

ELEMENTS OF WELLBEING



ALMANAC

BARCELONA



TOUCH

Experience the energizing and soothing touch by the expert hands of our professionals. Re-energize with our exclusive selection of rituals and massages to enjoy a calming journey where tranquility will encompass you.

ELEMENTS OF WELLBEING is a luxury getaway, a tranquil urban retreat, where visitors can choose from a private sauna and steam room, a relaxation lounge and a well-equipped fitness facility. The wide range of soothing massage rituals and treatments allows you to embark on a personalized journey towards total relaxation.

MASSAGES

TRAVEL RECOVERY

Destress, unwind, restore –
body ritual

————— 60 min / 125€

————— 90 min / 175€

Lose yourself in the soothing aromas of lavender oils with relaxing and balancing properties that benefit the nervous system. This experience is specifically designed for our globetrotting clients to relieve body tension and provide a feeling of peace and harmony.

RELIEVER

Relax your muscles, liberate
energy blockades

————— 60 min / 125€

————— 90 min / 175€

This deeply therapeutic, holistic treatment combines the power of essential oils with long fluid movements and massage techniques. This massage creates a feeling of physical relaxation and calm, while mentally uplifting and clearing the mind.

INTENSE BACK AND

SHOULDERS

Tension relief, restorative back therapy

————— 60 min / 125€

This mind and body destressing remedy combines a series of essential oils with deep intense massage movements to relax and unknot muscle tension in the back and shoulders. The ideal cure to recover from a long journey or intense fatigue.

LIGHT LEGS

Ideal after a long day in the city

————— 60 min / 125€

Slow, deep pressure and skillful hand movements target stressed leg muscles, stimulates circulation and gives relief to deep-seated muscle tension. A stimulating and profoundly energizing massage enhances the body's natural healing ability, eliminating fatigue and promoting general good health.

RITUALS

WINE THERAPY

Peeling, wrapping and massage
with red wine

————— 90 min / 210€

This exclusive ritual wraps the body with all the antioxidant properties found in wine. The treatment is designed to eliminate impurities and detoxify the bodies' skin, a powerful remedy for those exploring the city.

SERENITY PINDA

Massage combined with the
energetic essence of plants for
balance and relaxation

————— 90 min / 180€

This balancing and energizing ritual done with warm "pindas", natural cotton bags, is perfect for providing greater body awareness. The combination of heated pindas and a massage contribute to improving stress, anxiety, insomnia and muscular contractures caused by everyday life.

INROOM SERVICES

Transform your suite into an oasis of relaxation... Revive yourself with one of our carefully selected treatments and allow our qualified and experienced therapists to soothe and relax your mind and body in the intimacy of your own suite.

Enhance your journey and treat yourself with one of our best kept beauty secrets to refresh, hydrate and rejuvenate.





ETIQUETTE & INFORMATION

ARRIVAL

Please arrive 15 minutes prior to the start of services to settle into your robe and sandals, as well as to enjoy the use of the wellness facilities. We require filling out a short intake form so the therapist is aware of your needs.

CANCELLATIONS

We strive to offer you an exceedingly personal and relaxing experience, and for this reason we set a treatment time aside just for you. We would like to request that you notify us in good time of any cancellation or rescheduling. In the event of no-shows and cancellations made within 4 hours before the treatment time, you may be requested to pay up to 50 % of the price of the services you have booked. In the event of lateness, your treatment time will be reduced in order to avoid inconveniencing the next guest.

PAYMENT METHODS

The hotel accepts cash and credit cards. Hotel guests can add the cost of this service to their bill. Value Added Tax (21 %) is included in the price. A credit card or hotel reservation will be required to secure all bookings.

ELEMENTS GIFT CERTIFICATES

Remember that ELEMENTS gift vouchers offer an unforgettable experience to the person of your choice.

IN-SUITE TREATMENTS

Room services must be done under request.

ELEMENTS OF WELLBEING

TREATMENTS DONE FROM 10PM TO 9AM
WILL HAVE AN EXTRA CHARGE OF 100%

FITNESS: OPEN 24 HOURS

TREATMENT RESERVATION:
WITH ADVANCED RESERVATION ONLY



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