

# ALMANAC

B A R C E L O N A

WELLNESS AT ALMANAC



## TOUCH

EXPERIENCE THE ENERGIZING AND SOOTHING TOUCH BY THE EXPERT HANDS OF OUR PROFESSIONALS. RE-ENERGIZE WITH OUR EXCLUSIVE SELECTION OF RITUALS AND MESSAGES TO ENJOY A CALMING JOURNEY WHERE TRANQUILITY WILL ENCOMPASS YOU.

WELLNESS AT ALMANAC 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.



# TREATMENTS

## ALMANAC'S STAR

60 min / 125€  
90 min / 175€

Immerse yourself in the tranquility of this holistic massage, designed to create a sense of comfort and deep body repair through medium-intensity massage pressures that will release tension and muscle fatigue.

A stimulating and energizing treatment that includes acupressure pressure on the head and feet to achieve the maximum sense of well-being and balance in the same treatment.

## ALMANAC'S REFLEXOLOGY

60 min / 125€  
90 min / 175€

This therapeutic massage uses the ancient technique of foot reflexology, which is based on healing the entire body through the reflex points located on our feet. Feel a feeling of lightness and release in your legs and feet, while releasing tension with a massage in the neck and head area.

## ALMANAC'S DEEP TISSUE

60 min / 130€  
90 min / 180€

Feel how your body aligns, expands and recovers all the energy through an intense massage, which uses a technique based on stretching combined with intermittent pressure and slow movements, which manage to reach the deepest layers of the muscles and provide a feeling of complete general relaxation throughout the body.

## ALMANAC'S CALIFORNIAN

90 min / 180€

Long, enveloping pressure, firm, deep touches, rotations and stretches. A complete and balanced massage born in California and based on a mix of Thai massage with Hawaiian movements and slow and conscious movements.

### KOBIDO MASSAGE

60 min / 140€  
90 min / 190€

Reduce the signs of aging by repairing your facial tissue with the traditional Kobido massage, an ancient Japanese treatment that leaves the skin of the face clean, and the muscles of the face relaxed and toned. Our professionals will use natural products that will intensely hydrate you, providing luminosity and notably unifying your skin tone.

### ALMANAC'S SPECIAL

60 min / 125€  
90 min / 175€

Enjoy Almanac's Special, a sensory experience focused on rebalancing your energy through energy therapy. Our therapists focus on bringing harmony and center to your body and mind. Relax with our natural therapeutic scents and get a feeling of absolute relaxation with a gentle general body massage. Take care of your body and mind.

### ALMANAC'S STAR ACUPUNTURE

80 min / 180€  
120 min / 220€

A complete treatment that combines massage techniques with the application of acupuncture needles to specific points of the body. A reconstructive treatment, which will help relieve pain, improve blood circulation and reduce stress.

### PERSONALIZED ALMANAC

60 min / 130€  
90 min / 180€  
120 min / 240€

Time for yourself, to enjoy that massage you've been dreaming of for so long. Enjoy this moment with the duration you need and customize your massage, discuss your ailments and preferences and with it our team of professionals will combine different techniques to create your ideal treatment.

### ALMANAC'S BALANCE

60 min / 160€  
90 min / 200€

Enjoy a relaxing four-hand massage. Through different points of strength and combined and coordinated movements between two therapists, you will be able to unblock any body tension causing maximum relaxation.

### ALMANAC'S DETOX

60 min / 125€  
90 min / 175€

This treatment uses a combination of draining and detoxifying techniques that activate circulation and help reduce body fluid, as well as having an aesthetic impact. Through stimulating movements in the legs, abdomen and torso, you will feel the rejuvenating effect of this treatment from the hands of the best therapists.



### ALMANAC'S GALAXY

120 min / 220€

Almanac's Harmony balances the body's energies by combining enveloping massage techniques of different intensities with the application of acupuncture needles to specific points on the body. Give your body and mind the rest they deserve by combining all possible intensities in the massage technique, along with acupuncture and energy therapy.

### ALMANAC'S FULL BODY

120 min / 230€

Warm oil and therapeutic aromatic essences combined with traditional massage techniques of different intensities to stimulate both your face and all areas of your body

### ALMANAC'S PREGNANCY

60 min / 125€

90 min / 175€

The moment of pregnancy is a very special and unique moment in life. During this process, the body generates changes and many physical tensions. We offer you a massage adapted to this stage.

