



RAWELLNESS
Individual
Services

RA WELLNESS

7200 m² of relaxation at your disposal, where you can enjoy the most exclusive health, wellness and beauty treatments.

Discover the endless benefits of the iodine-rich seawater our RA Wellness Centre has to offer you, as well as the wonderful views from the solarium.

The Ayurvedic centre, the first of its kind in Spain, will take you on a journey to a most authentic India. Come with us to the truly exotic East, enjoying therapies such as the Thai Massage or Mantra Massage.

We look forward to treating you.

THALASSO AREA

HIDROMASSAGE BATHS

The composition of seawater is very similar to that of blood plasma. This enables the body to regain its salt concentration balance through osmotic absorption. Our hidromassage baths contain seawater taken from San Salvador beach and offer you the chance of having not just a relaxing hydromassage, but one which benefits your health.

PENINSULA BATH 20 min.

NIAGARA BATH 20 min.

UNDERWATER MASSAGE 30 min.

In addition to the therapeutic effect of the marine hydromassage, we've added a specific massage with an underwater jet, which is controlled by your therapist to improve peripheral circulation, drainage and muscular relaxation.

THALASSO AREA

THALASSO-RELAX

60 min.

Seaweed obtains its nutrients from the sea, storing all types of sea substances and carrying A, B, C, E, F and K vitamins. It also contains high levels of iron, calcium, protein and a large number of minerals.

Applying hot seaweed to the skin has a relaxing and remineralising effect and also stimulates lymph circulation. At the end of the treatment a scented moisturiser is applied all over your body.

MUD RELAX

60 min.

The name Dead Sea comes from the fact that no multi-cellular organisms or plants can live in its waters due to the high level of salt (ten times higher than that of other seas) and minerals. It also has a low oxygen level. The many benefits of Dead Sea mud include: calcium for pain relief, sodium for balancing the skin's pH value, magnesium for improving the skin's metabolism by helping oxygenate it, bromine for relaxing the muscles, iodine for improving cellular metabolism, and many, many more!!

Let yourself get wrapped up in Dead Sea Mud. Then enjoy a scented and relaxing delicate body moisturising treatment with 100% natural oils.

THALASSO AREA

THERAPEUTIC MUD

30 min.

In ancient China, clay was used as a poultice to treat inflammations, while South American Indians used it as a poultice to relieve rheumatic processes.

Having evolved over the centuries, the anti-inflammatory effects of the Dead Sea mud in this poultice-like therapy are boosted with a careful blend of essential oils and powdered plant extracts to treat lower back pain, tendonitis, as well as muscle and connective tissue pain.

VICHY SHOWER

A pleasant manual massage perfectly combined with the unique sensation of feeling a shower of seawater rain on your body. This treatment brings you deep muscular relaxation.

WITH AROMATHERAPY

30 min.

WITH 4 HANDS

50 min.

TURKISH EXFOLIATION

80 min.

Exfoliating and circulatory therapy combining a Turkish bath, scented herbs and an exfoliation treatment. It is followed by a whirlpool bath and the application of a scented moisturiser with circulatory benefits. A body treatment for oxygenating, moisturising and caring for the skin.

RELAX UNIVERS

RELAXING MESSAGES

This treatment combines the use of the hands and forearms to mobilise skin and muscle fibres. It increases blood flow as well as mental and physical relaxation, while reducing stress and muscular tension by improving mobility.

HEAD-FACE	25 min.
RELAXING HALF BODY	30 min.
FULL BODY	60 min.
VIP	90 min.
4 HANDS	60 min.

SPECIFIC MESSAGES

For many people, rigidity and pain have become such a daily condition that they have grown accustomed to their discomfort. In addition to providing comfort and relaxation, these muscle-relaxing massages help to release endorphins, hormones produced by the body that act as natural pain relievers and help to create positive feelings of well-being.

HALF BODY	30 min.
FULL BODY	60 min.

