



WELLNESS CENTRE

CAMIRAL GOLF & WELLNESS





INTRODUCTION

Hello,

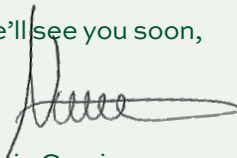
We would like to take a moment to welcome you to the Wellness Centre at Camiral Golf & Wellness and to our Wellness experience.

With nature surrounding us from all vantage points, the Wellness Centre preserves its native setting. Experience the fusion of modern science and ancient ritual with a treatment menu crafted by our experts.

We're here to answer any questions you may have. Whether you'd like to book a bridal shower package or a Cryotherapy session.

Ready to join us? A fluffy robe is waiting for you in the wardrobe. It's time to find pure, natural joy and we can't wait to help you experience it.

We'll see you soon,

A handwritten signature in dark ink, appearing to read 'Núria Camins', with a long horizontal flourish extending to the right.

Núria Camins

Wellness Centre Manager

ABOUT US

WELLNESS, YOUR WAY

We couple cutting-edge technology with traditional treatments, believing that both approaches bring tangible benefits and can work in harmony to accelerate the benefits of taking time out for yourself. Honouring the ancient healing properties of essential oils, salt and mud, our traditional treatments and rituals are offered alongside high-tech specialist therapies. Effortlessly combining old and new to bring you closer to optimal wellness, in your own time and your own way.

PROGRAMMES

Camiral Golf & Wellness' selection of programmes are renowned for combining the modern wellness elements of technology - including Cryotherapy in Spain's only MECOTEC double chamber - with more traditional therapies. This combination gives you the most holistic experience.

We have three key tech treatments available: Cryotherapy, Photobiomodulation and Oxygen Chamber Therapy. Cryotherapy will reset your mind and body at temperatures dropping to -110°C , helping to reduce muscular pain and boost your mood. Photobiomodulation delivers energy into the cells to deal effectively with pain, inflammation and skin repair. And, Oxygen Chamber Therapy is medically proven to calm the mind, stimulate neural pathways and speed up post-workout recovery.

We also have a number of treatments available from Icoone®, which uses the new, patented Roboderm® technology to treat the skin, improving everything from wrinkles to water retention.

Enrolling on one of our programmes gives you much more than just a treatment. Our experts are on hand to guide you through every step, working with you towards specific goals in a sustainable way. Our programmes include:

Detox

A personalised programme created by resident nutritionist, Mireia Cervera is combined with both traditional and technological treatments to purify the body from the inside out.

Ageing Well

Our approach to ageing well combines high-tech therapy with hands-on, natural treatments aimed at oxygenating cells and improving their quality.

Immunity

Support your immune system, by boosting the circulation and delivering vitamins and minerals at a cellular level. The programme includes a hammam experience and choice of high-tech therapies.

We also have a number of celebratory programmes designed to add a little something extra to your big moments. Our specially designed programmes can be tailored to your needs. Our celebration and spa cation packages are designed for mums to be and brides to be as well as anybody celebrating a big life moment. Or perhaps our sports recovery program for effective post-training recovery.

Pilates

Equipped with state-of-the-art apparatus from Spanish-founded Pilates brand ARREGON®, the contemporary studio includes Reformer Pilates equipment. Our Pilates instructors target individual athletic needs while improving core strength, postural alignment and muscle balance with a series of tailored programmes.

Eat, Play, Stay Well.



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WELLNESS PROGRAMMES

Designed to support and reinvigorate, our wellness programmes help you to achieve your goals in a sustainable way. Detox programme is designed to shift the focus away from calorie counting and towards healthy living. Or perhaps you'd like to try our Age Well programme, curated to provide a holistic and natural approach to ageing.

IMMUNITY SUPPORT PROGRAMME

Stimulate and support your immune system, by boosting the circulation and delivering vitamins and minerals at a cellular level. We combine traditional hands-on treatments, including our signature hammam treatment and hot/cold movement based on Kneipp therapy, with cutting-edge therapies to support the immune system's optimal functionality in a uniquely powerful way.

