



# EXPERIENCES & TREATMENTS

## 2023

EXPLORE SPA  
BY *L*MERIDIEN





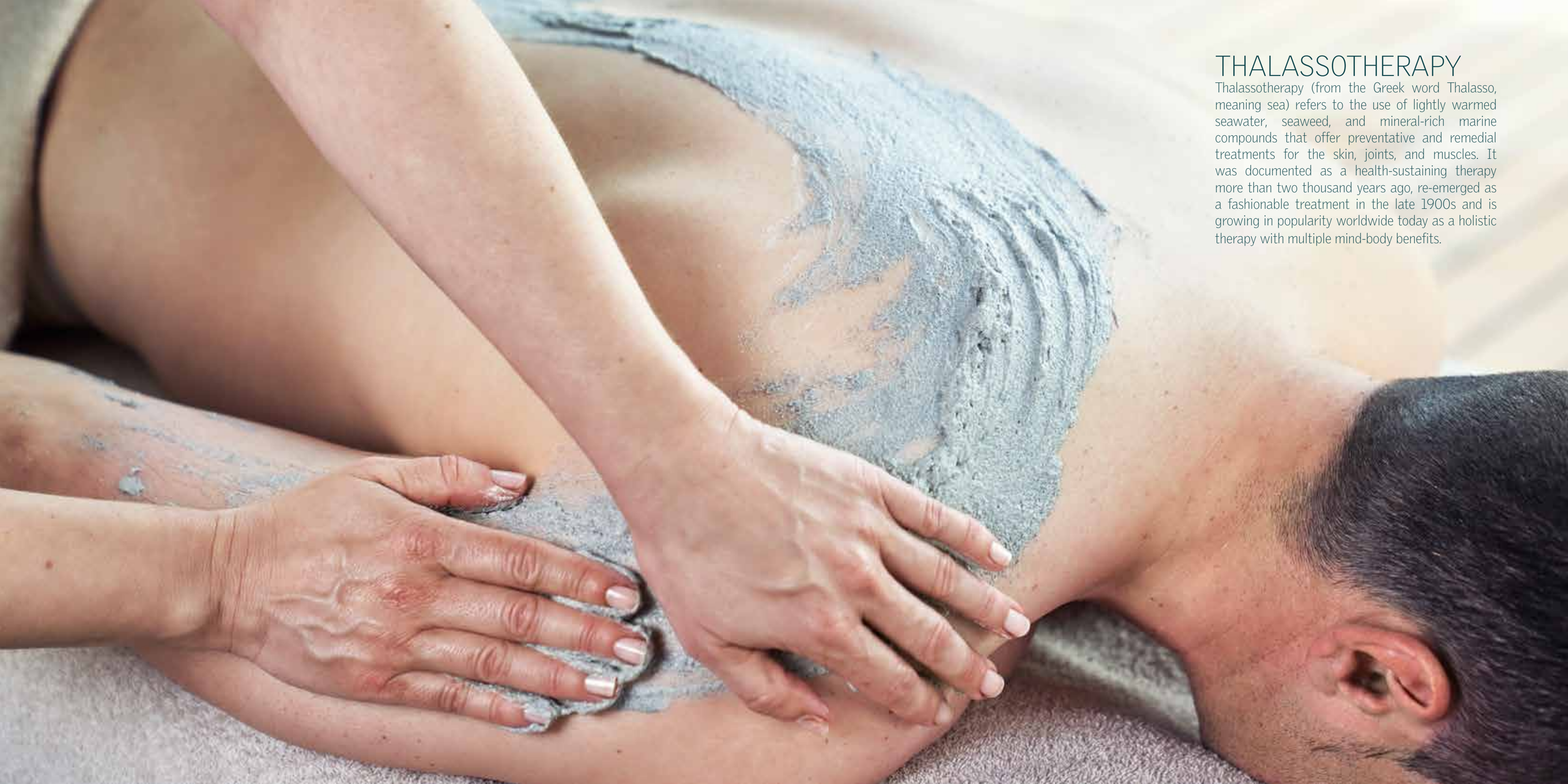
In a region renowned for its nutrient-rich sea water and endless sunny skies, the Spa at Le Meridien Ra is a natural haven for well-being. Built as a health sanatorium in 1929, and opened by royalty, it provided a place to access rest, nutrition, and gentle exercise, all enhanced by the healing qualities of the sea. Today, it serves guests as a modern-day retreat, continuing its well-established legacy as a destination for health-affirming wellness practices.