RELAX UNIVERSE

HYDRO-RELAX

This therapy combines the relaxing massage or Amma massage with the Medical Hydrojet, a hot water bed that applies cyclical pressure to the entire back area of the body.

HALF BODY	50 min.
FULL BODY	80 min.
ZEN	50 min.

PRE-NATAL MASSAGES

Preparing for maternity is a time full of excitement and feelings. Mothers-to-be should care for themselves and for the baby they are carrying inside them.

For this reason we have selected therapies especially for them, to bring them comfort, well-being and relaxation from the 3rd month of pregnancy onwards:

RELAXING BACK	40 min.
RELAXING LEG-FOOT	35 min.
RELAXING ARM	35 min.
SHIATSU FACE MASSAGE	20 min.
SILK PEARL SCRUB	40 min.

RELAX UNIVERSE

SEA FOOT REFLEXOLOGY 60 min.

All of the internal organs of our body are reflected in the soles of our feet. Reflexotherapy is based on existing connections between the nervous system which, through energy meridians, connect the organs, systems and structures of our body through energy meridians. The benefits gained from foot reflexotherapy include psychic and physical improvement, tension release and overall well-being. The benefits of sea salts and creams are combined with this ancient massage to give a thorough, refreshing foot massage.

LYMPHATIC DRAINAGE

Lymphatic drainage is a type of manual massage that helps boost the lymphatic system, in which is essential for keeping the immune system working effectively.

This therapy is for individuals with local circulation problems and fluid retention, where the lymph system cannot function properly through its own natural means. It consists of gently rubbing the lymphatic glands and vessels.

LOCAL 45 45 min.

LOCAL 60 60 min.

RA MINCEUR 80 min.

RELAX UNIVERSE

DRAIN PRESS

This therapy combines the manual technique of lymphatic drainage with the effects of Pressotherapy, the application of hydraulic pressure in an upward motion which enhances the benefits gained from the treatment.

HALF BODY 60 min.

FULL BODY 80 min.

HOLISTIC REVELATION

HOT STONE MASSAGE

90 min.

An ancient, effective massage technique that originated in the East. Hot lava stones are used to achieve a deep massage. A modern massage technique is combined with the thousand-year-old practices of gemmotherapy, heat therapy and massotherapy. A gentle, hot massage using warm oils enables contact with the hot stones and makes us receptive to relaxation and a deep state of well-being. It improves organ function, restores energy and harmonises both body and mind by balancing the nervous system.

HOLISTIC REVELATION

AROMASTONE

90 min.

Face and body therapy that is ideal for finding the harmony between the body's energy and the energies that nature offers us through semi-precious stones.

Perfect for those who are subjected to stress and pressure on a daily basis. Softens and adds elasticity to the skin, while activating lymphatic and blood flow. It also improves muscle tone.

HOLISTIC REVELATION

WOMAN'S DREAM

90 min.

100% natural oils combined with the energy from rose quartz. This face reflexology is based on the Vietnamese Dien-Cham system and reflexogenic massage of the body. An excellent body and face treatment specially designed for women.

PEARL SUBLIME

105 min.

A therapy exuding magic and sensuality. Moisturises, softens and firms the skin, coating it in a beautiful pearly sheen. Mother of Pearl body exfoliation is combined with a gentle White Pearl moisturising treatment.

ORIENTAL CREATION

SHIATSU

A massage technique of Japanese origin during which fingers are used to apply pressure to the acupuncture channels and energy points of our body.

FULL BODY 75 min.

FACE 30 min.

TRADITIONAL THAI MASSAGE 90 min.

Originating in Thailand but with roots in India, this massage has always been considered a spiritual practice closely connected with the teachings of Buddha. It is a deep body therapy which helps restore life energy, increase flexibility, improve blood flow and eliminate stress.

ORIENTAL CREATION

THAI FOOT REFLEXOLOGY 60 min.