A specialized therapist will help your feet, legs, arms, back, neck, head, and face rest and release all their tensions. Your energy will be balanced and you will have an overall well-being.

### HATHA YOGA

60 min / 125€

90 min / 175€

Yoga is an ancient practice that manages to facilitate physical and mental balance through asanas (postures) and pranayama (breathing). A yoga session will make you reconnect with your inner self.

### YOGASSAGE

120 min / 260€

Yoga session with massage. Start your morning with a session of Reconnective Yoga. Dedicate yourself to a moment of inner reflection, silence, body toning and physical release. Finish with a massage to ground the work done.

### WOOD THERAPY

60 min / 130€

90 min / 180€

This treatment uses a combination of draining and detoxifying techniques that activate circulation and help reduce body fluid, as well as having an aesthetic impact. Through stimulating movements in the legs, abdomen and torso, you will feel the rejuvenating effect of this treatment from the hands of the best therapists.

*\*Almanac's oil based on sweet almond oil and/or sesame oil (as an alternative for people allergic to nuts) with a supplement of 50€.*

## OSTEOPATHY

60 min / 160€

This treatment uses different techniques to circulate energy through your body for healing purposes, to get rid of muscle, bone and even emotional conditions.

## FACIAL ACUPUNCTURE

60 min / 140€

Facial acupuncture consists of the insertion of needles around the face, a natural cosmetic technique that serves to activate the internal collagen of the skin for rejuvenating and revitalizing purposes.

## CHIROPRACTIC

60 min / 170€

Our chiropractors perform a treatment that consists of manual therapy to solve your spinal and other joint problems.

## HAIRDRESSING (HAIRSTYLE & UPDO)

60 min / 220€

Enjoy a hairdressing session without leaving your room.

Hair styling and updo service.

## PHYSIOTHERAPY

60 min / 160€

Our physiotherapy treatment will help you relieve any tension, focusing attention on the affected area through friction and vibration manoeuvres based on muscle anatomy and physiology by a qualified physiotherapist.

## ACUPUNCTURE

60 min / 140€

Acupuncture treatment has its origins in Chinese medicine and consists of a therapeutic system based on the channelling and balancing of vital energy through the insertion of needles for healing purposes.

## MAKE-UP SERVICES

Glamorous 200€  
Wedding 250€

Make-up session for those unique and special moments.



# MANICURE & PEDICURE

Personalised session adapted to your needs for a complete manicure and pedicure, including nail polish and extensions.

## REGULAR MANICURE

60 min / 130€

General hand care includes filing, buffing and cuticle trimming as well as a relaxing hand massage.

## RUSSIAN MANICURE

60 min / 150€

Feel your hands clean and cared for with this service. It includes cuticle removal with a lathe, filing and semi-permanent nail polish together with a hand massage.

## GEL POLISH MANICURE

60 min / 130€

Alternative to the traditional manicure that uses a flexible gel attached to the nail to decorate it.

## GEL EXTENSIONS

60 min / 180€

Nail extensions with special gel.

## GEL FILLER

60 min / 130€

Long lasting gel manicure.

## GEL POLISH PEDICURE

60 min / 135€

Alternative to the traditional manicure that uses a flexible gel bonded to the nail to decorate the nails Duration three weeks.

## REGULAR PEDICURE

60 min / 130€

General foot care including filing and buffing, cuticle trimming, plus a relaxing mini foot massage and nail polish.

## REGULAR MANI PEDI

60 min / 190€

General hand and foot care including filing and buffing of nails, cuticle trimming, plus a relaxing mini massage and nail polish.

