





**Le Meridien Ra Beach Hotel &Spa** holds an esteemed history as one of Spain’s earliest purpose-built sanctuaries for healing. From the 1920’s guests harnessed the fresh seaside air, natural light, botanical riches and mineral-rich seawater to fortify their bodies and minds. Today, Explore Spa re-establishes its presence as a modern destination for health affirming wellness practices.

Our program is mindfully structured around nurturing our guests **circadian rhythms**. We believe that well-being occurs when we align our energies to the natural solar and lunar rhythms present in each 24-hour cycle.

Within this menu, you will discover a range of personalised face and body treatments, thalassotherapy bathing circuits and slow Mediterranean rituals. Select intentional treatments to support your well-being: **Energizing, Balancing and Grounding**.

## EXPLORE SPA BY LE MÉRIDIEN RA

COSTA DORADA



# SPA CONCEPT

# ENERGIZING



Treatments and Experiences that nourish the whole body and ensure balanced and sustainable energy.

*Recommended from noon to late afternoon.*



Treatments and Experiences to awaken and energize the body and mind for a full and vibrant day ahead.

*Recommended in the morning and early afternoon.*



Treatments and Experiences to settle the nervous system and envelop you with a sense of peace and well-being in support of the sweetest slumber.

*Recommended in the late afternoon and evening.*

Energizing

Balancing

Grounding

EXPLORE SPA BY  
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Massage

Body  
Treatment

Thai

Skin  
Health

Rituals

ENERGY BOOST

*by Natura Bissé*  
**75 min**  
**150€**

SILHOUETTE

*by Alqvimia*  
**90 min**  
**170€**

THAI

**90 min**  
**160€**

VITAMIN C  
VITALITY FACIAL

*by Natura Bissé*  
**50 min**  
**110€**

ETERNAL YOUTH

*by Alqvimia*  
**90 min**  
**250€**

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# BALANCING



**AROMATHERAPY**  
*by Alqvimia*  
**50 min**  
**110€**

**EPICUREAN BODY WRAP: MEDITERRANEAN ESCAPE**  
*A Signature Treatment by Explore Spa*  
**90 min**  
**190€**

**ABHYANGAM**  
**50 min**  
**120€**

**MEDITERRANEAN GOLD GLOW FACIAL**  
*by Sea Skin Life*  
**50 min**  
**110€**

**QUEEN OF EGYPT**  
*by Alqvimia*  
**90 min**  
**170€**

**RECOVERY MASSAGE**  
*by Natura Bissé*  
**50 min**  
**110€**

**FOUR HANDS**  
*A Signature Treatment by Explore Spa*  
**50 min**  
**200€**

**THE PERSONALIZED FACIAL**  
*by Natura Bissé*  
**75 min**  
**150€**

**CHAKRA ART**  
*A Signature Treatment by Explore Spa*  
**90 min**  
**170€**

**EXPLORE SPA BY  
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COSTA DORADA

# GROUNDING



**DISCOVERY MASSAGE: LUNA STONES**  
*A Signature Treatment by Explore Spa*  
**75 min**  
**150€**

**ALOE SUN CURE**  
*by Sea Skin Life*  
**50 min**  
**110€**

**SHIRODHARA**  
**75 min**  
**170€**

**LIMITLESS FACIAL: COLLAGEN INSTANT LIFT**  
*A Signature Treatment by Explore Spa*  
**90 min**  
**200€**

**OASIS OF SERENITY**  
*by Alqvimia*  
**90 min**  
**170€**

**GOOD NIGHT**  
*by Natura Bissé*  
**90 min**  
**170€**

**SOUND OF THE SEA FOR TWO**  
*by Natura Bissé*  
**90 min**  
**300€**

**EXPLORE SPA BY  
LE MÉRIDIEN RA**  
COSTA DORADA



# MASSAGE



## Aromatherapy *by Alqrimia* 50 min 110€

Feeling good is essential to enjoy good health. Enjoy this personalised massage with a combination of essential oils tested and formulated according to your physical, mental and emotional needs, which will rebalance your whole being.



## Recovery Massage *by Natura Bissé* 50 min 110€

Recovery Day? This massage utilises a refreshing peppermint and eucalyptus oil, relieving muscle tension, pain and body heaviness. Through deep pressure and specialised body techniques, you regain muscle elasticity, energy and balance. Bonus: smooth, supple skin!



## Four Hands *A Signature Treatment by Explore Spa* 50 min 200€

The epitome of luxury. A synchronised body choreography performed by a duo of in-sync masseurs with a harmonious rhythm and balanced pressure. This double massage provides a unique, otherworldly sensory journey

### MASSAGE ENHANCEMENTS

Wood therapy	10€
Theragun	15€
Quartz Stones	15€

### MASSAGE ADD-ON'S

Theraboots	30 min	50€
Extended massage	30 min	50€
Reflexology	30 min	50€



## Energy Boost *by Natura Bissé* 75 min 150€

Renew and revitalise body and mind. Through stimulating techniques and dynamic movements, this massage activates healthy circulation and recharges your strength. Face the day with awakened senses, and a feeling of full body renewal



## Discovery Massage: Luna Stones *A Signature Treatment by Explore Spa* 75 min 150€

Warmed smooth stones are charged under the full moon, bathed in moisturising body oil and massaged rhythmically over the body.



