

CZUB7

WELLNESS & SPA



FACE & BODY

Facial Treatments, Body Care
and Massages

CONSULTATIONS & TREATMENTS

Holistic Therapies
Podiatry and Clinical Office

BEAUTY & INNOVATION

Advanced Aesthetics
ICOONE® and Hair Removal

YOUR RESORT TO RESET

Massages | Wellness Rituals | Beauty Therapies

WELLNESS & SPA

In the middle of the hustle and bustle of work and daily tasks, it's essential not to forget the importance of taking care of yourself and finding the balance you need to feel good in both the smallest and biggest moments of your life.

Our wellness & spa services exist precisely to provide that, with a focus on relaxation, health, and beauty. Don't put yourself on the back burner.

We are a resort of well-being, and our main goal is to make you forget that we are in the heart of the city.

FACIAL TREATMENTS

Red Carpet Facial

50M

Crafted to rejuvenate the skin swiftly, safely, and effectively, this treatment delivers alternating sensations of warmth and coolness. Skin texture is refined, while imperfections, blemishes, fine lines, and wrinkles are corrected and improved.

MEMBER

NON-MEMBER

€95

Single Session

€428

Pack 5 Sessions

€105

Single Session

€473

Pack 5 Sessions

Red Carpet Facial Premium – FAQ, by Foreo

60M

Anti-aging treatment with Silicone Led Mask, minimizes the appearance of wrinkles and revitalizes the skin.

€105

Single Session

€473

Pack 5 Sessions

€115

Single Session

€518

Pack 5 Sessions

Facial Detox

75M | SKIN CLEANSING

Deep skin cleansing with blackhead extraction, regenerating tissues and detoxifying the skin, leaving it clearer and balanced. This treatment also enhances skin firming; reduces wrinkles and oiliness, and tones the skin.

€95

Single Session

NA

Pack 5 Sessions

€105

Single Session

NA

Pack 5 Sessions

Hidra Facial

50M | INTENSE MOISTURIZING

Revitalising treatment. Skin is visibly refreshed, radiant and smooth.

€72

Single Session

€284

Pack 5 Sessions

€80

Single Session

€315

Pack 5 Sessions

Facial Gym

45M | TONING AND LIFTING

A manual lifting that stimulates the skin's vital functions. The skin is luminous and toned.

€59

Single Session

NA

Pack 5 Sessions

€65

Single Session

NA

Pack 5 Sessions

Skin Anti-Aging

50M		
A treatment that prevents and minimises the signs of ageing, smoothes fine lines and wrinkles, stimulates cell activity and regenerates tissues for visible and lasting results.	€95 Single Session	€105 Single Session
	€428 Pack 5 Sessions	€473 Pack 5 Sessions

LED Phototherapy – Biolight

30M | EXPRESS

	€63 Single Session	€70 Single Session
	€284 Pack 5 Sessions	€315 Pack 5 Sessions

LED Phototherapy – Biolight

50M

Dynamic Phototherapy (PDT) is a treatment that utilizes the energy of light to stimulate the body's regenerative metabolism at the cellular level to achieve a therapeutic effect on the skin: anti-aging/smoothing effect; depigmenting; oil control; anti-acne; and metabolism booster. The 30-minute treatment involves a hydrogel mask + LED. The 50-minute treatment combines a complete facial treatment + LED.	€81 Single Session	€90 Single Session
	€365 Pack 5 Sessions	€405 Pack 5 Sessions

BODY CARE

Body Exfoliation

	MEMBER	NON-MEMBER
50M		
Treatment to eliminate dead cells, leaving the skin clean, nourished and soft.	€72 Single Session	€80 Single Session
	NA Pack 5 Sessions	NA Pack 5 Sessions

Anti-Cellulite

75M TRILOGY 3 IN 1		
Three-phase treatment that promotes tissue revitalization. Stimulates the elimination of toxins, reduces cellulite and body volume.	€131 Single Session	€145 Single Session
	€590 Pack 5 Sessions	€653 Pack 5 Sessions

Body Shaping Massage

50M		
Lipolytic massage with a remodelling and reducing action, making the skin softer and smoother.	€81 Single Session	€90 Single Session
	€365 Pack 5 Sessions	€405 Pack 5 Sessions

Lymphatic Drainage

50M		
Massage that improves lymphatic and blood circulation, favours the oxygenation of the intracellular tissues, reduces the retention of liquids and promotes the relief of tired leg.	€72 Single Session	€80 Single Session
	€324 Pack 5 Sessions	€360 Pack 5 Sessions

MASSAGES

Pregnancy 50M

Massage that applies a simple and effective technique to alleviate pregnancy discomfort and provides physical and emotional balance to both the mother and the baby.

