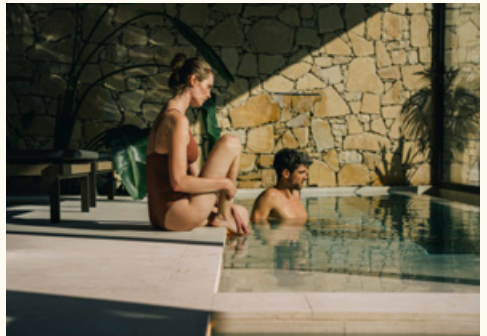




WELLNESS CENTRE

AT PGA CATALUNYA





Introduction

Hello,

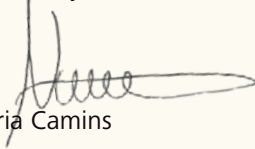
We would like to take a moment to welcome you to the Wellness Centre at PGA Catalunya and to our wellness experience.

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 black ink, appearing to read 'Núria Camins', with a long horizontal flourish extending to the right.

Núria Camins

Wellness Centre Manager

About us

The Wellness Centre's holistic approach allows you to experience pure relaxation during your treatment and leave with long-lasting benefits for the mind, body and soul.

Nestled in the Catalan forests, the Wellness Centre's natural setting cascades into everything we do. From our essential oil blends to the bathing and thermal facilities, we invite you to reconnect with nature.

Our integrative programmes do not just feel good in the moment; they are designed by experts to last far beyond your time at the Wellness Centre. Our programmes are crafted to support immunity, boost vitality, reduce the effects of stress and build your nutritional knowledge.

Working with renowned experts and world-leading brands, we've weaved state-of-the-art technology seamlessly into our treatment menu. From Cryotherapy to Oxygen Chamber Therapy, our high-tech therapies are usually only available at elite athlete facilities.

Organic ingredients can be found in the products we use for treatments and can also be seen on our menus, giving you an authentic garden to table dining experience. With a focus on local, seasonal produce, we have nutritionists on hand to deepen your wellness experience.

As well as enjoying outdoor pursuits, relaxing treatments, seasonal produce and wellbeing programmes, the gym at the Wellness Centre is a great place to let off some steam. Including cardio, weights and a functional fitness area, you can choose to work on your own programmes or allow us to tailor one for you - including a vast range of group and individual classes.

Eat, Play, Stay Well.

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Sports Recovery & 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 IV Infusion. Our experts work with doctors at NADclinic London for IV infusions to offer highly efficient treatments that support your immune system and anti-ageing.

Whole-Body Cryotherapy -110°C

€60

Time in cryo chamber: 3 minutes

Session time (including pre session): 20 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

30 minutes

€60

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

30 minutes

€60

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.

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	60 minutes	€90
Series of 10 sessions	Valid for 12 months	€400
Tech & train 1:1	90 minutes	€120

IV Infusions

Vitamins and minerals provide an immediate boost to the system as they go straight into the bloodstream to be taken up at cellular level without upsetting the digestive tract.

We are working with a team of doctors at NADclinic London to offer highly efficient treatments that support your immune system and are anti-ageing. Choose from our custom collection of infusions to reflect your needs and time; the exact length of the treatment depends on the flow rate of the infusion.

Sports Recovery	45 minutes	€300
Essential Immunity	45 minutes	€300
Ultimate Immunity	45 minutes	€400



Bodyworks & Rituals

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

The Wellness Centre partners with two of the world's leading brands, Aromatherapy Associates - with its delectable selection of essential oils for relaxation, and Biologique Recherche, with its science-backed formulations based on pure, raw active ingredients. 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

€120/160

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

€160

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

€160

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 pink grapefruit infused salt to stimulate the circulation. As your body relaxes into the warmth, a full-body massage using the softest mud pack to draw out toxins is followed by a gentle water cleanse, leaving you feeling relaxed and rebalanced.

Miracle Mum-to-be Massage

60 minutes

€120

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.

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

Individual €190 Couple €360

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

Individual €190 Couple €360

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

Individual €190 Couple €360

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.







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 choosing from our menu of traditional body treatments and facials, and add in high-tech therapies or hair treatments. Relax over lunch and make full use of the facilities during your stay.

