



Welcome to the
Summit of Well-being...

*Knowing your dreams will be fulfilled
is no longer a dream.*





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Welcome to Mountain Spa 1850

Mountain Spa 1850 is a perfect place to enjoy a relaxing moment and switch off totally at 1,850 m altitude.

In incomparable natural surroundings with wonderful views over the valley of Soldeu, you will enjoy wellbeing and beauty experiences which will amaze you.

Our situation and the natural elements which form our environment are the essence of our being and the best help in ensuring that the time you spend with us becomes a trip to the summit of wellbeing.

In this collection you will find proposals to make your stay at Soldeu a privileged and unique moment.

Welcome to the Summit of Well-Being.



The Mountain Spa 1850 team

Our Etiquette & Opening Hours

We would like you to enjoy your stay with us so we hope you will find the following information useful.

Our Opening Hours

- **Treatments** From Monday to Sunday, from 10:00 am until 10:00 pm (subject to availability)
- **Water zone & Saunas** From Monday to Sunday, from 10:00 am until 10:00 pm
- **Gym** From Monday to Sunday, from 07:00 am until 10:00 pm

It is our pleasure to propose and plan a perfect experience for you. For this reason we suggest that you book your treatments in advance:

- **Telephone number** (+ 376) 870 510, from your room extension "4"
- **Email address:** info@sportwellness.ad
- **Website** www.sportwellness.ad

Clothing required

For your greater comfort, we recommend the hotel guests to go to the Spa in their bathrobes. In our Spa it is mandatory to wear beach shoes and swimsuits. You will find all these for sale at reception. In all saunas and steam rooms the use of swimwear and towels is indispensable.

For our beauty treatments and massages we provide the appropriate utensils. During the treatments the only exposed part of your body will be the part the therapist is working on, the rest of your body will remain covered. For the fitness area and guided activities, sports footwear with soft soles and comfortable sport clothing are required.

Comfort

Sport Wellness is a quiet and peaceful place for relaxing. Please do not use your mobile phone or any cameras or video cameras; we also remind you that the spa is a non-smoking area. Please do not consume any alcohol before or immediately after your treatment as this may reduce its effectiveness.

Arrival

We make every effort to ensure that all treatments start at the confirmed hour. This is why we advise arriving 15 minutes before your treatment time. If you arrive late and your therapist or the cabin are booked immediately after your treatment, then we would unfortunately have to shorten your treatment although maintaining the total price of the treatment previously booked.

Cancellation policy

We inform you that any cancellation or change of your treatment will be free of charge, provided always that you have communicated this to the Spa reception with a minimum of 12 hours in advance, otherwise or in the

case of no-show we regret having to charge 100% of the amount for the agreed treatment.

During the treatment

Sexual harassment or unsuitable behaviour during treatment will not be tolerated; therefore our therapists have the right to interrupt the treatment in such cases.

Health conditions

Please make sure that you inform us –especially your therapist– about any special health or medical condition or about any special requirement before you start your treatment.

Before going into our Water Circuit for the first time, it is mandatory to fill in the document on contraindications of use

Pregnancy or Breastfeeding

Special rules are applied for this wonderful time. We are glad to provide you with a personal recommendation about the most recommended treatments that you can safely enjoy during your pregnancy or lactation period.

Teenagers (children/minors)

Mountain Spa 1850 is a spa for adults. For safety reasons teenagers aged between 13 and 18 years must come to the water and sauna area accompanied by an adult. In case of doubt, the Spa reception reserves the right to request an identity document to prove the teenager's age. Our fitness area can only be accessed by those aged 13 and over.

We offer special treatments for our younger guests. Parents who wish to be invited to accompany them for the treatments.

Room service

If you desire, some massages can be given in your room, by prior arrangement. This is subject to a 50% supplement.

Discounts

Guests staying at any of our hotels, will benefit from a 10% discount on menu prices, this discount is not combinable with special promotions or programs.

Loss or damage to personal belongings

Mountain Spa 1850 declines all responsibility for lost or damaged personal belongings.