MEMBER

NON-MEMBER

€72
Single Session
€324
Pack 5 Sessions

€80
Single Session
€360
Pack 5 Sessions

Relaxing 30M | 50M

Massage technique that uses soft and firm movements with the purpose of promoting relaxation, body and mental well-being.

€50 | €72
Single Session
€225 | €324
Pack 5 Sessions

€55 | €80
Single Session
€248 | €360
Pack 5 Sessions

Sports 30M

Localized massage that promotes muscle recovery pre and post workout.

€59
Single Session
€243
Pack 5 Sessions

€65
Single Session
€270
Pack 5 Sessions

Sports / Therapeutic 50M

Deep tissue massage that targets soft tissues through pressure on specific points, focused on pain relief for muscle, tendon, and ligament recovery.

€81
Single Session
€365
Pack 5 Sessions

€90
Single Session
€405
Pack 5 Sessions

Dstress Massage 75M

Massage that combines various techniques, using gentle or vigorous movements to deeply relax muscle fascia and joints.

€104
Single Session
€468
Pack 5 Sessions

€115
Single Session
€518
Pack 5 Sessions

Seven Touch Massage 75M

A face and body ritual through a vitamin-enriched treatment that promotes a toned and rejuvenated body.

€108
Single Session
NA
Pack 5 Sessions

€120
Single Session
NA
Pack 5 Sessions

HOLISTIC THERAPIES

Reiki

50M

Energy therapy with the laying on of hands to reduce stress, relieve pain, balance emotions and improve well-being.

MEMBER

NON-MEMBER

€63
Single Session
€180
Pack 3 Sessions

€70
Single Session
€200
Pack 3 Sessions

Reflexology

50M

It presses specific points on the feet, face, hands or ears to relieve stress, improve circulation, reduce pain and promote balance and well-being.

€72
Single Session
€205
Pack 3 Sessions

€80
Single Session
€228
Pack 3 Sessions

Suction Cups

50M

Cups applied to the skin create suction, improving blood and lymph circulation, detoxifying the body, relieving muscle pain and reducing inflammation.

€81
Single Session
€231
Pack 3 Sessions

€90
Single Session
€257
Pack 3 Sessions

Sacral Cranium Massage

50M

Gentle touches to the head, neck and spine to release deep tensions, relieve chronic pain, improve the health of the nervous system and increase quality of life. Regular sessions are recommended.

€72
Single Session
€205
Pack 3 Sessions

€80
Single Session
€228
Pack 3 Sessions

Oriental Therapies – Shiatsu | Tui Na

90M

Shiatsu uses finger pressure on specific points to balance energy and relieve tension. Tui Na uses kneading, pushing and pulling to unblock energy. Both promote relaxation and health.

€126
Single Session
€359
Pack 3 Sessions

€140
Single Session
€399
Pack 3 Sessions

Personalised Holistic Therapy

90M

It harmonizes body and mind with natural methods, starting with an assessment of habits and astrology. It recommends practices such as meditation, Reiki, Reflexology, Tui Na or Shiatsu, adapted to individual needs to restore balance and promote integral well-being.

