

# CONNECT WITH YOUR WELLBEING



SPA  
RIO ARA WATER CIRCUIT  
TREATMENTS



MONASTERIO DE BOLTAÑA  
HOTEL & SPA



# WELCOME TO THE MONASTERIO SPA



MONASTERIO D BOLTAÑA  
HOTEL & SPA

## WATER CIRCUIT

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### **Water circuit (1 hour)**

Large hydrotherapy pool with different waterfalls and swan necks

Three jacuzzis of different shapes

Roman Sauna

Turkish Sauna

Cold water pool for temperature contrasts

Oxygenating bed pool

Sensory showers with aromatherapy, chromotherapy, and contrasts

Waterfall shower

Blue shower

Ordesa rain circuit

**Adults:** guests 25€ / not guests 29€

**Children from 2 to 12 years old:** guests 17€ / not guests 20€

## SPA VOUCHERS

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### **Validity of 6 months from purchase**

5 Entry Voucher	125 €
10 Entry Voucher	220 €
20 Entry Voucher	325 €

## GRAND CLOISTER

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Private room with hydromassage bathtub for two, sauna with chromotherapy, showers and heated relaxation beds.

60 €

## JACUZZI

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<b>Private Jacuzzi</b> 30 min	30 €
Up to 4 people	

## MONASTERIO RITUALS

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**Ordesa Trails** 55 minutos 90 €

A walk through our forests to detoxify, drain and reshape our body.

**Pyrenean Stones** 55 minutos 90 €

Energetic therapy with stones that stimulate our body and help to regain balance.

**Ara River Relax** 25 minutos 65 €

Massage + Ara river water circuit.

**Essentials of Monasterio** 55 min 90 €

Facial + massage

Created to relax, de-stress, care for and moisturize the skin and achieve a glowing complexion in a single step.

## FACIAL TREATMENTS

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by Natura Bissé Barcelona

**Facial cure** 55 min 90 €

**Purifies · Detoxifies · Repairs**

Eliminates toxins, helps repair cell damage and deeply moisturizes.

**Facial citrus vita-essence** 55 min 90 €

**Revitalises · Stimulates · Rejuvenates**

Impregnate your skin with the antioxidant power of vitamin C.

**3D collagen shock facial** 55 min 95 €

**Sculpts · Firms · Tightens**

Remodeling and firming treatment that combines three types of collagen.

## BODY TREATMENTS

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by Natura Bissé Barcelona

**Diamond well living** 70 min 110 €

Design your own treatment.

A personalized body massage; an exfoliation that renews your skin and senses; a mask moment that intensely nourishes and comforts your well-being.

**Citrus body** 45 min 80 €

Flood your skin with citrus energy with this treatment based on emulsions with a high concentration of vitamin C.

**Citrus body premium** 70 min 110 €

Intensify your skin care with a vitamin C-rich mousse mask for silkier skin.

**Future Mum** 55 min 90 €

Specific back and facial treatment for pregnant women that cares for and prepares the skin.

**Massage for children** 25 min 50 €

Relaxing massage with natural oils and essences for the little ones. A parent's presence is recommended.

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## MASSAGES OF THE WORLD

**Ayurveda** 70 min 95 €

Complete personalized massage with warm essential oils to balance body and mind.

**Tibetan** 55 min 80 €

Traditional oriental therapy for deep relaxation.

**Lomi Lomi** 55 min 80 €

Polynesian ritual ceremony that stimulates and relaxes your body with movements mimicking ocean waves.

**Wangi** 55 min 80 €

Deep massage ideal for relieving and reducing muscle tension, joint pain and muscle tension, joint pain and stiffness.

**Kualani** 25 min 50 €

Localised muscle massage.Targeted muscle massage.

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### Spa opening hours:

Monday to Friday and Sundays: 10am to 2pm and 4pm to 8pm.

Saturdays: 9am to 9pm

### Please note

- Access to the circuit is not allowed for any women or individuals who are pregnant and children under two years of age.
  - Wearing a cap and swimming costume is mandatory. These items are available for purchase at the spa reception.
  - Please check the special opening hours for children at the spa reception.
  - It is ESSENTIAL to book in advance for any of our spa services.
  - A cancellation policy applies if you cancel at least 24 hours before the booked service.
  - All prices include VAT.
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HOTEL & SPA

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