Day Programme

€375 per person

Includes:

- Signature hammam experience
- Three high technologies (cryotherapy, photo bio modulation or oxygen chamber therapy)
- Access to all areas of the Wellness Centre
- Immunity Wellness Lunch

Available 3, 4 or 5 day program with accommodation

DETOX PROGRAMME

Take the opportunity to reset your eating and exercise patterns in a sustainable way for the future. Our programme centres on supporting your metabolism to work better, through a combination of movement, therapies and nutritional adjustments. Work on reducing stress – a known factor in weight gain as it slows the metabolism – through targeted movement and relaxing body treatment. Finally stimulate and detox your circulation with your choice of three next-generation therapies, to fast track the benefits of this programme and set you on the road to a healthier lifestyle.

Day Programme

€313 per person

Includes:

- Bioline Body Treatment
- 1 high technology (cryotherapy, photo bio modulation or oxygen chamber therapy)
- 1 session of Personal Training or Yoga Mat
- Access to all areas of the Wellness Centre
- Detox Wellness Lunch

Available 3, 4 or 5 day program with accommodation

AGEING WELL PROGRAMME

A healthy system is maintained throughout the ageing process by cultivating strength, flexibility and good circulation, and ensuring that high quality vitamins and minerals are delivered at a cellular level. Take advantage of our holistic approach to ageing well that combines high-tech therapy with hands-on, natural treatments and hot/cold movement based on Kneipp therapy.

Day Programme

€419 per person

Includes:

- Signature hammam experience
- 1 high technology (cryotherapy, photo bio modulation or oxygen chamber therapy)
- 1 Icoone Facial
- 1 Collagen sheet
- Access to all areas of the Wellness Centre
- Ageing Well Wellness Lunch

Available 3, 4 or 5 day program with accommodation





BODYWORKS & RITUALS

Our selection of traditional, natural treatments are built with rejuvenation in mind.

The Wellness Centre partners with three of the world's leading brands, Aromatherapy Associates - with its delectable selection of essential oils for relaxation, Bioline Jatò who develops beauty treatments dedicated to the well-being and health of the skin and Icoone which is the ideal technology for medical-aesthetic applications on body and face. Sink into relaxation with one of our traditional body or facial treatments, or, why not try one of our Ritual experiences? Nourish your body and mind with a two-hour mini retreat, designed to awaken the senses.



Holistic Personalised Massage

60/90 minutes

€145/175

Our massages are tailored to your needs through a choice of four aromatherapy essential oil blends curated to relax, revive, support or release. You're invited to ask the therapist to adapt the pressure to suit you for your bespoke experience.

Relax

This massage gently calms the nervous system, allowing you to unwind physically and mentally and feel comforted and grounded.

Key ingredients: chamomile, sandalwood, vetiver

Revive

Stimulate the circulation and boost your energy with a pick-you-up treatment that also provides a general detox.

Key ingredients: rosemary, pink grapefruit, juniper berry

Support

This massage sends healing currents into the respiratory system, helps clear the mind and supports the body's immune defences.

Key ingredients: tea tree, peppermint, eucalyptus

Release

For muscle aches and joint stiffness, this anti-inflammatory treatment eases deeply-held tension.

Key ingredients: rosemary, black pepper, lavender

Our recommended pairings:

Body exfoliation

Additional 30 minutes

€60

Add exfoliation to help boost circulation, harmonise energy flow and calm the nervous system.

Hot Stones Massage

90 minutes

€175

Enjoy heated stones as an extension of the therapist's hands to unlock tight muscles.

Key ingredients: lavender and peppermint

Hamam Purifying Massage

60 minutes

€175

The blend of essential oils, salt and mud are accentuated by the warm, humid cocoon of the hammam. Start with a cleansing full-body exfoliation using eucalyptus black soap to stimulate the circulation. As your body relaxes into the warmth, a full-body treatment using the softest mud pack to draw out toxins is followed by a gentle water cleanse, leaving you feeling relaxed and rebalanced.

