

## Las Caldas Clinic

### **Our compromise, your well-being**

From Las Caldas Clinic we want to help you to obtain the **maximum well-being between body and mind**.

Working on our **base pillars** and combining the wisdom of **traditional chinese medicine** with the most advanced techniques, Las Caldas becomes a reference center to recover your energy and well-being.

A wellness center with a very peculiar characteristic: our medicinal mineral water. The combination of our water with the rest of the techniques will help you to recover your energy during your stay.

A process based in our own methodology, which allows us to create a **completely personalized program** to each one of our clients.

Let us have our professionals from **Las Caldas Clinic** advise you to get the maximum benefit for your health during your stay. A detox treatment, a slimming program, anti-stress or anti-smoking: there are multiple benefits that we could help you with.

Next, we offer you a letter of services so that you can select the one that best suits your needs. Our staff of the wellness & beauty area is at your disposal to help you and advise you if you have any questions.

## Massages

### Localized relaxing massage with aromatherapy / 25'

Experience deep relaxation through our aromatherapy massage. We offer a menu of aromas for you to choose from, creating a unique sensory experience. In this 25-min treatment, you can choose legs or back.

### Beoil Detox massage with aromatherapy / 25'

Body treatment indicated to eliminate toxins and reduce cellulite by shaping the figure. A lymphatic drainage is performed to dissolve fat knots, improves circulation reducing fluid retention. We will use the orange essential oil that help to eliminate anxiety.

### Head and face massage / 25'

A pressure relaxing massage that improves blood circulation and relieves accumulated stress on the back, neck and skull key points. Balances our nervous system.

### **Foot massage / 25'**

A foot digit pressure technique that restores the energy flow throughout the body. Enhances the well-being feeling, revitalizes and reduces stress.

### **Beoil De-Stress relaxing massage with aromatherapy / 50'**

Relaxing body treatment with which we will achieve a physical and mental state of relaxation, providing firmness, harmony and balance. All this together with bergamot essential oil that brings joy and inner peace

### **Beoil Detox massage with aromatherapy/ 50'**

A treatment especially suited to relieve stressed areas, producing greater depth than the relaxing massage. The massage is directed towards areas with contractures, usually the neck and back. These contractures can be produced by tensions or bad postures.

### **Beoil Sport massage with aromatherapy/ 50'**

Body treatment indicated for the regeneration of the body after physical activity or contractures produced by stress. It helps to eliminate muscular fatigue. It is anti-inflammatory and analgesic. With the essential oil of mint. we will achieve a calming effect

### **Shiatsu Massage / 50'**

An oriental massage that stimulates energy points using finger pressure instead of needles. Rebalances our body's energy flow.

### **Hot stones massage / 50'**

Hot stones that absorb and transfer heat, together with essential oils that produce a state of deep relaxation and stimulate vital energy.

### **Special pregnant massage / 50'**

A treatment especially designed to take care of the mother-to-be, taking her to a state of deep relaxation. At the end of the treatment, she will have a renewed, hydrated and deeply remineralized skin.

### **Balinese massage / 80'**

An exotic massage done by slow and long manual movements that help improving blood circulation, remove muscular tensions, and benefit the lymphatic system. Helps regulating the body's balance.

## Body

### **Body peeling: detox, sports or critical / 25'**

A body exfoliating treatment that removes impurities from the skin, revitalizing it with essential oils. Offers greater hydration and softness, producing welfare to your skin. We offer a peeling menu adapted to your needs.

### **À la carte body wrap / 25'**

A moisturizing body treatment with different properties based on our wraps menu. Moisturizes and tones the skin, producing a wonderful feeling of well-being. Cocoa, bloom mask...

### **Localized paramud / 25'**

A combination of paraffin and volcanic mud. It is applied at high temperature, always on the joints and back. Suitable for contractures, rheumatologic and traumatological processes.

### **Body wraps / 25'**

A body wraps menu with different properties according to the customer's needs, combining kelp and clay's beneficial properties with a combination of essential oils. Our therapists will advise you on the type of treatment that best suits your needs.

Relax: Nourishes the skin with active agents, offering a relaxing feeling for body and soul.

Yin: Nourishes the skin with premium active agents, offering a source of energy for your soul.

Yang: Ideal for cellulite and adiposity treatments.

### **Press therapy / 25'**

A compression therapy done by using therapy boots that apply pressure on several parts of the body. This stimulates the lymphatic system, and helps removing metabolic waste, improving the circulatory system and contributing to eliminate fluid retention.

### **Anti-cellulite treatment / 50'**

A treatment that firms, tones and smooths orange peel skin, by eliminating adipose tissues, thus improving our skin's look. This combines different and specific techniques and devices.

### **Drainage treatment / 50'**

A drainage is done to improve fluid retention, producing immediate relaxation, and reducing leg oedema. This improves circulation and easily eliminates toxins.

### **Reducing treatment / 50'**

A body-firming and remodelling treatment. This combines different devices and techniques to promote skin firmness.

### **Peeling massage / 50'**

Renew your skin with our exfoliating balm that remineralizes the skin and turns into a pseudo oil by enjoying a relaxing aromatherapy massage.

### **Corporal indiba/ 50'**

Treatment intended to reaffirm, regenerate and tone. Through the indiba you will get all these results from the first session

### **Alpine Rose Body Treatment / 80'**

A revitalizing treatment to strengthen the skin's natural defences. The cellular activity is stimulated through alpine herbs, and the mauve and marigold produce a calming effect to reach a soft, firm and uniform skin. Highly suitable for sensitive skin.