Experience a feeling of relaxation and rest in addition to receiving all the benefits of a centuries-old foot therapy.

AMMA MASSAGE 30 min.

This therapy of Japanese origin perfectly combines pressing, rubbing and stretching on the acupuncture meridians to increase the flow of energy through the meridians, as well as to release tension and re-energise the body.

AUTHENTIC BEAUTY FACIALS

EXFOLIATION + MOISTURISING 30 min.

A light moisturising ritual which includes a gentle exfoliation. For all skin types that need more moisture.

SPECIFIC 50 min.

They say the face is the mirror of the soul. Applying creams best suited to your skin type invigorates the skin's texture, making it radiant and full of vitality through a process of exfoliation, cleansing and moisturising.

ANTI-AGEING 75 min.

This therapy provides the face with youthfulness and elasticity through a comprehensive face, neck and décolleté treatment.

EYE CONTOURS 50 min.

The area around the eyes is the most delicate part of our face and is constantly subjected to movements such as smiling, winking and blinking. We shouldn't be surprised by the fact that it is the area where the signs of tiredness, stress or lack of sleep appear most. Eye contour products are formulated using powerful moisturisers especially for that area. Separate care for this area is crucial for preventing or treating signs of ageing.

AUTHENTIC BEAUTY FACIALS

FACIAL LIFTING WITH APARATOLOGY	60 min.
EYELASH TINTING	30 min.
EYELASH PERMING	45 min.
EYELASH PERMING + TINTING	70 min.
MAKE-UP LESSON / MAKE-UP APPLICATION	60 min.

MEN ADDICTION

Ageing and the effects of shaving are the main skin concerns for men. For this reason, a treatment line has been especially created and designed for them.

Rediscover your skin's luminosity and smoothness.

INTENSE MOISTURISING	50 min.
SOOTHING - SENSITIVE SKINS	50 min.
EYE CONTOURS	50 min.
AGE CONTROL	50 min.

AUTHENTIC BEAUTY BODY TREATMENTS

BODY EXFOLIATION AND MOISTURISING

40 min.

Regain the essence of purified, smooth, clean skin through exfoliation and moisturising. Shine from within.

ANTI-CELLULITE / FIRMING

Kinesitherapeutic methods inspired by yoga and Pilates restore the body's essence by acting as anti-cellulite and firming agents. The succession of area-by-area movements causes the muscles to contract and, together with specific massages, produces spectacular results.

LOCAL

40 min.

FULL BODY

75 min.

BUST

50 min.

FIRMING / ANTI-CELLULITE TREATMENT WITH APAROTOLOGY

50 min.

To get better results, we suggest you alternate the firming or anti-cellulite treatment sessions with these machine-based sessions.

AUTHENTIC BEAUTY BODY TREATMENTS

ESSENTIAL ROSE

90 min.

The Damascene rose, from Alexandria and Turkey, is the main ingredient in this therapy for stimulating rapid regeneration and revitalisation of the skin, with noticeable effects from the very first session. Repeating this process involves a completely natural and effective anti-wrinkle treatment.

RA BAMBOO

50 min.

RA Bamboo brings you the benefits of bamboo for beauty and health. The elasticity and consistency of bamboo help this slimming massage reactivate circulation, fight cellulite, reshape your figure and relax built-up tension.

AUTHENTIC BEAUTY BODY TREATMENTS

OCEAN PLEASURE

90 min.

In a society with an increasingly frenetic pace, we are weakened by stress and exhaustion. The need to rejuvenate is becoming fundamental for finding yourself and restoring energy. Dive in and enjoy this sensuous water experience with all the benefits of the sea, an inexhaustible source of vitamins and therapeutic properties. Let your senses discover the wonders of the oceans, renewing them with a boost of vitality and energy. An exfoliation, wrap and moisturising treatment with salts and seaweed compresses, inspired by the sea!

PERFECT BACK

50 min.