Mum-to-be Massage

60 minutes

€145

Let us give you a well-deserved lift with this prenatal treatment to harmonise the body. Focusing on the back, shoulders, legs and ankles, we use aromatherapy pressure point massage to ease tightness, stress and tension, and to hydrate and nourish your skin. All of our essential oil formulations are safe to be used during pregnancy.

Bioline Body Concept Treatment

90 minutes

€170

A wide range of treatments aimed to different body blemishes offers targeted, efficient and safe beauty solutions. A tested working method, made of high performing application protocols, formulas and functional massages, that allow the beauty specialists to develop highly customizable treatments, according to the needs of every customer. From cellulite to aging and sagging skin, our carefully curated treatment is designed to leave your feeling stronger and healthier both inside and out.

- **DRAINING** treatment
- **LIPOLYTIC** treatment (localized fat woman-man)
- **FIRMING** treatment (flaccidity and skin aging)

Icoone© Body Treatment

60 minutes

€125

Icoone® uses innovative Roboderm® technology to treat the skin with microstimulators. It helps to detoxify, boosts your immune system and encourages lymphatic drainage. It can reshape and tone, reducing cellulite, fat deposits, wrinkles and stretch marks.



RITUALS

Retreat into our haven of calm for an immersive two-hour journey, a ritual to help you unplug from the noise and reconnect to your core essence, your sense of self. With calm and equilibrium physically and emotionally restored, you'll step back into life feeling revitalised.

Nourish Ritual

120 minutes

€220

A sensory full-body experience designed to bring your mind and body into harmony with each other, with emphasis on inner healing. The experience begins with an ancient sage smoke purification ritual, inviting you into the present moment. This is followed by a full-body exfoliation to harmonise your energy flow and finishes with a sensory massage, using essential oils of rose, geranium, neroli and ylang ylang. The properties of rose quartz are used to promote inner healing and feelings of peace.

Mindfulness Ritual

120 minutes

€220

Feel grounded and centred by this mindfulness ritual, focusing on the root chakra in the lower back. The full-body experience is designed to balance you emotionally. The experience begins with an ancient sage smoke purification ritual, inviting you into the present moment. This is followed by a full-body exfoliation to harmonise your energy flow and finishes with a reconnecting massage using earth blends of cedar, myrrh and sandalwood. The properties of haematite and smoky quartz are used to calm and unify the body and mind.

Revive Ritual

120 minutes

€220

This ritual is designed to reset the mind and realign the body. Begin by listening to a relaxing sound bowl, aimed to stimulate your circulatory system. This is followed by a full-body exfoliation to harmonise your energy flow and finishes with an energising massage, using the refreshing blend of rosemary, peppermint and ylang ylang essential oils. The properties of clear quartz are used to lift your mood.





AESTHETICS & BEAUTY

Pick out a treatment bespoke to your needs, from the ultra-cleansing oxygenating facial to the deeply nourishing hands and feet treatments, your skin and nails will feel restored. The Wellness Centre partners with three of the world's leading brands, Bioline Jatò a unique full immersion of vitamins, mineral salts and oxygenating elements, Biologique Recherche, with its science-backed formulations based on pure, raw active ingredients and Icoone Beauty and extremely effective and non-invasive solution for a timeless effect, without any need for recovery time. Guests are welcome to add on tech treatments to enhance their experience. Please speak to our aestheticians for more information.



miriamquevedo

Bioline Facial Treatment 24.7 Natural Balance 60 minutes
€135

A unique full immersion of vitamins, mineral salts and oxygenating elements sourced from fruits, plants and flowers. A blend of red berries, cherry, cress, hawthorn and elderflower preserves skin youthfulness, rebalancing essential elements.

Oxygenating Facial 60 minutes
€175

Cleansing from the inside out, this Biologique Recherche treatment helps to carry oxygen to the skin's surface to promote a glowing complexion.

Detoxifying Facial 60 minutes
€175

A cleansing Biologique Recherche facial to rebalance the skin's pH and remove environmental toxins. Perfect for people working or living in busy cities and towns.

Anti-Ageing Facial 90 minutes
€200

A Biologique Recherche facial to revive the skin's elasticity and help reduce fine lines. Using a combination of lactic acid with burdock and vitamin PP for optimal results.