Our Facilities

We have at your disposal 5 floors with a total of 5,000 m² dedicated to wellbeing and beauty. Decorated by the famous Spanish sculptor Domènec Fita i Molat, the drawings you see in all our spaces are, with our

characteristic installations, distinctive elements of Mountain Spa 1850 which we propose for your enjoyment. Water Circuit Space (The three levels communicate by stairs and a lift).

1st Floor circuit



- Relaxation area with loungers
- Four jacuzzis tub 32-30°C
- General locker rooms, showers and toilets

2nd Floor circuit



- Tepidarium - Relaxation area with 9 heated beds 36°C
- Sauna with music therapy and chromotherapy 90°C; 10% humidity
- Turkish bath with 40°C; 90% humidity
- Ice fountain
- Contrast showers
- Caldarium 35°C
- Sanarium 50°C; 20% humidity
- Relaxing showers
- Aromatherapy cabin 40°C; 60% humidity
- Pediluvius
- Relaxation zone

3rd Floor circuit



- Hydromassage pool at 32° C; 1 m 40 cm deep with 2 outdoor jacuzzis tubs
- Relaxation pool 34° C; 1 m 40 cm deep
- Contrast pool 12°C; 1 m 40 cm depth and path of pebbles 12° C
- Relaxation zone

Treatment Rooms



One plant exclusively dedicated to treatments, massages and balneotherapy with has 19 cabins, one of them double to enjoy dual treatments and most of them overlooking the mountains, is available for guest enjoyment.



Wellbeing Days at Mountain Spa 1850

Spa Experience Water Circuit & Saunas

Spa general entrance

Includes a beverage of a hot drink, juice or a glass of *cava*.

3 hours 49 €

Sport Hotel & Sport Hotel Village guests entrance

Includes a beverage of a hot drink, juice or a glass of *cava*.

3 hours 37 €

Winter Special Promotion 2016-2017



Sport Hotel & Sport Hotel Village guests entrance

Includes a beverage of a hot drink, juice or a glass of *cava*.

3 hours 29 €

Have you forgotten your swimsuit?
There is no problem!

At our reception you will find the following accessories for sale:

Men's & Women's swimsuits
Bathrobe
Swimming cap
Goggles
Pool footwear
Towel

Spa Experience & More Winter programmes available from 10 am to 2 pm

Winter Basic Wellness Experience

Spa Experience and a 25 minutes massage to choose among:

- Relaxing
- Face, head and neck
- Foot reflexology

3 hrs 30 min 75 €

Winter Relax Wellness Experience

Spa Experience and a 50 minutes treatment to choose among:

- Relaxing massage
- Body treatment "Purity of Bisses"
- Essential facial

4 hrs 129 €

Winter Deluxe Wellness Experience

Spa Experience and a 75 minutes treatment to choose among:

- Volcanic stones massage
- Relaxation and Nutrition "100% Argan"
- Anti-ageing Facial

4 hrs 30 min 165 €

Winter Ayurveda Wellness Experience

Spa Experience and an *Ayurvedic* 90 minutes treatment to choose among:

- Sowkhyam: Anti-fatigue
- Langhanam: Anti-cellulitis
- Kateevasthy: Back care

5 hours 240 €



*Dream
Wellbeing
Sensitivity
Peace*

Our Treatments

More than enjoying a wellbeing experience in our aquatic zone, we offer you the opportunity to pamper yourself with our treatment collection.

At Mountain Spa 1850 there is a treatment for each need: Facial rituals, body massage, therapeutics, relaxant, sports or holistic.


Go into the summit of well-being and let yourself be guided by our experts.

We remind guests who are staying at one of our three hotels that they can enjoy a 10% benefit not accumulative for special promotions or programmes.

 A treatment that can be enjoyed as a couple

 Treatment includes a massage

 A treatment that is particularly suitable for pregnant women

 Treatment is available as a room service with a 50% charge

Essential Facials & Beauty Complements

Facial Massage 42 Movements

Exclusive facial massage techniques. A wide variety of movements to reshape, structure and stimulate the oval of your face. Discover a wide variety of sensations through a treatment based on a real story.

