



CAMIRAL
WELLNESS CENTRE



CAMIRAL.COM



INTRODUCTION

Surrounded by nature, our Wellness Centre blends advanced technology with time-honoured rituals to restore balance from the inside out.

Every treatment is designed to harmonise body and mind. From ancient therapies using salt, oils and minerals, to state-of-the-art innovations like Cryotherapy and Oxygen Chamber Therapy.

Whether you're seeking deep relaxation, physical renewal or a complete lifestyle reset, we'll help you find your own rhythm of rest and recovery.



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WELLNESS PROGRAMMES

Our wellness programmes are designed to restore balance, vitality and peace of mind. Each one is carefully curated by our team of experts, combining advanced therapies, movement, and mindful nutrition to guide you towards long-term wellbeing. Whether you wish to restore energy, enhance performance or simply pause and reset, every journey is personal, holistic and deeply rejuvenating. Each programme is complemented by moments in our Wellness Kitchen—a tranquil environment where nourishment becomes a mindful ritual, enriching the overall experience.

Longevity & Vitality Programme

Enhance vitality and restore balance with a personalised programme tailored to your needs, blending advanced treatments, holistic therapies, and fitness sessions to rejuvenate your body and mind in a serene environment.

Day Programme

€314 per person

Includes:

- 1 Hammam treatment
- 2 Tech treatments (Cryotherapy, Photobiomodulation, Oxygen Chamber Therapy or Pressotherapy)
- Full facility use
- Healthy Lunch

Available 3, 4 or 5 day program with accommodation

By combining our state-of-the-art therapies, we create a comprehensive approach to longevity and vitality that targets cellular health, boosts your body's natural healing and anti-aging processes, and helps you feel rejuvenated, resilient, and full of energy.

Detox & Cleanse Programme

Detoxify and rejuvenate your body with a tailored programme designed by expert nutritionist Mireia Cervera. Combining holistic therapies with advanced technology, this plan supports your body's natural detoxification and revitalisation.

Day Programme

€320 per person

Includes:

- 1 Bioline Body Treatment
- 1 Tech Treatment (Cryotherapy, Photobiomodulation, Oxygen Chamber Therapy or Pressotherapy)
- 1 Personal Training or Yoga Session
- Full facility use
- Healthy Lunch

Available 3, 4 or 5 day program with accommodation

Optional Addition: Intermittent Fasting

For an enhanced cleansing journey, our 3-day detox programme can include an 18-hour intermittent fasting plan, optimising digestion and promoting metabolic balance.

Wellbeing Programme

Find calm, clarity, and balance with a personalised programme designed to release tension, soothe the mind, and restore harmony in a serene natural setting.

Day Programme

€274 per person

Includes:

- 1 Holistic Personalised Massage (60 minutes)
- 1 Tech Treatment (Cryotherapy, Photobiomodulation, Oxygen Chamber Therapy or Pressotherapy)
- Full facility use
- Healthy Lunch

Available 3, 4 or 5 day program with accommodation

Experience a transformative journey through personalised treatments, yoga practices, mindfulness sessions, and nourishing cuisine, leaving you rested, rebalanced, and ready to embrace life with renewed vitality.

Sports Recovery Programme

Recharge, recover and rebuild with a targeted programme designed to restore the body after intensive activity. Combining advanced technology with therapeutic massage, this experience helps to relieve muscle fatigue, reduce inflammation and accelerate recovery, so you can return to peak performance feeling stronger and renewed.

Day Programme

€240 per person

Includes:

- 1 Holistic Release Massage (60 minutes)
- 2 Tech Treatments (Cryotherapy, Photobiomodulation, Oxygen Chamber Therapy or Pressotherapy)
- Full facility use

Available 2- or 3-day program with accommodation

Created for athletes and active guests alike, this programme harnesses our high-performance technologies and expert therapies to optimise recovery, prevent injury and restore balance to both body and mind.





BODYWORKS & RITUALS

Our traditional treatments draw on the healing power of touch and nature's finest ingredients to restore balance and beauty from within. From deeply relaxing body therapies to revitalising facials and immersive rituals, each experience is designed to calm the mind, nurture the skin and leave you feeling renewed, inside and out.



Holistic Personalised Massage

60/90 minutes

€150/175

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: ylang ylang, geranium, patchouli, rosemary

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

€65

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

Hammam 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

€150

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.

Serena Massage

90 minutes

€175

A deeply restorative 90-minute massage using Serena oil by La Mixtura; a blend crafted to bring balance and calm during the transition to menopause. Combining gentle draining techniques with meridian point therapy, this treatment supports collagen production, promotes detoxification and restores a sense of lightness, harmony and wellbeing.

Bioline Body Concept Treatment

90 minutes

€170

A personalised body treatment designed to target your specific needs, from detoxifying and draining to firming and toning. Using advanced Bioline formulations and expert massage techniques, it helps to improve circulation, refine skin texture and restore vitality. The result is a smoother, stronger, and more radiant body, inside and out.

- **DETOXIFYING** treatment
- **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
€230

A sensory full-body experience that restores harmony between body and mind. Beginning with a sage smoke purification ritual, followed by a gentle exfoliation and a soothing massage using rose, geranium, neroli and ylang ylang oils. Rose quartz enhances the journey, promoting inner healing and peace.

Mindfulness Ritual

120 minutes
€230

Ground and centre yourself with a ritual focused on the root chakra. After a sage smoke purification and full-body exfoliation, a reconnecting massage using cedar, myrrh and sandalwood blends calms and rebalances. Haematite and smoky quartz help unify body and mind.