Restructuring Facial 90 minutes
€200

Ideal for skin conditions - such as eczema - or sun-damaged skin, this Biologique Recherche facial nourishes and soothes to stimulate melanin and collagen.

Collagen Facial

60 minutes

€170

A 60-minute treatment recommended for dehydrated and sagging skin. With this Biologique Recherche facial, we stimulate and promote tissue collagen synthesis, enhancing tissue regeneration.

Icoone Facial

60 minutes

€120

Icoone® uses the new, patented Roboderm® technology to facilitate lymphatic drainage, improve the immune system and reduce wrinkles. This treatment designed to oxygenate and reinvigorate the skin in a completely natural and painless way. Icoone is able to stimulate the production of collagen and elastin, revitalising the face, smoothing signs of aging, restoring the elasticity and firmness of the tissues and making you look visibly younger.

Manicure

60 minutes

€80

Your hands can hold a lot of tension and tightness, and this treatment aims to break that down with an exfoliation and targeted massage to relax and release the muscles. Finished with a full manicure.

Pedicure

60 minutes

€80

Aimed to reduce heaviness and swelling of the feet and ankles, this treatment begins with an exfoliation and a targeted massage working on the feet, ankles and lower legs. Finished with a full pedicure.

Miriam Quevedo hair & scalp treatment

30 minutes

€60

A deep, restorative hair and scalp treatment, the perfect accompaniment to one of our facials or hands and feet treatments.





HIGH TECHNOLOGIES & IMMUNITY

For many guests, a truly holistic wellbeing programme includes our state-of-the-art technology-led treatments. These include Cryotherapy, Oxygen Chamber Therapy and Photo Bio Modulation.

Whole-Body Cryotherapy -110°C

€65

Time in cryo chamber: 3 minutes

At -110°C, the body and mind have a chance to reset. At this extreme temperature, the blood retreats to the organs to protect them, and as you come out of the chamber it floods through the body, boosting the entire circulation system, reducing adrenal stress and releasing endorphins. Cryotherapy is a safe way to support detoxification, reduce muscular pain, treat chronic inflammatory diseases and aid recovery and sleep – as well as producing an overall improved sense of wellbeing and glow to the skin.

Oxygen Chamber Therapy

60 minutes

€65

Oxygen is the source of life, supporting your immune system and boosting red blood cells which carry rejuvenating energy to every part of the body. This therapy is medically proven to calm the mind, stimulate neural pathways and speed up post-workout recovery. It requires no more than breathing inside a chamber in which raised oxygen levels, and a higher-pressure atmosphere, deliver up to 20 times more oxygen into the bloodstream.

Photo Bio Modulation

20 minutes

€65

This FDA-approved light therapy treatment delivers energy into the cells to deal effectively with pain, inflammation and skin repair. Red laser light stimulates ATP energy production that powers cellular regeneration. It is particularly effective following medical aesthetic treatments or even used after a face, hair or body mask for overall skin health.

Pressotherapy

45 minutes

€50

Pressotherapy - or lymphatic drainage - uses a gentle air pressure to activate your lymphatic system to encourage the elimination of toxins. From pregnancy to post-workout, general drainage to help with circulation, this treatment helps to reduce fluid retention and revive your body.

Tech Combo

Cryotherapy, Oxygen Chamber Therapy and Photo Bio Modulation have been chosen for their synergies with each other. They work extremely well in combination with each other, especially before and after workouts.

Tech combo

€90

Series of 10 sessions

Valid for 12 months

€400

Tech & train 1:1

90 minutes

€120





CELEBRATION EXPERIENCES

When you arrive at the Wellness Centre, you disconnect from everyday life. With a focus on living well, we've carefully curated day visit and overnight stay packages to suit your special celebrations. Mums-to-be might like to relax with our Perfect Prenatal day visit, while others might like to celebrate with a pre-wedding pamper to remember. Whatever your version of living well is, the Wellness Centre is here to make it a reality.

SPA-CATION

Join us to transform a birthday, anniversary or any other special occasion into a memorable celebration. Enjoy body and facial treatments from our menu, and enhance your experience with high-tech therapy. Relax over lunch and make full use of the facilities during your stay.

