



# Blue Spa



ARTIEM AUDAX



THE  
BEST  
HOTELS  
FOR THE  
WORLD

# Blue Spa

## FULL 90' MINUTE CIRCUIT

**22€ (hotel guests) / 28€ (visitors)**

The Blue Spa circuit is designed to relax, purify and balance the body. 34°C and 38°C hydromassage pools with a jacuzzi, bubble beds, cervical jets, 12°C toning pool, four types of special showers, Compostela foot bath, outdoor terrace with sunbeds, Roman bath, Swedish sauna, Turkish bath, heated loungers and a relaxation area.

## SPA CIRCUIT VOUCHERS

Make the most of the spa during your stay and get a 10% discount on treatments by booking one of our multi-session packs. The vouchers are personal and non-transferable.

### 90' SESSIONS TO HOTEL GUESTS

**3 sessions / 54€**

**6 sessions / 79€**

**10 sessions / 99€**

### MONTHLY VOUCHER FOR VISITORS

**105€**

1 calendar month, max. 90' per day, subject to availability.

### 5 90' SESSION VOUCHER FOR VISITORS

**99€**

Entire season.

### SPA DETOX DAY\*

**115€**

Enjoy a relaxing day at ARTIEM Audax with:

- A 90-minute spa circuit at the Blue Spa;
- A relaxing 50-minute massage;
- 10% discount on another individual treatment valid for the same day;

- Opportunity to enjoy a set menu on the terrace of The View Pool Club Restaurant and sunbathe and use the pool (drinks not included).

### SPA + THE VIEW MENU\*

**90' / 55€**

Circuit with a full set menu outdoors on the terrace of The View Pool Club Restaurant. Subject to availability, drinks not included.

### SPA + BUFFET MENU\*

**90' / 55€**

Circuit combined with a buffet menu at Restaurante Oliva or Restaurante Galdana. Drinks not included.

## BLUE SPA GIFT VOUCHERS

Surprise your friends with a Blue Spa @ Artiem Audax gift voucher. Give a gift of health and well-being through our website and receive it immediately by email or by post in a gift box. Pay for our online services in advance. Then book with by phone with your voucher code at [www.artiemhotels.com](http://www.artiemhotels.com)

\*Subject to availability.

# Massages & Therapies

## **CALIFORNIAN**

**60' / 90€**

Created in the California of the sixties, this massage combines several techniques with conscious contact, breathing and presence. Its gentle harmonious movements help release blocked energy.

## **THAI MASSAGE**

**60' / 95€**

Performed on a futon, it combines stretching, manipulation and pressure techniques. It is performed wearing clothes for this purpose on an outdoor platform in natural surroundings.

## **AYURVEDA ABHYANGA**

**60' / 75€**

We are transported to India with this wrap massage that works on the energy level with special oils, balancing body and soul. The treatment ends with a few minutes in the Turkish bath.

## **RELAXING**

**25' / 50€ | 50' / 75€**

A gentle anti-stress massage that is perfect for relaxing and forgetting about your worries. \*Available as a Sky Massage (outdoors)

## **CHIROMASSAGE / SPORTS MASSAGE**

**25' / 70€ | 50' / 90€**

A decontracting massage that requires a more technical and precise manipulation.

## **PERSONALISED THERAPY**

**25' / 70€ | 50' / 90€**

A special application of different massage techniques and therapies that responds to specific needs.

## **LYMPHATIC DRAINING WITH THE VODDER METHOD**

**50' / 70€**

A manual therapy that eliminates toxins and improves the lymph circulation. Very relaxing and effective.

## **FOOT REFLEXOLOGY**

**50' / 70€**

A millenary technique applied to the feet that exerts a therapeutic effect on the body through reflex points.

## **THAI FOOT MASSAGE**

**50' / 70€**

A traditional Thai massage technique in which pressure is applied from the foot to the knee to harmonise and balance the body.



# Body & Facial Treatments

## BODY TREATMENTS

### SEAWEED THERAPY / MUD THERAPY

25' / 45€

The brown algae of Brittany remineralise, drain and remove toxins from the body. The sea mud purifies, reduces inflammation and soothes the skin. All the benefits of the sea in a therapeutic wrap.

## FACIAL TREATMENTS

### TOUCH OF LIGHT

30' / 45€

Facial care with a rejuvenating, hydrating mask; perfect for combining with body treatments using Dr. Hauschka bio cosmetics.

### HAUSCHKA PERSONALISED

60' / 70€

Complete cleansing and care applied by the products of the line that are the most appropriate for the needs of each skin type.

### JAPANESE FACIAL MASSAGE

50' / 70€

A very relaxing Japanese technique that smooths wrinkles and expression lines with precision, rejuvenating the face.



# Our Rituals

## AYURVEDA FOR COUPLES

50' / 45€ per person

A Hindu ritual for couples performed by one therapist with warm oils from India. This attractive treatment aims to balance and harmonise the energy of each of the partners.

## RITUALS BY ALQVIMIA

### QUEEN OF EGYPT

90' / 150€

Every woman deserves 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

90' / 150€

A ritual that provides a pleasant feeling of inner peace and profound relaxation that envelops the physical body as well as the mind and emotions. Oasis of Serenity is much more than a moment of total relaxation; it helps restore your internal harmony and allows you to connect with an attitude of respect for your own vital rhythm. This Spa Ritual is a combination of an anti-stress body treatment and a nourishing, moisturising facial treatment.

### 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.

### ARTIEM SOMNI DE MENORCA BY ALQVIMIA

90' / 150€

The light and calm of Menorca merge in this treatment in which fresh citrus aromas fill the body and mind with energy. Achieve a glowing, healthy skin and let yourself be swept away by the sensations that will remind you of this beautiful island.





# ARTIEM



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Certified



Corporation

**THE  
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**IMPORTANT:** IT IS MANDATORY TO WEAR A BATHING SUIT AND CAP.  
Access reserved for persons over 16. Please call to confirm your booking. 50% of the price will be charged for no-shows and cancellations with less than 2 hours' notice. We recommend arriving a few minutes before your appointment to be able to enjoy all the benefits of the service in full. The discounts and services included in the packs are non-transferable.

*\* Please let us know if you suffer from any condition that could put the use of the facilities or treatments at risk.*

ARTIEM  
ASTURIAS

ARTIEM  
AUDAX

ARTIEM  
CARLOS

ARTIEM  
CAPRI

ARTIEM  
MADRID