€135
Single Session
€385
Pack 3 Sessions

€150
Single Session
€428
Pack 3 Sessions

OTHER SERVICES & CONSULTATIONS

Podiatry Consultation 45M	MEMBER	NON-MEMBER
Individual session for the treatment of foot conditions. [Corns; Ingrown nails; Onychomycosis; Plantar alterations; Foot pain; Footwear advice].	€50 Single Session NA Pack 5 Sessions	€55 Single Session NA Pack 5 Sessions
Follow-up 30M	€41 Single Session NA Pack 5 Sessions	€45 Single Session NA Pack 5 Sessions
Physiotherapy 45M		
Individual physiotherapy session, conventional or in the aquatic environment (pool).	€72 Single Session €260 €519 Pack 4 8 Sessions	€80 Single Session €288 €576 Pack 4 8 Sessions
Biofeedback 60M		
Gentle training with sensors that reflect your body's signals (breath, heart, muscle tension) to help you relax, focus, and restore balance.	€85 Single Session NA Pack 5 Sessions	€94 Single Session NA Pack 5 Sessions
Hydrotherapy Evaluation Pregnancy 45M		
Evaluation session and future integration in aquatic physiotherapy (swimming pool).	€72 Single Session €260 €519 Pack 4 8 Sessions	€80 Single Session €288 €576 Pack 4 8 Sessions
Osteopathy 50M		
Individual session involving the use of joint mobilization and soft tissue manipulation techniques.	€72 Single Session €260 €519 Pack 4 8 Sessions	€80 Single Session €288 €576 Pack 4 8 Sessions
Nutrition 50M		
Individual session involving the assessment of anthropometric parameters and body composition, with the prescription of a personalized dietary plan.	€70 Single Session €60 1x Month €195 €390 Pack 3 6 Sessions	€75 Single Session €65 1x Month €210 €420 Pack 3 6 Sessions

ADVANCED AESTHETICS

Electrotherapy

30M | 50M

Recovery treatment, electrostimulation, and ultrasound for muscle recovery.

MEMBER

NON-MEMBER

€59 | €68

Single Session

€319 | €367

Pack 6 Sessions

€65 | €75

Single Session

€351 | €405

Pack 6 Sessions

Cryolipolysis

50M

Treatment that eliminates localized fat, using equipment that operates at low temperatures.

€99

Single Session

€535

Pack 6 Sessions

€110

Single Session

€594

Pack 6 Sessions

Facial Radiofrequency

35M

Treatment for firmness with lifting effect and smoothing of expression wrinkles.

€59

Single Session

€319

Pack 6 Sessions

€65

Single Session

€351

Pack 6 Sessions

Body Radiofrequency

50M | ONE ZONE: THIGHS, LEGS, ABDOMEN, BUTTOCKS

Treatment that tones and reduces body flaccidity, as well as eliminates accumulated cellulite.

€72

Single Session

€389

Pack 6 Sessions

€80

Single Session

€432

Pack 6 Sessions

Wellness Laser

The ICOONE® is an innovative, non-invasive device with advanced and natural technology for face and body treatments:

- Redefinition of the face and neckline;
- Silhouette remodeling (body shaping);
- Skin rejuvenation (firmer skin);
- Improvement in the appearance of cellulite;
- Lymphatic drainage (can also be done on pregnant women for leg relief);
- Improvement of circulation;
- Reduction of localized adiposity.

Base Treatment*
40M

Full Body Plus 1 Localized Area
[1 Area: Back; Legs; Abdomen; Buttocks; Arms]

MEMBER

NON-MEMBER

€122
Single Session
€659
Pack 6 Sessions

€135
Single Session
€729
Pack 6 Sessions

Additional Treatment
for 1 Localized Area*
10M

[1 Area: Back; Legs; Abdomen; Buttocks]
This session always requires a base treatment.

€27
Single Session
€146
Pack 6 Sessions

€30
Single Session
€162
Pack 6 Sessions

Facial Treatment
25M

€68
Single Session
€367
Pack 6 Sessions

€75
Single Session
€405
Pack 6 Sessions

Anti-Aging – Facial
40M | ANTI-AGING

€108
Single Session
€583
Pack 6 Sessions

€120
Single Session
€648
Pack 6 Sessions

* These treatments require the purchase of Body Skin Woman (17€) or Body Skin Men (31€) suit.

HAIR REMOVAL

	MEMBER	NON-MEMBER
XS Area 30M Upper Lip, Chin	€8 Single Session	€9 Single Session
S Area 30M Eyebrows, Armpits, Normal Bikini Line	€16 Single Session	€17 Single Session
M Area 45M Half Leg, Arm, Full Bikini Line	€26 Single Session	€28 Single Session
L Area 50M Chest, Back, Buttocks, Full Leg	€34 Single Session	€37 Single Session
Ladies Pack 50M Armpits + Bikini Line + Half Leg	€50 Single Session	€55 Single Session
Ladies Pack 90M Armpits + Bikini Line + Full Leg	€54 Single Session	€60 Single Session
Men's Pack 50M Chest + Back + Shoulders	€59 Single Session	€65 Single Session

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(local number call)

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MONDAY TO FRIDAY | 9AM–9PM
SATURDAY & PUBLIC HOLLIDAYS | 9AM–6PM
SUNDAY | CLOSED

CLUB7