Day Programme

€343 per person

Includes:

- Holistic Personalized Massage 60 minutes
- Holistic Facial treatment 60 minutes
- 1 high technology (cryotherapy, photo bio modulation or oxygen chamber therapy)
- Access to all areas of the Wellness Centre
- Wellness Lunch

Available 2 or 3 days with accommodation

PERFECT PRENATAL

Mothers-to-be can take the strain off with this rejuvenating experience. Designed to release muscle tightness and water retention, this aromatherapy massage uses a blend of pregnancy-safe essential oils. Full use of the Wellness Centre, a light lunch and all-day refreshments come included with this experience, enabling you to take all the time you need after your treatments have finished.

Day Programme

€348 per person

Includes:

- Massage Mum-to-be 60 minutes
- Holistic Facial treatment 60 minutes
- Miriam Quevedo hair treatment
- Access to all areas of the Wellness Centre
- Wellness Lunch



BRIDAL COUNTDOWN

Built bespoke to your needs, the Wellness Centre will make the countdown to your big day extra special. Whether you're visiting us for movement or you're bringing your friends and family for a celebration, you'll leave feeling refreshed and ready for your wedding day.

Day Programme

€366 per person

Includes:

- Bioline Body Treatment
- Holistic Facial treatment 60 minutes
- Miriam Quevedo hair treatment
- Access to all areas of the Wellness Centre
- Wellness Lunch

SPORTS RECOVERY

This program is made to support recovery, which include combinations of Cryotherapy, Photo Bio Modulation and Oxygen Chamber Therapy and a deep tissue massage. Will help you to recover and release the fatigue and injuries after a hard work.

Day Programme

€291 per person

Includes:

- Holistic Release Massage 60 minutes
- 2 high technologies (cryotherapy, photo bio modulation or oxygen chamber therapy)
- Access to all areas of the Wellness Centre
- Wellness Lunch





MOVEMENT

Our gym and yoga studio provide opportunities to develop power, endurance and flexibility. We offer one-to-one personal training and a variety of private and group yoga classes, workshops, and courses, some with visiting instructors. You can also take to the mat or use our reformer Pilates equipment to improve your core, aid sports performance or simply relax into deep muscle stretches.

One-on-one personal training

Yoga	60 minutes €80 per person
Pilates Reformer	60 minutes From €70 per person

PLAN YOUR VISIT

Your therapist & experience

Our therapists are chosen based on their experience, skill and positive attitude.

Whilst we make use of a questionnaire to identify areas of focus, we are primarily here to create the best possible experience for you. Please let your therapist know if the room temperature, music volume or massage pressure is not to your liking; we're more than happy to help.

We are happy to discuss any concerns or questions you have regarding treatments or therapies. Please contact our reception team so that we can connect you with the relevant specialist.

Our therapists are trained to protect your modesty with good towel draping. Disposable underwear is provided as an option, according to your preference.

Your bookings

- The minimum age for treatments is 18 years
- We request 24 hours' notice of any cancellation, or 100% of the treatment charge will be made.
- Prices are inclusive of local taxes.



ABOUT CAMIRAL GOLF & WELLNESS

OUR PROMISE

Through twenty years of considered transformation and timely innovations Camiral Golf & Wellness has evolved into the perfect environment to disconnect from the world and reconnect with ourselves — and our loved ones.

Where the unmistakable natural beauty of Catalonia, Spain's most vibrant and culturally rich region, is seamlessly blended with award-winning design and architecture. Where active pursuits, including two of Europe's finest golf courses, challenge our bodies and minds alike. Where they are recharged and replenished by best-in-class wellness treatments that blend the latest science and technology with homegrown therapeutic floras and minerals. And five-star chefs serve up world-renown, locally sourced food and drink to refuel us for our next adventure.

This is a place for everyone to feel at home. Where excitement feels enriching, and that precious sense of escape is effortless.

Welcome to Camiral Golf & Wellness.

Eat, Play, Stay Well.



CAMIRAL GOLF & WELLNESS

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