A treatment for maintaining healthy skin. Perfect for making your back look healthy, luminous and fresh again.

CIRCULATORY-SPECIFIC TREATMENT 50 min.

Recommended for circulatory problems. A treatment that combines beauty and relaxation for your legs.

AUTHENTIC BEAUTY BODY TREATMENTS

For beautiful perfect hands, we combine the feeling of freshness and well-being that you get from exfoliation together with sea cream moisturisers containing seaweed concentrate. Try it or yourself. We provide the best treatment to give you truly beautiful, well-cared-for hands.

When it comes to treating ourselves we never think of our feet. Our SPA pedicure recognises how beautiful feet are and pampers them, while stressing the importance of keeping them healthy.

MANICURE

BASIC 40 min.

SPA 60 min.

PEDICURE

BASIC 40 min.

SPA 60 min.

AUTHENTIC BEAUTY

WAXING

UPPER LIP WAX

EYEBROW SHAPING AND WAX

BIKINI LINE OR UNDERARM

HALF LEG

FULL LEG

FULL (LEGS AND BIKINI LINE)

ARMS

BACK

CHEST

CHEST + ABDOMEN

BLEACHING

Our beauty service allows you to choose all types of waxing treatments with lukewarm or hot wax.

SUN BED

BODY 20 min.

FACE 12 min.









TRUE BEAUTY
HAIRDRESSING SALON*

WASH AND BLOWDRY

LADIES' CUT

MEN'S CUT

WASH, CUT + BLOWDRY

COLOUR, WASH + BLOWDRY

ROOTS COLOUR + WASH + BLOWDRY

HIGHLIGHTS + BLOWDRY


BLEACHING + WASH + BLOWDRY

SOFT PERM + WASH + BLOWDRY

BRIDAL HAIRSTYLE

WASH + BLOW-DRY + UPDO

* Prices depend on the type of hair
(long or short)



LA PRAIRIE, THE ART OF BEAUTY

Beauty, harmony and rejuvenation.

The Art of Beauty is the gateway to impeccable attention given to elegance and pleasure. It's an extraordinary oasis where luxury, beauty and regeneration are at your complete disposal.

Take advantage of the exclusive treatments we offer in our beauty centre using cellular therapy from this prestigious brand.

LA PRAIRIE, THE ART OF BEAUTY FACIALS

CAVIAR FIRMING

90 min.

Caviar pearls, an eye contour and face massage, and a Caviar mask leave your skin looking radiant and luminous.

CELLULAR RESURFACING


90 min.

Effective exfoliation that physically renews the skin, reducing the appearance of wrinkles, fine lines, acne and dark or age spots.

SWISS CELLULAR DE-AGING

90 min.

Actively slows the effects of skin ageing and restores the skin's surface. Your face will look young, healthy and glowing.



LA PRAIRIE, THE ART OF BEAUTY FACIALS

CELLULAR HYDRATING / PURIFYING 90 min.

Spectacular results for stressed or tired skin. This intensive treatment uses both masks and massages to bring you the revitalising benefits of Cellular Cycle Ampoules for the Face.

EXCLUSIVE AFTERSUN 60 min.

Designed to heal and counteract the effects of the sun and sea, as well as to give a complete feeling of well-being. This is achieved by alternating hot and cold treatments, as well as using a drainage treatment to minimise the harmful effects of the sun.

EXPRESS 45 min.

45 minutes of being immersed in a beauty bubble. A head massage to improve circulation and give a wonderful, radiant feeling of renewal and relaxation.

LA PRAIRIE, THE ART OF BEAUTY FACIALS

SWISS TREATMENT EYE CARE 30 min.


Ultra firming and moisturising treatment for the eyes, specially concentrated with high levels of caviar extract. It gives instant relief to tired, puffy eyes that are lacking vitality and showing the signs of ageing and dryness.

PURE GOLD RADIANCE 90 min.