The Spa's treatments and signature services are strengthened by Thalassotherapy, the integration of salt water, and marine-based muds and wraps. Our bathing waters are sourced directly from the neighbouring sea and contain an iodine and mineral content

far greater than the Mediterranean average. These therapeutic waters are an especially powerful tool for increasing vitality and relieving stiffness and discomfort in the joints. We are also privileged to offer authentic Ayurvedic treatments, from lineages extending back four thousand years.

Our mineral-rich hydrothermal bathing area is a vibrant social space located on the rooftop offering panoramic sea views. For quiet, inner journeys, the zen-like Bamboo Lounge offers a calm space enhanced by natural light and the soothing soundscape of a large outdoor waterfall.





## THALASSOTHERAPY

Thalassotherapy (from the Greek word Thalasso, meaning sea) refers to the use of lightly warmed seawater, seaweed, and mineral-rich marine compounds that offer preventative and remedial treatments for the skin, joints, and muscles. It was documented as a health-sustaining therapy more than two thousand years ago, re-emerged as a fashionable treatment in the late 1900s and is growing in popularity worldwide today as a holistic therapy with multiple mind-body benefits.



### LE MERIDIEN RA BODY POLISH

60' 95€

This full body polish incorporates active skin purification techniques and invigorating polishes to exfoliate and release dead skin cells, thoroughly cleanse the skin and finally deeply hydrate the tissues. Excellent for those living in dry, arid climates, frequent travelers and those with naturally dry dehydrated skin.

### VICHY RITUAL

60' 115€

Water therapy. The healing properties of iodine-rich seawater are abundant, and delivered powerfully through this horizontal shower treatment. A full body exfoliation and manual massage is combined with this water therapy for an exceptional experience.

### ENHANCEMENTS

Quartz Stones 10€  
Facial Masking 15€

### THALASSO CLASSIC

120' 170€


This classic hydrotherapy treatment begins with a pressurized seawater jet shower massage designed to increase circulation and warm the body. Following a brief period of rest, a 90-minute full body ritual is performed, which includes a marine body polish, your choice of seaweed or mineral mud wrap, and finally a full body massage. A complete thalassotherapy treatment.

## TREATMENTS SIGNATURE

Signature Treatments by Explore Spa artfully weave multiple modalities into a single, harmonized therapeutic experience. Integrating traditional practices with modern techniques, these extraordinary experiences transcend the expected. We invite you to explore these one-of-a-kind spa journeys.







**DISCOVERY MASSAGE, A  
SIGNATURE TREATMENT BY  
LE MERIDIEN RA**

90' 145€

Curated exclusively by Explore Spa, this signature treatment harmonizes three classic therapies: Shiatsu, Thai and Relaxation Massage. The combination of therapies and proven techniques is especially designed to dissipate muscular tension, improve range of motion, and enhance circulation. This is a revitalizing treatment that helps clear stagnant energy.

**EPICUREAN BODY WRAP, A  
SIGNATURE TREATMENT  
BY EXPLORESA**

90' 150€

Culinary Art. The Penedés region is a gift for the senses with its authentic oils, unique wines and native sweets. In addition to exceptional taste, the health properties of the key ingredients are abundant. Experience the anti-oxidant action of grape tannins in the full body exfoliation. Nourish the skin with a hydrating olive oil wrap. And finally, enjoy the benefits of a powerful anti-aging corporal using red vine serum.

**STONE MASSAGE/CHAKRA  
ART, A SIGNATURE  
TREATMENT BY EXPLORESA**

90' 155€

A rhythmic combination of hand-stone elements, soft-firm pressures, and hot-cold sensations. The volcanic stones are charged by the Sun, and incorporated throughout this full body treatment to facilitate the softening of muscles and soothing of joints.

**FOUR HANDS A SIGNATURE  
TREATMENT BY EXPLORESA**

60' 170€

Choreography synchronised by two massage therapists, in which each part of the body is worked simultaneously, maintaining a constant rhythm and balanced pressure. This double massage provides a unique sensory experience that helps to minimise tension and provides a total sensation of well-being.