Day Programme

€300 per person
€600 per couple

includes (per person)

- Your choice of two 60-minute natural treatments
- Your choice of a high-tech therapy or indulgent hair treatment
- Access to all areas of the Wellness Centre
- Light lunch & wellness refreshments

Two-Day Programme

€390 per person
€775 per couple

includes (per person)

- Your choice of two 60-minute natural treatments
- Your choice of two high-tech therapies
- Access to all areas of the Wellness Centre for the duration of your stay
- Light lunches & wellness refreshments

Overnight accommodation is charged at the prevailing rate

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

€370 per person

includes (per person)

- 60-minute massage of your choice
- 60-minute aromatherapy facial
- Indulgent hair treatment
- Your choice of a hands or feet treatment
- Access to all areas of the Wellness Centre
- Light lunch & wellness refreshments

Two-Day Programme

€450 per person

includes (per person)

- 60-minute massage of your choice
- 60-minute aromatherapy facial
- Indulgent hair treatment
- Your choice of a hands or feet treatment
- Personalised yoga session per booking
- Access to all areas of the Wellness Centre for the duration of your stay
- Light lunches & wellness refreshments

Overnight accommodation is charged at the prevailing rate

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 and nutritional planning, or you're bringing your friends and family for a celebration, you'll leave feeling refreshed and ready for your wedding day.

Day Programme

€370 per person

includes (per person)

- 60-minute massage of your choice
- 60-minute aromatherapy facial
- Your choice of a high-tech therapy or indulgent hair treatment
- Your choice of a hands or feet treatment
- Access to all areas of the Wellness Centre
- Light lunch & wellness refreshments

Two-Day Programme

€450 per person

includes (per person)

- 60-minute massage of your choice
- 60-minute aromatherapy facial
- Your choice of high-tech therapy
- Your choice of a hands or feet treatment
- Access to all areas of the Wellness Centre for the duration of your stay
- Light lunches & wellness refreshments

Overnight accommodation is charged at the prevailing rate



Celebration Experiences





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 two of the world's leading brands, Aromatherapy Associates - with its delectable selection of essential oils for relaxation, and Biologique Recherche, with its science-backed formulations based on pure, raw active ingredients.

Guests are welcome to add on tech treatments to enhance their experience. Please speak to our aestheticians for more information.

Aromatherapy Associates Facial

60 minutes

€120

A bespoke Aromatherapy Associates facial based on your skin's needs. Using a refreshing blend of essential oils to either calm, hydrate, firm or rebalance your skin.

Oxygenating Facial

60 minutes

€160

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

€160

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

€190

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

€190

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

Hands & Feet Experience

60 minutes

€80

These natural treatments are designed to give your hands and feet the deep care, time and attention they truly deserve.

For hands

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.

For feet

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.





Wellness Programmes

Designed to support and reinvigorate, our wellness programmes help you to achieve your goals in a sustainable way. The Weight Loss & 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 and vitamin infusions to support the immune system's optimal functionality in a uniquely powerful way.

Day Programme

€590 per person
€1180 per couple

includes (per person)

- Signature hammam experience
- Your choice of three high-tech therapies
- Intravenous vitamin infusion
- Access to all areas of the Wellness Centre
- Light lunch & wellness refreshments

Two-Day Programme

€805 per person
€1610 per couple

includes (per person)

- Signature hammam experience
- 60-minute massage of your choice
- Intravenous vitamin infusion
- Five further high-tech therapy sessions
- Access to all areas of the Wellness Centre for the duration of your stay
- Light lunches & wellness refreshments

Overnight accommodation is charged at the prevailing rate

Weight Loss & 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. Shift the focus away from calorie control towards clean and healthy eating. 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

€385 per person

€720 per couple

includes (per person)

- Signature hammam experience
- Your choice of three high-tech therapies
- Private yoga or training session per booking
- Access to all areas of the Wellness Centre
- Light lunch & wellness refreshments

Two-Day Programme

€565 per person

€1080 per couple

includes (per person)

- Signature hammam experience
- 60-minute massage of your choice
- Four high-tech therapies
- Private yoga or training session per booking
- Access to all areas of the Wellness Centre for the duration of your stay
- Light lunches & wellness refreshments

Overnight accommodation is charged at the prevailing rate

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, IV infusions with nutritional adjustments, and hot/cold movement based on Kneipp therapy with targeted exercise to maintain power, agility and endurance.

