

EXPLORE SPA

by *Le* MERIDIEN

LE MERIDIEN BARCELONA

Rambla 111, 08002, Barcelona, Spain

T +34 93 318 62 00

guest.barcelona@lemeridien.com

N 41° 23' W 2° 10'



DISCOVER EXPLORE SPA STUDIO

Inviting. Vivid. Unexpected. Welcome to Explore Spa Studio.

A spa where indulgence is not just for the body, but for the spirit and the imagination. A spa that pulses with life. And fuels your curiosity as it satisfies it. Where signature treatments energize the creative self. And where you are encouraged to engage, or disengage as you see fit. From first taste to last touch, it is spa as a route to creativity and discovery. Your exploration awaits you in our Explore Spa Studio located on the sixth floor.

NAVIGATING YOUR EXPERIENCE

TIMING / DISCOVERY

To allow time for the discovery of Explore Spa Studio steam room, sauna, Vitality pool and lounge area, we encourage you to arrive 30 – 60 minutes prior to your first service.

To minimize distractions from the experience, we ask that you kindly turn off communication devices prior to entering Explore Spa Studio.

RESERVATIONS

To ensure that your preferred treatment or therapist is available, we invite you to schedule your appointments well in advance. Spontaneous bookings are always welcome, and will be accommodated based on availability.

All reservations from non hotel residents must be secured with a major credit card and a telephone number. For reservations, please contact our Concierge at the Hub, in the lobby area or dial 0.

WELLNESS AREA

Explore Spa Studio invites hotel residents to use the wet area and terrace at no additional charge during its opening hours.

Children under 16 years old need to be accompanied at all times and will not be granted entrance when not accompanied.

RINSE

A brief shower just before your massage or treatment washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatments.

CANCELLATION/ALTERATION POLICY/ LATE ARRIVAL

If cancellation is needed, please inform us 24 hours prior to the scheduled time. Cancellations made within the 24 hour time frame will incur full charges for the service. Full charges will be applied for no-shows.

Should you wish to alter your reservation, please do so at least 6 hours prior to the scheduled time. Alterations made within the 6 hour time frame will incur a surcharge of 25% of the original treatment.

Please note that arriving late can result in the shortening of the treatment, with full charges applied.

ATTIRE

Upon entering, you will be given a robe to wear throughout your Explore Spa Studio experience. Before your treatment begins, you will be given the opportunity to disrobe and cover yourself in privacy. Throughout your treatment your body will be draped with linens, and will at no time be completely exposed.

To fully experience the mixed-gender Wet area, please bring a bathing suit. Towels will be provided to you upon reservation.

DIALOGUE

Communication with your therapist should be a free and open dialogue. Prior to the start of your service, please tell your therapist the areas you would like to focus on and any areas to be avoided. During your service please let the therapist know if you feel any discomfort.

FACIAL TOUCH

LIMITLESS FACIAL

- 30MIN – €50
- 50MIN - €80

A facial designed for all skin types to cleanse, hydrate and revitalize. The treatment also includes a massage of the neck, and can be combined with a massage or a treatment for the hands or feet.

SUPERFOOD PRO-RADIANCE

- 50MIN - €100

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

PRO-COLLAGEN FACIAL

- 30MIN – €65
- 50MIN - €130

Treatment specifically catered to treat fine lines and wrinkles. We protect the skin from external aggressions, while improving the tone and elasticity. You will obtain nutrition, firmness and cellular regeneration.

DYNAMIC RESURFACING FACIAL

- 30MIN – €60
- 50MIN - €110

Specifically designed for signs of aging and uneven skin tones. Through enzymes we perform a powerful exfoliation followed by renewal of the cells, to obtain soft skin, regenerated and a more youthful look.

PRO-DEFINITION FACIAL

- 50MIN - €130

A treatment to restore the definition of the face. The skin tone and the facial contour are smoothed thanks to the vegetal assets and the lifting massage performed on the face. You will receive a revitalized appearance.

 RELAXING

 ENERGIZING

 ANTI-AGING

*VAT INCLUDED

MASSAGES

DISCOVERY MASSAGE

- 50 MIN - €85
- 80MIN - €125

Exclusive massage created by Explore Spa Studio that fuses three different therapies – Shiatsu, Thai and Swedish – to achieve a deep revitalized state.

HOT STONE MASSAGE

- 50 MIN - €100
- 80 MIN - €150

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

HOT MINERAL BODY BOOST

- 50 MIN -€90
- 80 MIN - €130

A powerful treatment to stimulate every cell in the body, helping to alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged Experience of skin conditioning, metabolic balancing and energizing wellness.

FREESTYLE DEEP TISSUE MASSAGE

- 50 MIN - €95
- 80 MIN - €135

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

EXPRESS MASSAGE

- "A LA CARTE"
- 30 MIN - €50

A la carte allows you to choose the area of your body to be treated: back and legs, feet and legs, or the nape, neck and shoulders. It is the ideal massage to relax the muscular tensions caused by stress or vigorous activities .

 RELAXING

 ENERGIZING

 ANTI-AGING

*VAT INCLUDED