## Good Night *by Natura Bissé* 90 min 170€

Through gentle massage techniques delivered with great care, Good Night relieves muscle tension, promotes relaxation and calms a busy mind. Skin is revealed to be soft and renewed. A serene way to transition into healthy sleep.



# BODY TREATMENTS



# AYURVEDIC & THAI



## Silhouette *by Alqrimia* 90 min 170€

A powerful circulation-enhancing, lymphatic activation to contour the body. This body ritual includes a scrub , wrap and massage. Choose from four powerful treatment pathways: Shape Reducer, Body Sculptor, Anti-Cellulite, Firm + Healthy Skin.



## Epicurean Body Wrap: Mediterranean Escape *A Signature Treatment by Explore Spa* 90 min 190€

A sunny body experience that illuminates and revitalises your skin, thanks to the antioxidant powerhouse, Vitamin C. Citrus fruits are produced in abundance along the Costa Dorada and are known for the promotion of cellular renewal. Begin your escape with a gentle exfoliation followed by a wrap that provides skin-quenching hydration. A firming massage improves skin texture and provides that natural Mediterranean glow. Bonus: The uplifting citrus scent doubles as a mood booster.



## Aloe Sun Cure *by Sea Skin Life* 90 min 170€

We love the sun, but it doesn't always love our skin back. This body ritual is highly recommended for sensitive and reactive skin, and remedies the effects of sun exposure, stress and pollution. This protective ritual includes an exfoliation, a body wrap and massage.

### ***BODY TREATMENTS ENHANCEMENTS***

<i>Wood therapy</i>	<i>10€</i>
<i>Theragun</i>	<i>15€</i>
<i>Quartz Stones</i>	<i>15€</i>

### ***BODY TRATMENTS ADD-ON'S***

<i>Theraboots</i>	<i>30 min</i>	<i>50€</i>
<i>Extended massage</i>	<i>30 min</i>	<i>50€</i>
<i>Reflexology</i>	<i>30 min</i>	<i>50€</i>



## Thai 90 min 160€

Originating in Thailand, with roots in India, this deep body therapy (without oil) takes place on a soft mattress with stretching techniques facilitated by your therapist. Helps to restore energy, increase flexibility and improve blood flow.



## Abhyangam 50 min 120€

An Ayurvedic healing technique, Abhyangam massage balances all the dosha (energies) in the body. This transformative whole-body treatment (including face and head) uses herbal oils which improves circulation and ensures radiant skin. Enjoyed on a traditional wooden bed.



## Shirodhara 75 min 170€

Warmed, medicinal oil is slowly poured over the third eye in a continuous, rhythmic stream. Highly recommended as a balm for insomnia, anxiety, and depression. This treatment is best enjoyed directly after the Abhyangam massage. A soothing experience that enhances creativity and ensures a peaceful slumber.



# SKIN HEALTH



## Vitamin C Vitality Facial

*by Natura Bissé*

50 min 110€

A revitalising facial that brightens the skin using a Vitamin C elixir. This treatment includes deep cleansing and a nourishing mask.



## Mediterranean Gold Glow Facial

*by Sea Skin Life*

50 min 110€

A firming and illuminating face ritual featuring gold powder and thermal water.



## Limitless Facial: Collagen Instant Lift

*A Signature Treatment by Explore Spa*

90 min 200€

A skin plumping, anti-aging facial. Collagen-infused masks and rejuvenating facial massage techniques ensure instant results.

### SKIN HEALTH ENHANCEMENTS

<i>Gua Sha</i>	10€
<i>Cryo Stik</i>	10€
<i>Wood therapy</i>	10€
<i>Kobido Facial Massage</i>	15€
<i>Theraface LED</i>	15€

### SKIN HEALTH ADD-ON'S

<i>Kobido Facial Massage</i>	30 min	50€
<i>Theraface LED</i>	30 min	50€
<i>Extended massage</i>	30 min	50€
<i>Reflexology</i>	30 min	55€





# RITUAL & COUPLES



## Eternal Youth

*by Alqrimia*

*90 min 250€*

Combines Balinese massage techniques and powerful products from the Eternal Youth line for restored vitality and luminosity.



## Queen of Egypt

*by Alqrimia*

*90 min 170€*

A beauty ritual in homage to Cleopatra. An empowering treatment that sources salts from the Dead Sea, mud and the enigmatic fragrance of incense and Myrrh. Expect rejuvenated skin feeling young, smooth, strong and hydrated.



## Chakra Art

*A Signature Treatment by Explore Spa*

*90 min 170€*

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.



## Oasis of Serenity

*by Alqrimia*

*90 min 250€*

A ritual focused on finding inner peace that treats the body, mind and spirit. The experience unfolds with a stress-reducing body ritual, a nourishing facial treatment and a calming Tibetan bowl soundscape. This experience will continue to resonate long after leaving the spa.