The new La Prairie gold standard for anti-ageing. The pure gold drops of Cellular Radiance Concentrate Pure Gold visibly smooth the skin, revitalising and illuminating your face.

MARINE YOUTH FACIAL 60 min.

Moisturises and helps maintain the skin's firmness and elasticity. A unique experience during which you can enjoy the pleasures of the ocean.



LA PRAIRIE,
THE ART OF BEAUTY
BODY TREATMENTS

CAVIAR BODY

90 min.

Caviar is the source of this exclusive nourishing and revitalising body massage. This innovative firming treatment leaves your skin glowing, full of renewed vitality and greater elasticity, creating a deep sense of well-being.

RA ABSOLUTE FOR MEN

90 min.

With La Prairie, gone is the taboo of male beauty. Men also want to improve their image, care for their body and keep themselves looking young. RA ABSOLUTE FOR MEN offers a firming and anti-ageing therapy for body and face.

LA PRAIRIE,
THE ART OF BEAUTY
BODY TREATMENTS

BACK EXPRESS

60 min.

Purify and care for your back with this treatment. It consists of cleansing, exfoliating and applying a regulating mask, whilst you enjoy a wonderful foot and hand massage, helping you to escape from the rest of the world.

CAVIAR FIRM ENERGY RA

90 min.

An exclusive RA Wellness Centre treatment, specially designed to firm and revitalise the skin while stimulating circulation and providing overall vitality.

EXQUISITE SELECTION

GREEN TEA BUBBLE

120 min.

Green tea is a plant with well-known antioxidant properties because of its high content of polyphenols, flavonoids and vitamins C and E. Used on our skin, it has slimming and draining effects, which are very important for the breakdown of stubborn cellulite and fat nodules. Enjoy the draining, relaxing and therapeutic properties of green tea in a complete treatment which includes a micronized green tea body wrap and exfoliation as well as a scented massage. A complete experience with immediate results.

SORBET OF CITRUS DROPS

A complete anti-ageing treatment that uses all of the sun's richness contained in citrus fruits to restore light and vitality to your skin. The vitamin C and bioflavonoids contained in citrus fruits slow down the ageing process and activate cellular metabolism, thus rejuvenating the skin.

Enjoy the sweet orange exfoliation and body wrap ritual followed by a relaxing moisturising treatment containing 100% natural energising citrus oils.

BODY

120 min.

FACE

45 min.

EXQUISITE SELECTION

CHOCOLATE MOUSSE WITH SWEET ALMONDS 70 min.

An exquisite anti-stress and sensuous massage based on the properties of hot chocolate and sweet almond oil which, when combined, release endorphins and stimulate our body. The result is vitality, enthusiasm and muscle relaxation.

CAPPUCCINO CREAM WITH CHOCOLATE SHAVINGS 120 min.

Not only is coffee a great diuretic, it also widens blood vessels and raises body temperature, helping to rid the body of fat deposits. All this thanks to the caffeine and theophylline it contains. A complete experience for coffee lovers and the perfect combination of the nourishing properties of milk, coffee and chocolate in one treatment, giving you a cocoa exfoliation, roasted coffee wrap and coconut oil moisturising massage. An extremely relaxing scented and reshaping therapy.

"RA PENEDES" WINE TASTING 90 min.

Thanks to its antioxidants, wine neutralises the free radicals that cause oxidation in cells as we age, which results in more wrinkles and a loss of the skin's firmness. This therapy gives you the opportunity to let your face and body benefit from these antioxidant effects. Awaken your senses with the Chardonnay grape seed exfoliation, red grapevine body wrap and a moisturiser containing oils from the Chardonnay and Sauvignon varieties.

AYURVEDA

Ayurveda is a system of traditional medicine from India. Its treatment methodology adopts a holistic approach, i.e. it's a system of medicine that treats the individual as one entity, and incorporates body, mind and spirit. Ayurveda is based on a combination of therapies, the use of medicinal oils and advice on how to change one's lifestyle and bad habits, so as to achieve a state of physical and emotional well-being.