**ENHANCEMENTS**

Quartz Stones	10€
Facial Masking	15€



A hand holding a brass bowl pouring oil onto a person's back. The background is dark, and the lighting highlights the golden oil and the person's skin.

## AYURVEDIC TREATMENTS

Ayurveda, originating from the southwest coast of India is the oldest medical system in the world, with a history spanning almost four thousand years. Meaning the 'Science of Life', Ayurveda is a holistic therapy that restores the elements (dosha) of the body into a state of optimized balance. Highlights include massage with a focus on pressure points to release energetic blockages (marma), and the artful use of warmed medicinal oils and herbal poultices. At Le Meridien Ra, we offer all Ayurvedic Treatments on traditional wooden tables sourced from and hand-crafted in India.

### **ANTI-ESTRÉS / ABHYANGAM**

60' 105€

The classic Ayurvedic massage. This deeply nourishing whole body massage, including face and scalp, uses traditional techniques and herbal oils to increase circulation, hydrate the skin, and bring balance to the doshas.

### **TRANQUILITY / SHIRODHARA**

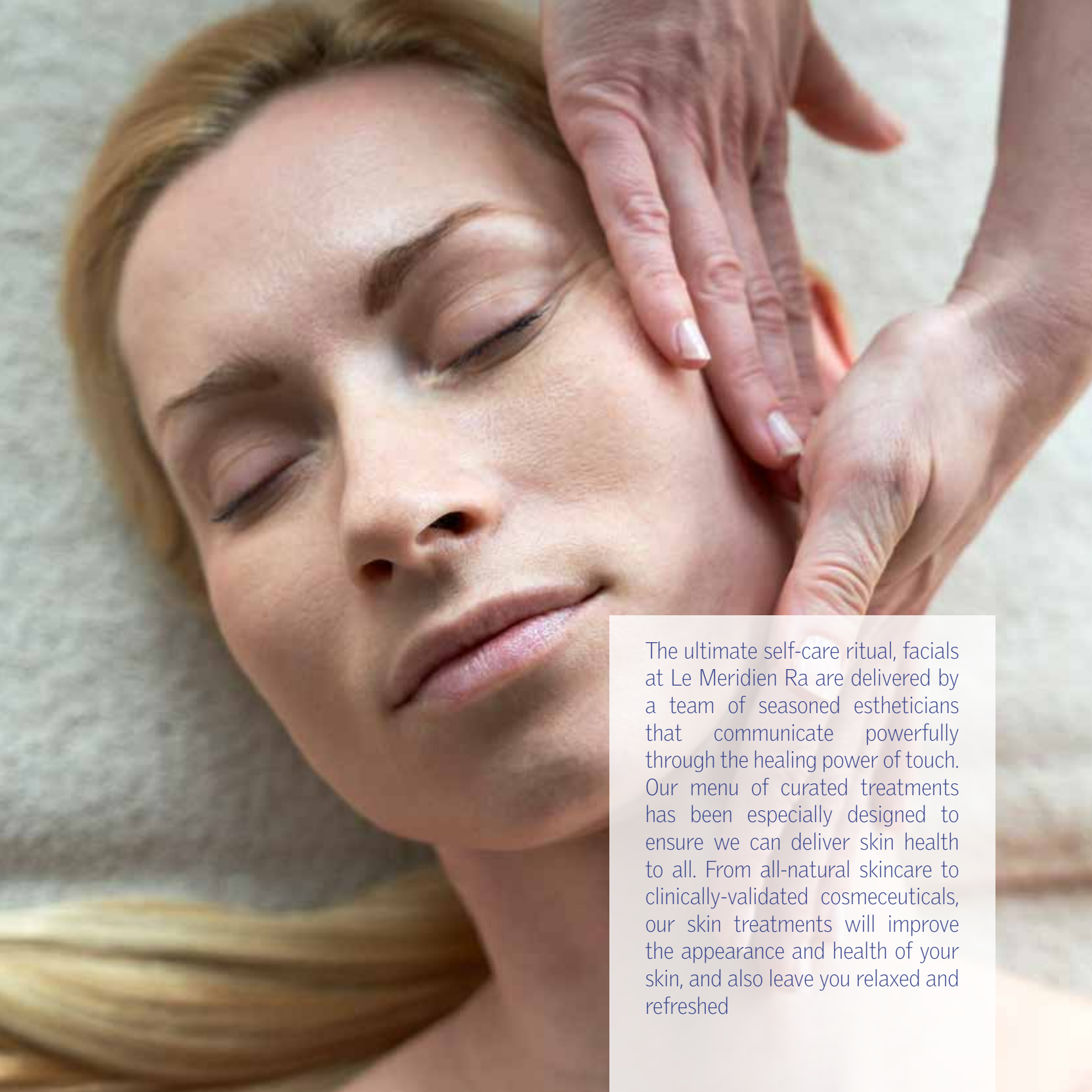
75' 160€

Warmed, medicinal oils, slowly and continuously stream onto the forehead via a traditional Shirodhara pot. This ancient and powerful therapy is known for bringing balance to the 'Vata' and 'Pitta' doshas, calming the nervous system. It is recommended for states of insomnia, anxiety, depression, mental illness and to improve mental clarity. Full body Ayurvedic massage included.

### **ANTI-FATIGA / SOWKHYAM**

90' 190€

Combining three styles of traditional Ayurvedic therapies, Sowkhyam is a complete holistic journey. Beginning with a full-body herbal oil massage, the therapy continues with warmed herbal poultices or 'pindas' that are gently kneaded into the body to soothe sore muscles. Finally, traditional Shirodhara, where warmed medicinal oils stream over the forehead, completes this experience.



The ultimate self-care ritual, facials at Le Meridien Ra are delivered by a team of seasoned estheticians that communicate powerfully through the healing power of touch. Our menu of curated treatments has been especially designed to ensure we can deliver skin health to all. From all-natural skincare to clinically-validated cosmeceuticals, our skin treatments will improve the appearance and health of your skin, and also leave you relaxed and refreshed

