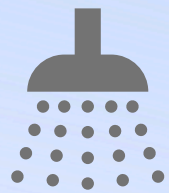
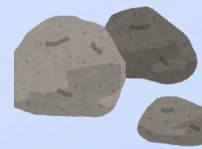


Circuito Spa

Wellness Journey



- 1. DUCHA INICIAL**
Preparación del cuerpo
- 2. PISCINA (10-15min)**
Relaja y activa la circulación (hidromasaje)
- 3. TERMA ROMANA (10-15min)**
Calor suave y progresivo
- 4. PEDILUVIO (1-2min)**
Estimulación circulatoria
- 5. BAÑO TURCO (10-15min)**
Purifica y relaja
- 6. DUCHA CONTRASTES (1-3min)**
Revitaliza el cuerpo



- 7. SALA HARMONY (5-10min)**
Equilibrio y descanso
- 8. SAUNA FINLANDESA (8-12min)**
- 9. CUBO AGUA FRÍA**
Estimulación inmediata
- 10. DUCHA DE ESENCIAS**
Experiencia sensorial
- 11. PISCINA RELAX (opcional 5-10min)**
Prolonga el bienestar
- 12. SALA HARMONY (10-15min)**
Relajación profunda final

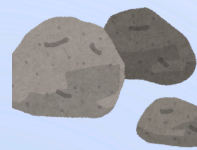


*Disfruta del recorrido
Tu bienestar comienza aquí*

Mantente hidratado
Respetar los momentos de descanso
Disfruta del silencio
Finaliza en un estado de calma



- 1. INITIAL SHOWER**
Preparation of the body
- 2. SWIMMING POOL (10-15 mins)**
Relaxes and stimulates circulation (whirlpool)
- 3. ROMAN BATH (10-15 mins)**
Gentle, gradually increasing heat
- 4. FOOT BATH (1-2 mins)**
Stimulates circulation
- 5. TURKISH BATH (10-15 mins)**
Purifies and relaxes
- 6. CONTRAST SHOWER (1-3 mins)**
Revitalises the body



- 7. HARMONY ROOM (5-10 mins)**
Balance and relaxation
- 8. FINNISH SAUNA (8-12 mins)**
- 9. COLD WATER BUCKET**
Immediate stimulation
- 10. ESSENCE SHOWER**
A sensory experience
- 11. RELAX POOL (optional 5-10 mins)**
Extend your sense of well-being
- 12. HARMONY ROOM (10-15 mins)**
Final deep relaxation



*Enjoy the experience.
Your journey to wellness begins here.*

Stay hydrated
Respect moments of rest
Embrace the silence
Leave feeling calm