50 min  95 €

Anti-Ageing Facial

This treatment helps to protect the skin of the face against the signs of ageing by reducing wrinkles and expression lines. Enjoy the pleasure of beauty, the attention and care throughout a personalised treatment.

75 min  145 €


Facial Hygiene

Essential facial care treatment for deep cleansing of the skin to remove impurities (microcysts and blackheads). This prepares your skin to receive another specific facial treatment which can be done straight away or in the next few days.

50 min  95 €

Manicure

Our basic manicure cares for your fingers and hands. Your nails are filed, the cuticles cared for and the hands nourished. The finishing touch will be in your favourite colour.

50 min  65 €

Essential Facial

Facial treatment adapted to your needs. Rediscover a skin with zero defects and unprecedented brightness, thanks to our cosmetics and techniques, combined in a unique treatment.

50 min  110 €

Pedicure

The perfect treatment for your feet starts with deep exfoliation and an essential oil bath which, in combination, smooth and soften your skin. The nails are filed, the cuticles cared for, the feet nourished and the final touch given in your favourite colour.

50 min  70 €

Ask at Reception in our Spa about availability, hours and prices for make-up and hairdressing services.

Body Treatments and Rituals

Exfoliation and Moisturising

Dead cells are removed so that the skin can breathe. The Magnolia and Orange Blossom oils bath illuminates the skin leaving it hydrated and silky.

50 min

95 €

Relaxation & Nutrition “100% Argan”

Apricot kernel and Argan oil prepare the skin to receive a delicate nutritious massage. The high content of vitamin E, Omega 3, 6 and 9 is ideal for combating premature ageing, and returning smoothness and natural colour to the skin.

75 min 

150 €

Revitalising “Tired Legs”

Especially for tired legs after a hard Skiing day. Thanks to the application of a mud rich on mineral salts, in a vapour bath, followed by an intense massage of legs and feet, which helps to reactivate circulation; retained liquid and tiredness will be alleviated.

75 min  

150 €

Anti-Oxidant Ritual “by the Sommelier”

A brushing exfoliation and a body wrap accompanied by a facial massage and body massage will help to stop cellular ageing. The properties of cava are combined with high cosmetic technology. The vine and magnolia stem cells provide natural protection against skin stress caused by sun and pollution.

105 min 

190 €





The purity of nature combined with the power



of science.



To Mountain Spa 1850

In the heart of the Swiss Alps, Valmont gathers ingredients imbued with exceptional properties, selected for their beautifying effects on the skin.

Water from ancient glaciers joins with plant extracts from the Valmont conservatory – the phyto-alpine garden – to nurture the skin's every layer with the finest innovations of *Magicien du Temps*.

A true anti-aging expert, for 30 years Valmont has been perpetuating the unique expertise of Swiss cellular cosmetics – the legacy of the famous Valmont Clinic – with treatments that offer instant and lasting results of unparalleled quality.

Through unique and exclusive protocols, Valmont treatments stand out thanks to the "Butterfly motion" that characterizes the technique. Much more than a traditional beauty procedure, Valmont treatments are fashioned as symphonic variations. The rhythm of the motions is at once disconcerting and captivating, bringing opposites into harmony. Clients feel both relaxed and reinvigorated, their skin simultaneously calmed and awakened.

Each beauty ritual features its own iconic treatment, with a name inspired by the brand's Swiss legacy. Embark on a maiden voyage to the heart of Valmont's homeland.




VALMONT

Facial and Body Exceptional Rituals

At the Summit of Wellbeing

Particularly suitable for revitalizing the face, the body and the après-ski spirit. For this special combination of muscle tension releasing massage and revitalizing facial massage, we have selected the most suitable products and techniques for a quick recovery of mountain and sun lovers.

75 min  

195 €

Elixir des Glaciers - Face and Body

A skin quite simply sublime. Because beauty deserves a masterpiece.

