ENG

Brisa

SPA

MASSAGES

SIGNATURE MASSAGE

An exclusive massage created especially for Brisa Spa and conceived as an evolution of the Spa Sommelier concept.
Following a brief consultation, your therapist identifies your body's needs and selects the most suitable manual techniques to create a fully personalised experience.
Relaxing, draining or revitalising movements are combined in a unique massage designed to release tension, restore balance and leave the body with a profound sense of wellbeing.
Choose from three distinctive experiences, each carefully created to respond to a different state and need.

60 - 90 min.

TIGHT BACK RELIEF

An exceptional solution for relieving tension. A high-pressure massage designed to alleviate muscle knots in the back and neck caused by poor posture or stress.
Thanks to the muscle relaxation achieved through this treatment, the body will feel energized and revitalized. It also includes techniques targeting the backs of the thighs and the face, areas where significant tension often accumulates.

30-60 min.

CYCLIST RECOVERY MASSAGE

An intensive massage designed to relieve the muscular strain caused by cycling and support faster recovery after physical exertion. The treatment focuses particularly on the legs, gluteal muscles, lower back and back, targeting the areas that tend to accumulate the most tension during long hours on the bike. Using deep massage techniques and targeted movements, the treatment helps release muscular tension, improve mobility and restore a feeling of lightness to the legs. Ideal after a demanding ride, to prepare the body for the next day's cycling, or simply to relieve accumulated tension.

30- 60 min.

RELAXING HEAD & SCALP MASSAGE

Enjoy a state of deep relaxation. This massage combines gentle and stimulating techniques applied to the back, shoulders, neck and head to improve blood circulation and nourish the scalp. Ideal for those who suffer from headaches.

30 min.

BOOSTER MASSAGE

Elija entre un masaje de espalda y hombros o un masaje de piernas. Disfrute de nuestros masajes de 30 minutos hechos a medida según las necesidades de su cuerpo y las áreas contracturadas. Ideal después de un circuito hidrotermal y en combinación con un tratamiento facial.

30 min.

FACIAL RITUALS

They are a unique experience that combines facial skin regeneration with complete tranquility. The goal is to erase signs of fatigue, restore the skin's natural radiance, and achieve deep relaxation.

Our rituals relieve accumulated tension in the face, neck, and head, helping you disconnect from daily noise and worries, restoring your complexion's full splendor.

VITAMIN C VITALITY

Revitalizes. Stimulates. Firms. This antioxidant facial restores vitality to sun-damaged skin and helps minimise signs of premature aging

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Vitamin C stimulates collagen production and renews skin firmness, while improving luminosity and hydration.

60 min.

THE HYDRATION CURE

Detoxifies. Restores. Hydrates. This deep facial cleansing is an essential treatment to combat the harmful effects of urban life on the skin. It incorporates an innovative enzymatic detoxification, steam to open and purify pores, and a meticulous extraction process.

The result? A complexion free of impurities, cleansed and ready to receive the benefits of any cosmetic.

60 min.

OXYGEN BREEZE

Purifies. Hydrates. Revitalises. A purifying, hydrating and revitalising facial that restores freshness and radiance to dull, tired skin or skin exposed to environmental stress.

Ideal for young, congested or depleted skin, as well as for frequent travellers who wish to regain a rested, even and glowing complexion.

60 min.

INSTANT GLOW

Exfoliates. Renews. Regenerates.
Using a combination of 5 AHAs, this triple exfoliating treatment will renew your skin and produce visible results in just 30 minutes.
Enjoy its several benefits in record time.

30 min.

BODY RITUALS

A través de una profunda exfoliación y nutrición intensiva, su cuerpo recupera su vitalidad, suavidad y equilibrio natural. Es una reconexión profunda entre cuerpo y espíritu. Un espacio de pausa donde cada maniobra y ingrediente natural trabajan en sintonía para disipar el estrés y restaurar su energía vital.

Una experiencia envolvente que transforma el tratamiento corporal en un verdadero ritual de relajación y belleza.

CITRUS BODY SCRUB

Let your skin look more radiant than ever.

This exfoliating and antioxidant treatment combines the highest concentration of pure vitamin C with natural, botanical exfoliating agents to remove impurities and give your skin a silky-smooth, satin-smooth, and deeply renewed appearance.

30 min.

VITAMIN C BODY PERFECTION

The perfect body treatment that begins with exfoliation followed by a wrap with a vitamin C soufflé. Flood your skin with citrus energy with this ritual that protects against dryness and premature aging.

Intensely hydrated, the skin is revealed to be much smoother, revitalized, radiant, and with a younger, healthier appearance.

60 min.

HYDRATING BOOST

¿Do you dream of regenerating yourself from inside and out?
¿To click reset and leave behind all the bad vibes?
¿To get back your spectacular skin?

The Hydrating Boost from the Diamond Well-Living line deeply nourishes your skin, restoring its fresh and healthy look. New skin and clear mind ready for new experiences full of optimism and positive energy

60 min.

BRISA SPA EXPERIENCES

RENEWING BREEZE

A regenerating body exfoliation that gently removes dead skin cells and encourages skin renewal. A combination of exfoliating and antioxidant active ingredients helps restore softness, radiance and vitality.

An ideal treatment to renew the body and leave it feeling immediately fresh and light.

30 - 60 min.

SERENE BREEZE

A ritual designed to soften the skin and deeply relax the body. It begins with a regenerating body exfoliation, followed by a personalised 60-minute massage selected according to your individual needs.

The skin is left smooth and radiant, while the body enters a state of calm and deep relaxation.

90 min.

VITAL BREEZE

A complete body ritual designed to revitalise, tone and restore balance. The experience combines a body wrap with a personalised massage, creating a wellbeing journey that helps release tension, stimulate the body and renew energy.

An enveloping treatment that leaves the body feeling lighter, more toned and revitalised.

120 min.

DEEP BREEZE

A complete experience created to relieve accumulated tension and support deep physical and mental recovery. The ritual begins with a personalised body massage adapted to the body's needs.

It continues with an intensely nourishing facial and concludes with a relaxing scalp massage. A restorative pause that helps release muscular tension, revive the skin and leave the body with a lasting sense of lightness and wellbeing.

120 min.

GENERAL INFORMATION

PRICES

30 minutes	55 €
60 minutes	105 €
90 minutes	145 €
120 minutes	195 €

TREATMENT HOURS

The Brisa Spa is open from 11:00h to 21:00h from Monday to Thursday,
and 09:00h to 21:00h from Friday to Sunday.

SPA ACCESS POLICY FOR CHILDREN

Children under 18 are not permitted entry for safety reasons.
Please check opening times at the spa reception.
They must be accompanied by an adult at all times, both to access the water area
and for any treatment.

RESERVATIONS

To ensure availability, we recommend to book your treatment in advance.
To book your spa treatment, please call the hotel reception.

CANCELLATION POLICY

As a courtesy to other guests and our therapists, we request a 24-hour notice
in case you would like to cancel or change your treatment. Kindly note that you will be
charged in full if such notification is not given.

PRIOR TO YOUR TREATMENT

If you wish to access the water circuit before your treatment, we recommend arriving
75 minutes prior to your scheduled time.
If, on the other hand, you prefer to arrive just in time for your treatment, we recommend
arriving 10 minutes in advance.

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