## FACIALS

### PERSONALISED FACIAL

60' 98€

Customized specifically for your personal skincare needs, our personalized facial features all natural, skincare, harnessing the abundance of healing properties found within the region. Simple, Clean, Beautiful. Suitable for all skin types.

### CELLULAR FACIAL

75' 120€

Honey (hydrating) – A luxurious facial delivering intense hydration for soft, supple, glowing skin. Clear Skin Facial (brightening) – A detoxifying, brightening facial designed to improve texture and tone of the skin.

### LIMITLESS FACIAL, A SIGNATURE TREATMENT BY EXPLORESA

75' 140€

Intense cellular renewal. This signature facial by Explore Spa using the powerful IS Clinical skincare, targets the health of the skin at a cellular level. Combining heat and cold, this signature treatment incorporates deep exfoliation, cleanse, masque and revitalizing massage to increase blood flow, improving the tone, texture and appearance of the skin.

### ENHANCEMENTS:

Gua Sha	10€
Cryo Sticks	10€
Extended Massage 30'	50€



# MASSAGE

Escape Spa offers a range of therapeutic massages that serve to ease discomfort and inflammation of the muscles and joints. From traditional relaxation massage, to deep tissue therapies, to focused reflexology, all massage therapies can be personalized with your choice of essential oil. The finest quality, one hundred percent natural oils hydrate the skin, resulting in the tissues looking radiant and feeling deeply nourished.

## MEDITERRANEAN RELAX

60' / 90' 95€ / 130€

Complete mental and physical relaxation. Nourishing Mediterranean oils are massaged into the body with the hands and forearms, helping to increase blood circulation, revitalize the skin, and soften muscle fibres. Additional marine brushing, essential oil infusion or quartz stone upgrades available for further customization.

## DEEP TISSUE MASSAGE

60' / 90' 105€ / 140€

Designed for those who experience discomfort, stiffness and pain in their bodies, this therapeutic massage targets deeply-rooted muscular tension. Further benefits include the release of endorphins, natural pain relievers which create a positive feeling of well-being. Massage can be customized for individual needs.