## GEL POLISH MANI PED

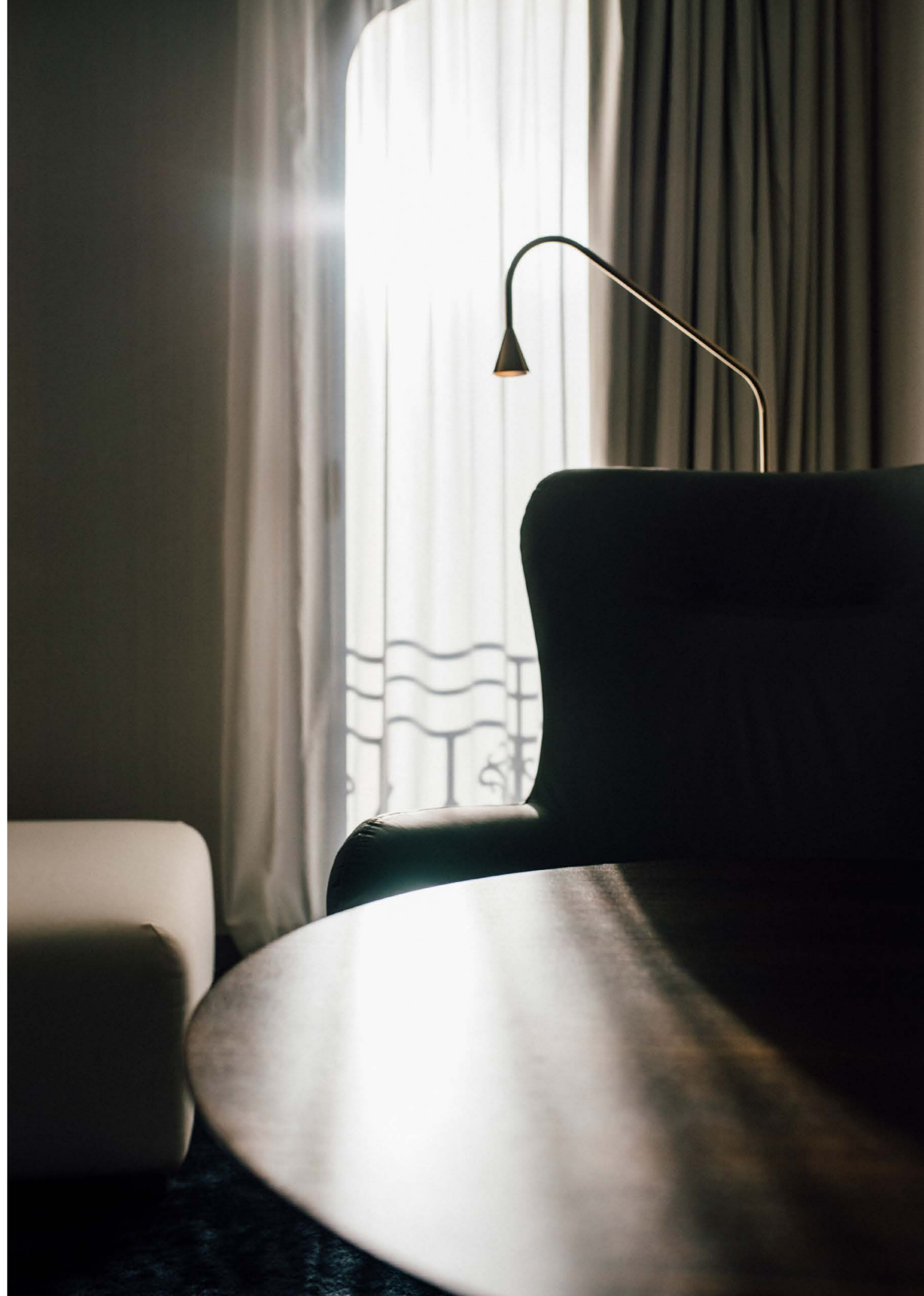
60 min / 200€

Flexible gel bonded to fingernails and toenails for decoration Three weeks duration.



# IN-ROOM 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 suite.





RELAXATION



# 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

If services are cancelled in less than three hours the full service fee will be charged. If services are cancelled in less than six hours, 50% of the service price will be charged. If services are cancelled with more than six hours, there is no penalty. In case of NO SHOW we will charge the full amount. If there is a cancellation due to illness, it must be justified with a medical report. In case of delay, the treatment time will be reduced to avoid inconvenience to the next guest. Treatments will be carried out in room 115 or in the wellness area located on floor -1. Arrival time must be 15 minutes before the treatment starts. The method of payment can be cash or credit card, for staying guests we can charge it directly to the room. There is a 50% nightly increase in the service from 9:00pm to 8:00am.

## 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.

## IN-SUITE TREATMENTS

Treatments provided in the privacy of your suite will be under appointment.



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