## Sound of the sea for two

*by Natura Bissé*

*90 min 300€*

Immerse yourself in tidal rhythms and the sounds of the sea. This experience envelops your body in a feeling of absolute serenity through a deep, personalised body massage enhanced with essential oils.



# PRIVATE SPA SUITES

## Private Spa Suite: Salt Therapy

*OCEANIC RENEWAL WITH ENERGY CIRCLE RITUAL*  
*by Sea Skin Life*  
*120 min 210€*

A deep massage with Mediterranean essential oils received atop a quartz crystal bed. Working with the vibrations of sea sounds and crystal bowls, guests are lulled into a deep state of relaxation.

PAIRED WITH SALT BED & ADDED 30-MIN OF SALT INHALATION FOR RESPIRATORY & SKIN HEALTH.

## ***PRIVATE SUITE ENHANCEMENTS, ALWAYS INCLUDED.***

*Seawater & Meadow Flower  
Ceremony.*

*Solar or Lunar Sound Drench with  
Quartz Bowls.*

## Private Spa Suite For Two: Steam Shower

*POSIDONIA SCRUB & MASSAGE WITH ENERGY CIRCLE RITUAL*  
*by Sea Skin Life*  
*120 min 210€*

The Posidonia scrub and massage revitalises and softens the skin, leaving it renewed. The alchemy of Posidonia sea salt flower from the island of Menorca with the purest Spanish botanicals aligns your inner ecosystem harmoniously with the cycles of the sun. Select the Energizing, Balancing or Grounding protocols to sync your inner rhythms with the day. Your treatment concludes with a private aromatherapy steam from the comfort of your private cabin.

PAIRED WITH ADDED 30-MINS OF STEAM INHALATION SHOWER

*SOUND OF THE SEA FOR TWO*  
*by Natura Bissé*  
*120 min 340€*

Immerse yourself in tidal rhythms and the sounds of the sea. This experience envelops your body in a feeling of absolute serenity through a deep, personalised body massage enhanced with essential oils.

PAIRED WITH ADDED 30-MINS OF STEAM INHALATION SHOWER.

# PRICE LIST

## Massage

- 

**AROMATHERAPY**  
*by Alqvimia*  
50 min 110€
- 

**RECOVERY MASSAGE**  
*by Natura Bissé*  
50 min 110€
- 

**FOUR HANDS**  
A Signature Treatment *by*  
*Explore Spa*  
50 min 200€
- 

**ENERGY BOOST**  
*by Natura Bissé*  
75 min 150€
- 

**DISCOVERY MASSAGE:  
LUNA STONES**  
A Signature Treatment *by*  
*Explore Spa*  
75 min 150€
- 

**GOOD NIGHT**  
*by Natura Bissé*  
90 min 170€

## Body Treatment


- 


**ALOE SUN CURE**  
*by Sea Skin Life*  
50 min 110€
- 


**SILHOUETTE**  
*by Alqvimia*  
90 min 170€
- 

**EPICUREAN BODY WRAP:  
MEDITERRANEAN ESCAPE**  
A Signature Treatment  
*by Explore Spa*  
90 min 190€

## Ayurvedic & Thai

- 

**ABHYANGAM**  
50 min 120€
- 

**SHIRODHARA**  
75 min 170€
- 

**THAI**  
90 min 160€

## Skin Health

- 

**VITAMIN C  
VITALITY FACIAL**  
*by Natura Bissé*  
50 min 110€
- 

**MEDITERRANEAN GOLD  
GLOW FACIAL**  
*by Sea Skin Life*  
50 min 110€
- 

**THE PERSONALIZED FACIAL**  
*by Natura Bissé*  
75 min 150€
- 

**LIMITLESS FACIAL:  
COLLAGEN INSTANT LIFT**  
A Signature Treatment  
*by Explore Spa*  
90 min 200€

## Rituals & Couples

- 

**OASIS OF SERENITY**  
*by Alqvimia*  
90 min 170€
- 

**QUEEN OF EGYPT**  
*by Alqvimia*  
90 min 170€
- 

**CHAKRA ART**  
A Signature Treatment  
*by Explore Spa*  
90 min 170€
- 

**ETHERNAL YOUTH**  
*by Alqvimia*  
90 min 250€
- 

**SOUND OF  
THE SEA FOR TWO**  
*by Natura Bissé*  
90 min 300€

## Private Spa Suites

- 

**POSIDONIA SCRUB &  
MASSAGE WITH  
ENERGY CIRCLE  
RITUAL**  
*by Sea Skin Life*  
120 min 210€
- 

**OCEANIC RENEWAL  
WITH ENERGY CIRCLE  
RITUAL**  
*by Sea Skin Life*  
120 min 210€
- 

**SOUND OF THE SEA  
FOR TWO**  
*by Natura Bissé*  
120 min 340€

## 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 an infusion or tea 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

Guests under the age of 16 years 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.

## SPA ETIQUETTE

### 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)