### ENHANCEMENTS:

Quartz Stones	10€
Marine Brushing	10€
Essential Oil Infusion	15€
Facial Masking	15€
Reflexology 30'	50€

## THAILAND MASSAGE

90' 150€

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

## ROSE QUARTZ

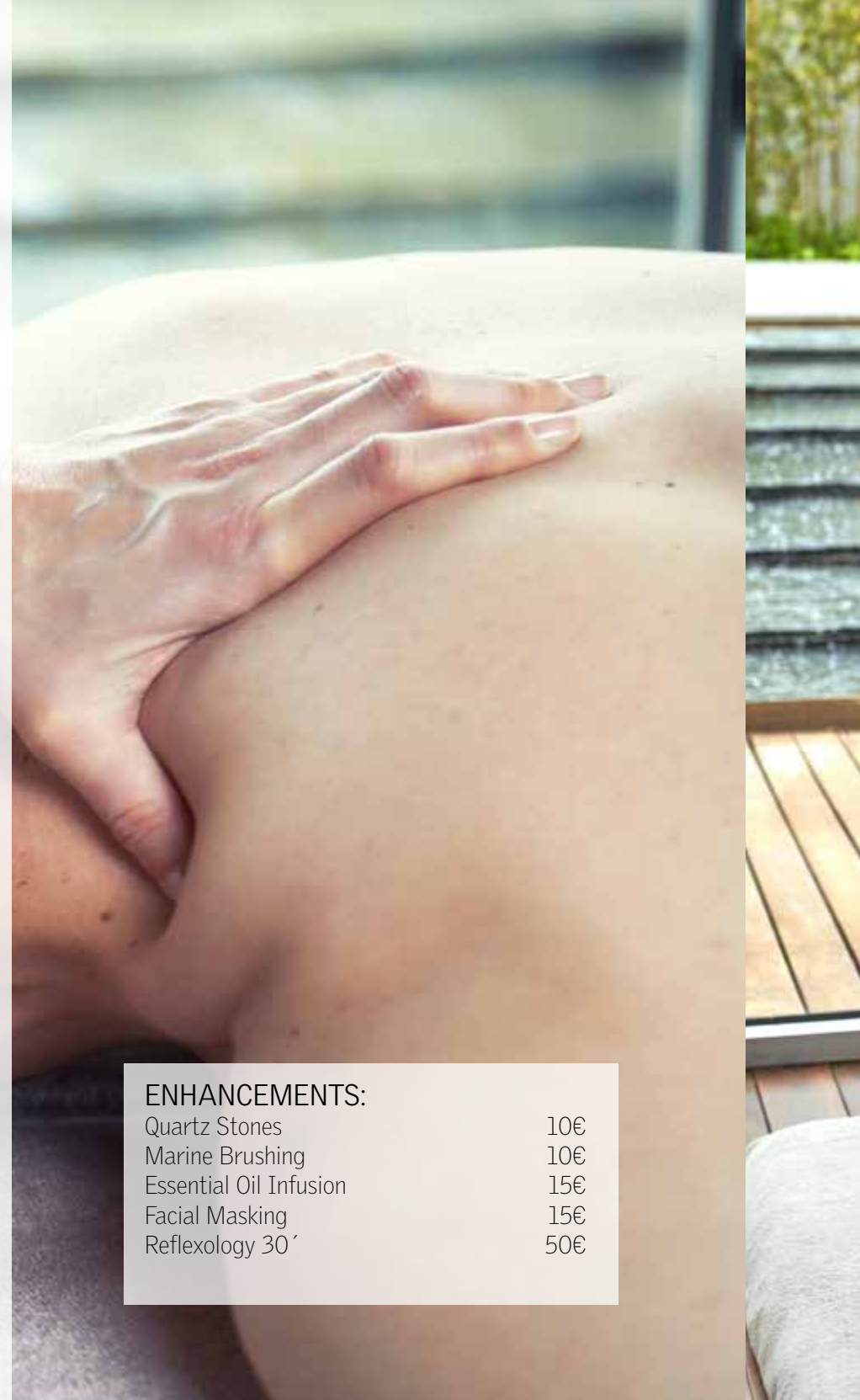
75' 160€

Harnessing the properties of Bulgarian Rose and Pink Quartz, this exquisite full body spa ritual includes lymphatic or circulatory drainage in the legs, foot reflexology to stimulate the vital organs, abdominal osteopathic manipulations and facial reflexology.