In our RA Wellness Centre, we offer you the chance to enjoy the benefits of these therapies thanks to our team of therapists who are trained and led by their Ayurvedic doctor, all of whom are from the Kerala region in India, the birthplace of Ayurveda.

A wide range of massages are on offer within Ayurveda. By using herb-based powders, medicinal oils, hot oil liquids and warm rice and herb pouches, these massages will help your body relax and find its natural balance.

Don't miss this unique opportunity - have a look at the Ayurveda brochure.

FITNESS

PERSONAL TRAINING 60 min.

PERSONAL TRAINING POWER PLATE 40 min.

Our professional trainers will personally advise and guide you through physical activity that is best suited to your lifestyle.

Depending on your needs, you can do the training session in our water area, on the beach or in the fitness gym.

POWER PLATE EXCLUSIVE DUO 60 min.

Power Plate training session with a partner.

A vibrating training machine which helps to burn fat in specific areas and improves your skin, physical state, body control and circulation, resulting in instant relaxation and intense wellness.

FITNESS

CUSTOMISED CLASSES FOR GROUPS

Our professional trainers can offer you exclusive group sessions for you and your companions.

PILATES

60 min.

A training method that develops the body in a balanced way, correcting bad posture and restoring physical vitality.

YOGA

60 min.

A physical and mental discipline used as a means of contact with the inner self, training the body in order to achieve a balance between body and mind.

See our scheduled activities for members and guests staying at the Hotel.

HEALTH AND NUTRITION

MEDICAL CHECK-UP

Individual medical advice
(at set times only)

NUTRITIONAL ADVICE

Assessment carried out by our team of health professionals.

PHYSIOTHERAPY 40 min. / 60 min.
10 SESSIONS VOUCHER 60 min.

The word physiotherapy comes from the Greek words *physis*, meaning nature, and *therapeia*, meaning treatment. Thus, it means "treatment by nature".

Our physiotherapists will care for you in a personal, professional and natural way.

COMBOS

MOTHER-TO-BE

Created exclusively for relaxation, pampering and reducing possible discomfort caused by muscles and heavy legs that pregnant women feel from the second term onwards. The essential oils used in the massages are carefully selected and include lemon, mandarin and sandalwood oils.

RELAXING LEG AND FOOT MASSAGE	35 min.
RELAXING BACK MASSAGE	40 min.
SILK PEARL SCRUB	40 min.

CARE FOR YOUR BACK

A programme created for the body area that bears the most emotional and physical stress: your back.

UNDERWATER MASSAGE	30 min.
THERAPEUTIC MUD	30 min.
RELAXING HALF BODY MASSAGE	30 min.
PERFECT BACK	50 min.

COMBOS

HARMONY

Achieve harmony. Radiant skin with the care that it needs, as advised by our professionals. Experience the pleasure of a full body massage combined with the gentle, relaxing feeling of well-being that you get from the Medical Hydrojet, a bed of hot water bed which applies cyclical pressure to the back of your body.

SPECIFIC FACE TREATMENT	50 min.
MEDICAL HYDROJET	20 min.
RELAXING FULL BODY MASSAGE	60 min.

BALANCE

Find your balance. Thousand-year-old techniques of applying pressure with the fingers are used in a Shiatsu face massage, providing deep relaxation and enhancing the dynamic flow of the body. The Medical Hydrojet gives a gentle massage and pleasant feeling of well-being: an invigorating bath combined with reflexotherapy. Discover a complete feeling of serenity.

SHIATSU FACE MASSAGE	30 min.
FOOT REFLEXOLOGY	30 min.
MEDICAL HYDROJET	20 min.

SPA ETIQUETTE

RA Wellness is an oasis of serenity, relaxation and rejuvenation. Please keep this environment quiet. We ask you to please respect the privacy of others, remain silent and switch off all electronic devices that could disturb this peaceful setting, such as mobile phones.