Revive Ritual

120 minutes
€230

Reset the mind and realign the body with a revitalising ritual. Begin with a sound bowl meditation, followed by a full-body exfoliation and an energising massage with rosemary, peppermint and ylang ylang oils. Clear quartz uplifts the spirit and restores clarity.





AESTHETICS & BEAUTY

Our facials are tailored to your skin's individual needs, combining advanced techniques with powerful natural formulations to revitalise, purify and restore. From deep-cleansing oxygenation to replenishing and firming treatments, each experience leaves your skin luminous, refreshed and full of vitality. Enhance your visit with one of our high-tech therapies for visible, long-lasting results.

BIOLINE JATÒ FACIALS

Natural Balance 24.7

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.

Exoglow

60 minutes
€135

An advanced facial that restores radiance and vitality from within. Powered by exosomes derived from Centella stem cells and organic apples, this innovative treatment boosts cellular renewal, strengthens the skin barrier and enhances hydration. The result is firmer, smoother and more luminous skin, visibly revitalised after just one session.

Vitamin C

60 minutes
€140

A revitalising antioxidant facial that brightens, firms and energises tired skin. Combining three powerful forms of vitamin C with maslinic acid and ectoine, this treatment enhances luminosity while defending against environmental stress and signs of fatigue. The result is smooth, radiant and deeply refreshed skin with a healthy, natural glow.

BIOLOGIQUE RECHERCHE FACIALS

Oxygenating

60 minutes
€175

A purifying treatment that revitalises dull, tired skin by boosting oxygen flow to the surface. It promotes natural radiance and restores a fresh, healthy glow from within.

Collagen

60 minutes
€175

Deeply hydrating and restorative, this facial stimulates collagen synthesis to improve elasticity and firmness. Skin feels smoother, plumper and beautifully renewed.

Illuminating

60 minutes
€175

A brightening and energising facial that reawakens the skin's vitality. Powerful antioxidants even tone, enhance luminosity and leave the complexion radiant and refreshed.

Age Well

90 minutes
€210

A rejuvenating facial designed to revive elasticity and soften fine lines. Combining lactic acid with botanical extracts and vitamin PP, it supports skin regeneration and restores a youthful, healthy appearance.

Caviar Firming

90 minutes
€210

A luxurious firming treatment infused with caviar extract and regenerative actives. It redensifies tissues, smooths wrinkles and sculpts facial contours, revealing a lifted, radiant complexion with renewed vitality.

Icoone Facial

60 minutes

€100

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.

Dermio Care

30 minutes

€50

A pioneering facial that unites science, wellness and advanced technology to oxygenate the skin and calm the mind. Using a high concentration of negative oxygen ions and LED light therapy, the treatment boosts cellular regeneration, restores balance and counteracts the effects of stress and fatigue. The result is brighter, smoother and more radiant skin and a deep sense of inner renewal.

Miriam Quevedo Hair & Scalp Treatment

30 minutes

€65

A deep, restorative hair and scalp ritual designed to nourish and renew, ideal as a complement to any of our facials.



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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, Photo Bio Modulation and Pressotherapy.

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 that 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. Conducted inside a chamber pressurised to 1.3 ATA, it enhances oxygen absorption by the body. The combination of raised oxygen levels and higher atmospheric pressure delivers up to 20 times more oxygen into the bloodstream, optimising vitality and overall wellbeing.

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

30 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

€90

Cryotherapy, Oxygen Chamber Therapy, Photobiomodulation and Pressotherapy have been carefully selected for their complementary benefits, working exceptionally well together, especially around workouts. With our tech combo, you can choose any two therapies from the four we offer, tailoring your experience to suit your needs.



MOVEMENT

Pilates

55 minutes

Strengthen, lengthen and align your body with our tailored Pilates sessions. Choose from private Reformer or group mat classes, designed to enhance core strength, flexibility and mindful movement.

Reformer Class from €50 / Group Class €25

Yoga

55 minutes

Flow through breath and movement with our yoga practice, offered in both Vinyasa and Navakarana modalities, each designed to build strength, balance and inner calm. Available as private, duet or group sessions in our serene studio.

Private Class from €50 / Group Class €25

Barre

55 minutes

A dynamic fusion of ballet, Pilates and yoga that tones, strengthens and uplifts. Join our energising group classes to refine posture and build total-body strength.

Group Class €25



PLAN YOUR VISIT

Your Therapist & Experience

Our therapists are selected for their expertise, intuition and genuine care. Every treatment begins with a short consultation to understand your needs and tailor your experience. Please let your therapist know if you'd like to adjust the room temperature, music or pressure; your comfort is our priority.

Our team is happy to answer any questions or discuss any concerns before your visit. For your peace of mind, our therapists are trained to ensure your privacy at all times, with professional draping and optional disposable garments available.

Enhance your visit by spending time in our Thermal Pavilion, where you can unwind before or after your treatment and enjoy the full restorative experience of the Wellness Centre.

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.

OUR PROMISE

Camiral is where the pursuit of wellbeing meets the beauty of belonging. Set in the heart of Catalonia, our resort brings together world-class golf, transformative wellness, and inspired gastronomy in one seamless experience. Here, modern design lives in harmony with nature, and every detail, from our signature treatments to our locally sourced cuisine, is created to nourish body and mind alike. Whether you come to move, to rest, or to reconnect, Camiral offers the space and stillness to find your own rhythm of balance.

Eat, Play, Stay Well.



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