGAWINE MASK

Fragmented micro-algae + winetherapy acting on fluid retention, fat accumulation and the elimination of metabolic wastes. Ensures remineralization and delays skin aging.



## *THERMAL MUD GAYA*

Fine thermal mud for restructuring micronutrient litocosmetics, eliminates toxins, deposits of accumulated fluids and provides a marked improvement and renewal of the skin.

## *MASSAGE CREAM THERMAL BATHS*

Spa massage cream, nutritious natural seaweed and essential oils for a firm smooth and nourished body.

## *SUPER SLENDING*

Super cream for reducing cellulite and stubborn cases with i-carnitine, iodine and dyphylline. Simulates a fasting state in the fat cells to force them to remove their deposits. Remodels and smooths the skin.



## *FORTIFICATION OF THE BODY*

Gel and oil firms the breasts and strengthens the body, this is a great cocktail of seaweed that can transform your shape due to the tension and lipolytic effects of seaweeds.

## *BUST-UP VOLUME OIL*

Oil to enhance the beauty of the bust, this is attributed to the innovative complex organic substances and essences to get an increase in circumference of the breast.



## *SCULPTURING THE BODY*

100% natural moulding oil for anti-aging body treatment. Smooths and repairs stretch marks and combats orange peel. Decreases water retention. the body contour is redefined.

## *CELLULITE DRAINING OIL*

Oil which acts on tissue and fluid retention, ideal for draining the tissue especially in specific areas such as the abdomen, buttocks and legs.



## *RELAXING OIL*

Ayurvedic oil, very relaxing and for defusing tension and agitation.

## *QUEEN ELIZABETH WATER*

Queen elizabeth water, increases blood circulation, protects us from pollution and purifies.

You will notice a sense of release in your body.

# Circuits we spa

## CIRCUITS WITH HARMONY

### HYDROMASSAGE POOL

Move through the various individual jets, duck-billed for contractures, waterfall for cervical problems, volcanoes for tired legs and feet, underwater massage beds with multiple jets.

You will find your muscles relax and tensions disappear. activates circulation and increases the general wellbeing, 20 to 25 min.

and finally soak in our jacuzzi with bubbles, this leaves your mind and body totally relaxed. 20 min.



### FOOTBATH

Pebbled walkways and biothermal jets that massage the soles and activate the movement of your lower extremities. 5 min.

### TURKISH BATH

An air-conditioned space with a humidity of 90% and aromatherapy, used for cleansing and oxygenation of the airways. 15 min.





### *FINNISH SAUNA*

Dry heat bath at a temperature of 80 to 100°C to combat fatigue and exhaustion.

Detoxify your body and let your skin breathe, you will have to have two exposures of 10 to 15 min in the sauna alternating with cold water showers. 30 minutes allows every last pore of your skin to breathe.

### *SHOWERS OF SENSATIONS*



### *HOT SPRINGS*

Benefit from the properties of local heat, and let your body relax.

### *THERAPY ROOM WITH MUSIC*

Finally take advantage of our relaxing therapy room: Relaxing music + aromatherapy + infusions or juice.



# MONTHLY OFFERS



**we spa**

TEL. WE 958 560 245  
TEL. WE SPA 677 948 985