150 min 

390 €

 Exclusively for
Mountain Spa 1850



Facial Anti-Ageing Treatments

Hydration

Source of Bisses

The skin is plumped up, the weary appearance fades away.

50 min  130 €
75 min 180 €

Energy

Vitality of the Glaciers

The skin is regenerated, appears radiant and toned.

75 min  195 €

Anti-Wrinkles & Firmness: Peaks of Firmness

The skin is visibly lifted and denser.

75 min  195 €
100 min 220 €

Anti-Ageing Body Treatments

Bisses Of Purity

Exfoliate, purifying and stimulating thanks to the Bex salts or apricot kernels. Ideal for a renewed skin.

50 min. 110 €

Anti-Cellulitis

Peaks of Slimness

A true remodelling of the silhouette. Kneading, percussion, friction and smoothing pressures provide deep action on each area to render the body toned and slender.


75 min.  225 €



Occidental and Oriental Massages

Relaxing - Made to Measure for you

Relaxing anti-stress massage adapted to the current state of your mind, body and soul. The rhythm manoeuvres and aroma will provide a deep sensation of wellbeing.

25 min	  	55 €
50 min		110 €
75 min		150 €

Deep Tissue Massage


Energetic deep tissue massage, perfect after a sports session. It dissolves muscle tensions and blockages, improves blood circulation and activates the metabolism. Ideal for recovering tired muscles.

25 min	  	55 €
50 min		110 €
75 min		150 €

Podal Reflexology


The strategic points in the soles of the feet related to our organs are delicately massaged.

This treatment is especially effective in cases of physical fatigue or digestive problems.

25 min	  	55 €
50 min		110 €

Face, Head & Neck

A deeply revitalizing and relaxing experience. It includes a massage for head and shoulders and pressure on points of the face. It releases the stress and tensions of life. It is also advisable for insomnia and to care for the scalp.

25 min	  	55 €
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Lymphatic Drainage

Gentle manual technique to stimulate venous and lymphatic return by eliminating toxins and harmful substances. Ideal as a supplementary treatment for people who suffer from fluid retention.

50 min	 	110 €
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Physiotherapy Session

Evaluation and treatment of muscle and bone injuries through manual, postural and electrotherapy techniques. Guidance and advice to the client.

50 min		110 €
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Volcanic Stones

Combines the relaxing effects of massage with the benefits provided by warm and cold volcanic stones. It channels energy and releases tensions. An overall feeling of liberation, wellbeing and comfort will be achieved.

75 min	 	165 €
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Traditional Thai Massage

A full body treatment in the original Thai style. All blockages and tensions are released by applying pressure along the energetic lines of the body (zen). It allows life energy to flow freely through the energy channels. The pressure is usually applied with the fingers and thumbs, but also with the heel of the hand - even elbows and feet are sometimes used by therapists.

75 min		165 €
100 min		195 €

Ayurvedic Consultation

Experience the ancient recovery of *Ayurveda*. Through Ayurvedic massages which are done with herbal oils and after a consultation with your Ayurvedic English-speaking doctor, he will indicate the type of energy in your body and how to improve it. He will give you the most appropriate advice for you regarding diets, treatments and packages.

30 min

Free

Abhyangam - Anti-Stress

Relaxing massage for the whole body with herbal oils, it includes the facial cranial area and ensures relaxation of the body and mind. It improves the general circulation and the brightness of the skin. This massage is indicated for daily use, since all energy is balanced. It is the classic Ayurvedic massage.

60 min 

130 €

Elakkizhi - Herbal Calm

This massage is indicated for muscle cramps and joint pain, although it also has great relaxing properties. It is highly recommended for those who want to feel a really intense massage. This doesn't mean that it is a strong treatment, but the combination of heat, essential oils followed by a massage produces amazing results. It includes a full body massage, followed by a massage with heated *pindas* in herbal oils. This treatment pacifies *Vata*.

75 min 

180 €

Thaila-Shirodhara - Tranquillity

Powerful therapy to relax the mind. After a whole body relaxing massage, the forehead is washed with medicinal oils. This massage is indicated for states of anxiety, depression, insomnia, nervous disorders and it also improves mental clarity. This therapy balances *Vata* and *Pitta*.