SUITABLE CLOTHING

We provide you with a bath robe and slippers to use during your visit to our health spa. During your treatment we recommend that you receive your body treatments in the nude (wearing only the disposable garment given to you in the treatment room). Our therapists are trained professionals who ensure an appropriate level of comfort by using towels to cover the body areas that are not being treated. Please be advised that if you do use your own swimwear, it may become worn by the water jets, saunas and steam baths or stained by the oils.

VALUABLE ITEMS

Despite all the lockers having keys, we recommend that you leave your personal items in the safe in your room. RA Wellness does not accept responsibility for items placed in lockers.

SPA ETIQUETTE

ARRIVAL TIME

If it's your first visit, please arrive at the counter 30 minutes before your treatment is due to begin so that you can take your time checking in, changing and relaxing in our waiting room. We recommend that you drink at least one glass of water before your massage and we ask you to be ready for your therapist 5 - 10 minutes before your appointment time.

LATE ARRIVALS

Please arrive at the RA Wellness counter at least 5 - 10 minutes before your appointment time. If this is not possible, kindly ring ahead to notify the Spa receptionist. If you arrive late, we will simply shorten your treatment time as we must finish the treatment within the allocated time in order to accommodate the following guest appropriately.

CANCELLATION

RA Wellness clients must cancel at least 24 hours in advance. If you fail to give 24 hours notice, you will be charged 50% of the treatment price. If you fail to show up for your treatment or arrive more than 15 minutes late, you will be charged the total amount of the treatment price.

SPA ETIQUETTE

CHOOSING TREATMENTS

You will find a list of the treatments we offer on our website. If you would like help choosing a service, please ring 977699644 directly and speak with our RA Wellness experts. Talking with our receptionists can sometimes help you decide between the various types of specific treatments on offer, depending on whether you would like relaxation or therapeutic treatments.

SPECIAL HEALTH CONSIDERATIONS

If you suffer from any health problems or are pregnant, kindly advise our staff of this when booking your treatment.

Our RA Wellness receptionists can advise you on which treatments could be more beneficial to you and which you should avoid due to physical limitations.

ALCOHOLIC BEVERAGES

We advise you not to drink any alcoholic beverages immediately after your treatments.

SPA ETIQUETTE

SHAVING

It is generally inadvisable to shave before any treatment. However, men who are receiving a facial are advised to shave 2 hours before the treatment.

PERSONAL PREFERENCES

Kindly let us know your preferences. Aspects of the treatment ritual can be changed, such as lighting, music, room temperature, whether or not you wish to have a conversation or enjoy the treatment in silence. Let the therapist know if you want a deeper or gentler massage. Feel free to ask questions. We will answer them and make your experience as comfortable as possible.

THERAPIST

Feel free to request a male or female therapist. All our therapists are, however, well-trained professionals and will offer you high standards of service.

METHOD OF PAYMENT

We accept credit cards, gift cheques and cash. If you are staying at the hotel, we can charge the services you receive to your room.

SPA ETIQUETTE

GIFT VOUCHER

This is a voucher which specifies the service you have purchased as a gift for someone else. You can purchase a Gift Voucher from our reservations department.

MINIMUM AGE

Guests under the age of 15 years may not receive treatments or access our spa facilities.

EXPERIENCE

If you wish, you may contact us at a later date by email (rawellness@lemeridien.com). It will be a pleasure to attend to you address any concerns you may have.

We also invite you to share your experience at RA Wellness with us.



Le **MERIDIEN RA**
BEACH HOTEL & SPA

LE MERIDIEN RA
BEACH HOTEL & SPA
AV. SANATORI, 1
PLATJA DE SANT SALVADOR
43880 EL VENDRELL - CATALONIA
SPAIN / ESPANYA
T +34 977 69 42 00
T +34 977 69 96 44
rawellness@lemeridien.com

www.lemeridienra.com