Day Programme

€675 per person
€1350 per couple

includes (per person)

- Signature hammam experience
- Your choice of two high-tech therapies
- Your choice of a specialised facial or private yoga session
- Intravenous vitamin infusion
- Access to all areas of the Wellness Centre
- Light lunch & wellness refreshments

Two-Day Programme

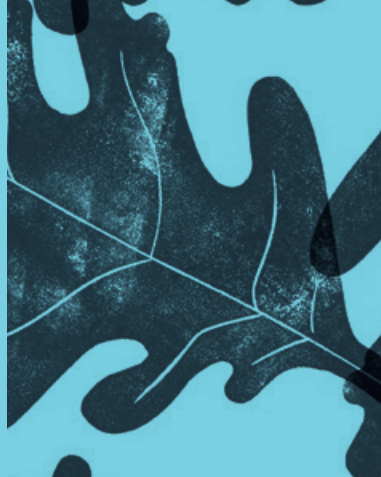
€755 per person
€1510 per couple

includes (per person)

- Signature hammam experience
 - 60-minute massage of your choice
 - Intravenous vitamin infusion
 - Four further high-tech therapy sessions
 - Access to all areas of the Wellness Centre
 - Light lunches & wellness refreshments
- Overnight accommodation is charged at the prevailing rate*



Wellness Programmes





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.

**One-on-one
personal training**

Pilates or Yoga 60 minutes
€60 per person

Plan your visit

Your therapist & experience

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

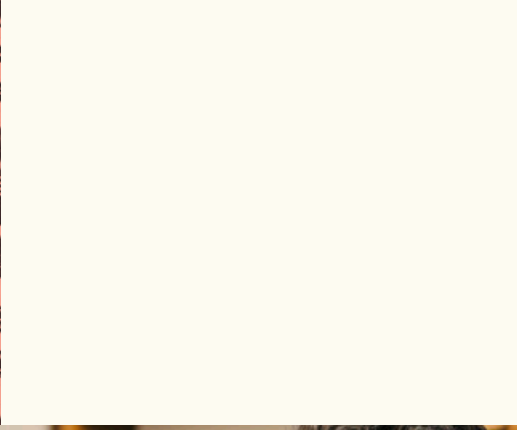
Whilst we make use of a questionnaire to identify areas of focus, we are primarily here to create the best possible experience for you. Please let your therapist know if the room temperature, music volume or massage pressure is not to your liking; we're more than happy to help.

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.
- Bookings of under 90 minutes are reserved for in-house hotel guests and residents.
- Bookings of 90 minutes and over include access to the thermal pavilion and all areas of the wellness centre, so that you can spend time relaxing prior to treatments and integrating their benefits afterwards.
- Prices are inclusive of local taxes.



About PGA Catalunya Golf & Wellness

Within easy reach of Barcelona and Girona, PGA Catalunya is an oasis for those looking to take a step away from everyday life. Set over 540 hectares of pine forest with the Montseny Mountains as your backdrop, our hotel and luxury private properties are waiting for you.

If your idea of relaxing is taking to the fairways, you're in great hands. PGA Catalunya Golf and Wellness is Spain's number one golf resort, with two award-winning championship golf courses to pick from as well as our clubhouse where you can enjoy a post-game meal or drink.

We take a holistic approach to wellness, with a focus on your physical and emotional wellbeing. With a wide range of activities and treatments, you'll feel suitably relaxed by the end of your stay.

From cryotherapy to hot stone massage, outdoor hikes to zip wire adventures, we're sure there is something to suit even the hardest to please!

And, let's not forget that we're on Girona's doorstep. Famed for its gastronomical delights, we take our food very seriously here at PGA Catalunya. With wine grown at our very own vineyards, our resident biologist on-site, and a menu brimming with locally-sourced ingredients, foodies will be at home here.

Step into PGA Catalunya and step back to nature. We look forward to welcoming you to our resort soon.



Wellness Centre at PGA Catalunya Golf and Wellness
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17455 Caldes de Malavella, (Girona) Spain