## SPARKLING CITRUS

75' 160€

Harnessing the anti-oxidant and anti-aging properties of citrus fruits, this revitalizing full body spa ritual includes a head to toe exfoliation, full body citrus masque, and neurosedant massage incorporating wooden Baobab stars from the Baobab Tree.





# RETREATS

Our new health retreat packages offer guests the opportunity to experience movement, hydrotherapy and relaxation by the sea. Treat yourself to a wellness vacation, solo or socially with a group of friends. Our Month and Summer Retreat packages include one 60' min treatment per month, as well as the extended opportunity to incorporate sun, saltwater therapy and movement into your routine.

## DAY RETREAT (day passes) 40€

- Access to Therapeutic Waters, Hydrothermal Circuit, Rooftop Retreat & Fitness Center
- Fresh Juice or Cava

## MONTH RETREAT (monthly pass) 180€

- Unlimited Access to Therapeutic Waters, Hydrothermal Circuit, Rooftop Retreat & Fitness Center
- Your choice of one 60-min Spa Treatment per Month
  - Le Meridien Ra Body Polish
  - Personalized Facial
  - Mediterranean Massage
- 15% discount on additional spa treatments

## SUMMER RETREAT

(5-months for the price of 4) 720€

- Unlimited Access to Therapeutic Waters, Hydrothermal Circuit, Rooftop Retreat & Fitness Center
- Your choice of 1 60 min Spa Treatment per Month
  - Le Meridien Ra Body Polish
  - Personalized Facial
  - Mediterranean Massage
- 15% discount on additional spa treatments

# SPA ETIQUETTE

## CANCELLATION

Should a cancellation be necessary, Explore Spa requests that this takes place at least 24 hours prior to the scheduled time of the treatment. Failure to do so will incur a charge of 100% of the treatment price.

## ARRIVAL TIME

We recommend arriving at least 15 minutes prior to the scheduled treatment time. This will enable you to calmly check-in at the spa arrival area, change clothes in a relaxed way and perhaps enjoy a glass of something refreshing at Explore Bar whilst waiting for your therapist. We recommend you be ready for your therapist 5-10 minutes before the treatment time.

## LATE ARRIVALS

In the event of a late arrival at the spa, your spa therapist will do their best to accommodate you fully; however, we cannot guarantee you will receive the full duration of your scheduled service. If your spa therapist is fully committed, they will need to close the service at the originally designated time in order to serve the next scheduled guests. No service discounts are extended for late arrivals.

## MINIMUM AGE

As per Marriott International policy, guests under the age of 16 years of age may not receive treatments or access spa facilities, including the Thalasso pool area and the exterior decks.

## SPECIAL HEALTH CONSIDERATIONS

Should you suffer from any health condition or should you be pregnant, please advise our staff of this when booking your treatment. Our spa concierges can advise you on which treatments would be most beneficial and which you should avoid due to health conditions.

## THERAPIST GENDER

Please, feel free to request a male or female therapist at the moment you make your appointment.

## SUITABLE CLOTHING

On arrival at Explore Spa, we provide for you a bath robe and slippers for your use during your visit. Disposable under garments are to be worn during all treatments. Our therapists are trained professionals who ensure appropriate level of comfort by using draping to cover those areas of the body not being treated. We advise you to not use swimwear during treatments as it may become stained by oils.

## FOOD & BEVERAGE

Should you wish to add a light lunch or beverage to your spa experience or retreat, please inquire at the time of booking. Our spa concierge will be happy to assist.

## VALUABLE ITEMS

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

## PAYMENT METHOD

We recommend paying by credit card, gift vouchers or, if you are staying at the hotel, charging the spa services to your room. A service tip for your therapist or the spa team is at your election.

## GIFT VOUCHER

Explore Spa vouchers are a great way to surprise or delight a friend or loved one. Spa vouchers can be purchased for a specific experience or for a selected amount. They are available from spa reception.

## SHARE YOUR EXPERIENCE WITH US

We welcome your feedback and can be reached at [ra.explorespa@lemeridien.com](mailto:ra.explorespa@lemeridien.com)



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