### **Detox treatment / 50'**

Especially suitable for detoxification, oxygenation and regeneration. It is a controlled suction made with suction cups and essential oils that work on the body's energy lines, stimulating the metabolism.

## **Facial**

### **Facial Beauty Superfood / 50'**

Illuminate, detoxify and nourish your skin with our superfood compound. The skin is instantly renewed, oxygenated and radiant.

### **Facial Glow / 80'**

Get your skin rejuvenated as from the first session with our 100% natural treatment. This nature-based treatment combines the benefits of apiculture, phototherapy and aromatherapy, with immediate, visible results. Suitable to deeply moisturize, oxygenate and regenerate the skin, repairing the signs of ageing.

### **Facial hygiene / 50'**

Full facial hygiene with a gentle exfoliation, for all skin types. You will get a cleaning with a detoxifying and purifying effect.

### **Multivitamin / 50'**

Multivitamin facial treatment with powerful anti-aging assets. The skin looks splendid, reducing wrinkles, nourishing and firming the face of mature skin. Leaves skin smooth and visibly younger.

### **Facial Indiba / 50'**

A regenerating treatment that stimulates collagen formation, hydrates, nourishes and revitalizes the skin with visible effects after the first session. A customised non-invasive treatment that firms, illuminates and redefines face contours.

### **Alpine Rose facial treatment / 50'**

Exceptional all-natural skin treatment, based on alpine rose's stem cell concentrate. Thanks to the combination of alpine herbs, larch extract, marigold, mallow, camomile, gentian and juniper, the skin's vitality is activated, favouring its regeneration. Especially suitable for very sensitive skins

### **Detox facial treatment / 50'**

Facial treatment that contributes energy to the skin. It keeps the skin young and fresh leaving the face relaxed and luminous. Totally personalized treatment adapted to each type of skin.

## **Special treatments**

### **Lymphodrainer / 50'**

Remove body toxins with our suction cups treatment, in which your circulatory and lymphatic systems are activated through rhythmic suction. This firms the skin and smooths cellulite, remodelling the figure thus.

### **Bioenergetic treatment / 110'**

Rebalance your body and soul with our complete bioenergetic treatment. Immerse yourself in our bathtub with essential oils, benefit from the properties of our muds and enjoy a bioenergetic massage with a combination of essential oils and active agents. You will reach a maximum well-being feeling and energy.

### **Wellness Experience by Laurbaer / 110'**

Facial and body treatment to rejuvenate yourself inside and out. A rebalancing massage with essential oils and suction cups combined with an Indiba facial treatment that offers deep hydration and radiance, together with a pleasant hand massage and a fruit fondue.

### **Cava and Magnolias / 110'**

Treatment for two consisting of a Balinese massage, exotic and deep massage with long and slow passes with which will reduce muscle tension and achieve great body harmony. Finishing with a bath of cava and magnolias in which you will enjoy a natural cocktail and fruit.

### **Chocolate fondue / 170'**

Treatment in pairs in which you will enjoy a unique experience. Immerse yourself to start the treatment in our floral bathtub, then ,with our organic cocoa as the protagonist ,a wrapping and facial and body peeling. Finish with a relaxing massage with aromatherapy in which you can also enjoy a chocolate fondeau with fruit and a glass of cava.

## **Rituals**

### **The Beauty secret / 50'**

Enjoy a delicate facial and body ritual with a soft scent of lavender and rosewood. The ritual includes a deep cleansing of your skin with the pampering of our therapists' expert hands, a relaxing massage and a facial treatment.

### **Cocoa Lagoon Paradise / 110'**

A facial and body ritual that will lead you to a maximum feeling of well-being. You can choose between a cocoa with orange or a mint experience, with our 100% organic cocoa, essential oils and almond oil. The ritual includes an exfoliation, a cocoa wrap, a facial treatment and a relaxing massage.

### **Indiba Deluxe / 110'**

A special two-hour Indiba ritual that focuses on your back, neck and face, allowing a revitalizing and firm look, visible from the first session. A treatment that offers a wonderful confort feeling.

### **Detox Ritual / 110'**

Eliminates body toxins, remodelling your figure. This ritual combines the Indiba and Lymphodrainer's firming, toning and smoothing actions, activating your lymphatic and circulatory system through its suction cups, smoothing and toning the skin tissue.

### **Dreams from paradise / 110'**

Our most relaxing ritual where aromatherapy is of great importance. The ritual begins with a bathtub of flowers, a moisturizing honey wrap and to conclude a glow massage with aromatherapy that will provide elasticity and hydration to the skin. With this ritual you will achieve great harmony.

## **Water and relaxation**

### **Bathtubs / 20'**

Feel the power of our mineral medicinal water in our bathtubs, by combining your preferred essential oils chosen from our oils menu.

**Jet + Shower / 20'**

A combination of aqua therapies with multiple jets and our jet of mineral medicinal water, which will enable you to relieve muscular pains and improve blood circulation.

**Vichy Massage / 50'**

A very relaxing massage under our mineral medicinal water, that will give you a state of total relaxation under water. This relieves muscular tensions.

**Relaxing exfoliation / 50'**

Restore your skin's balance benefiting from a gentle exfoliation with our salts and essential oils. Finish off with a soothing and relaxing massage while still feeling the rain from our mineral medicinal water.