75 min 

180 €

Sowkhyam - Anti-Fatigue

A combination of three types of massage. It is a balancing therapy that helps to relieve fatigue and the stress of body and mind. It begins with a body massage (facial cranial area) done with herbal oils, followed by a massage with herbal *pindas* that alleviates muscular overload and, finally, you receive the *Shiro-dhara* therapy which calms the mind. This treatment will take you closer to *Swasthyam*, which is a state of mind and body balance.

90 min 

220 €

Langhanam - Anti-Cellulitis

It helps to combat obesity and cellulitis. The first part is a micronized herbal massage followed by a body massage performed with medicinal oils and, finally, there is an application of hot herbal *pindas* that activates the metabolism and helps to drain body fat. This therapy also lightens the body, helps digestion and improves the health of the skin.

90 min 

220 €

Kateeasthy - Care of the Back

The treatment begins with a massage over the whole of the back. Then we make a complete massage with medicinal *pindas* very beneficial for the joints. Then a wash of tempered oil with medicinal herbs is applied to the painful points of the body with pressure by a mass of wheat flour. It helps to relieve chronic pain, muscle sprains, disc problems, and joint stiffness. It is indicated for disorders of the *Vata Dosha*. It is advisable to repeat this treatment to achieve better results. It is indicated for specific pain points in the back.

90 min 

220 €

Marma Massage - Energy Reinforcement

Digit pressure is used on the vital points (*marma*) and muscles. With your thumb or palm on certain points you have a high concentration of life energy. This massage is excellent for overwork, when day-to-day life leads to fatigue, and helps to stretch muscles of the body and relieve fatigue.

60 min 

150 €

Indian Sarvanga Thaila Dhara-Oil Bath with four Hands

This is the most extravagant of all Ayurvedic treatments. After a body massage, your body, except your head; would be continuously bathed with 5 to 6 litres of warm herbal oil. It is applied to improve the strength of all body tissues. But it relieves pain and also stiffness. It is the best treatment for alleviating the *Vata*.

90 min 

330 €

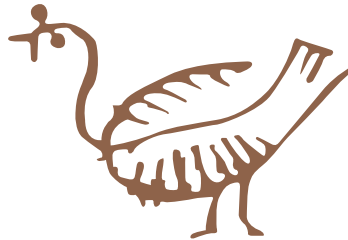
If you wish, you can make or arrange your schedule with our Ayurvedic Doctor's help.

Sampoornam - Ayurvedic Harmony

Sampoornam is the state of harmony of body, mind and spirit. It provides a fullness sensation. The session starts with a micronized herbal massage, then a full body massage with oils is done, followed by the application of warm herbal *pindas*, and it ends by applying the *Shiro-Dhara* therapy which calms the mind. This treatment relaxes the body and mind and gives you energy that will improve the quality of sleep and digestion.

110 min 

350 €



Treatments for Children & Adolescents

(from 6 to 16 years)

Kid Spa Discovery - Massage

Hydro massage bath and Relaxing massage.

50 min 

95 €

Kid Spa Experience

Hydro massage bath, Relaxing Massage and Facial Express.

75 min 

120 €

Kid Spa Discovery - Facial

Hydro massage bath and Facial Express.

50 min 

95 €

*These proposals include only the treatments. Access to our Water Circuit is reserved to people aged over 13.

Movement and Activities

Personal Training

60 min	85 €
95 min	120 €

Fitness 1 day & Spa Experience 3 hours

Includes locker, towels and headphones.

1 day	55 €
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“Only Fitness” - 1 day

Includes locker, towels and headphones.

1 day	30 €
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If you are interested in a monthly or season ticket please contact our Mountain Spa Reception.

For activities and excursions please contact the Hotel Reception desk.



... And now is the time to enjoy,

of the Summit of Well-being.

Kindest regards from

Your Mountain Spa 1850 team.





T +376 870 510

www.sportwellness.ad