Pueblo Astur

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ECO-RESORT & WELLNESS

WELLNESS SERVICES

CIRCUIT & THERAPIES

HIDROTHERAPY

HIDROTHERAPY CIRCUIT
NATURE

DURATION: 90 MINUTES

HOTEL GUESTS: 35€ (ADULTS) / 18€ (CHILDREN BELOW 12 YRS.)

VISITORS: 50 € (ADULTS) / 25€ (CHILDREN BELOW 12 YRS.)

OPENING HOURS: 10 AM TO 9:30 PM

FOR CHILDREN TIMMINGS PLEASE CONTACT OUR SPA STAFF

The access to the hydrotherapy circuit includes the use of lockers, changing rooms, showers, bathrobes and slippers, as well as, water, eco teas, and season's fruits. Always by appointment.

BACK PREASSURE WATERJETS

Both jets must be received from the back. It is advisable not to directly affect the spine. They must be applied to the mid and low dorsal area and the lumbar area. Hydrotherapy work that serves for recovering of sports pains and helps the functioning of internal organs (heart, lungs, liver, intestines, bladder ...).

RONDÓ CASCADE

It should fall directly behind the shoulder girdle. Specific for muscles and joints of the upper dorsal and lower cervical area. It promotes the venous return circulation of the head and activates the entire upper limb area. It also releases tension that is concentrated in the lower neck area.

CERVICAL VERTEBRAE PREASSURE JET

Specific to loosen the entire neck area. Relax and relieve head and neck discomfort. It has a lymphatic drainage effect.

WALK ON JETS

Specific for the lower legs area by walking on the jets to stimulate circulation and decongest.

FEET WATERJETS

Four similar positions, separated from each other for the same work at different heights of the body. All combined with plantar massage to enhance the effect of the previous ones.

WALL WATERJETS

Three similar and separate positions for the same job at different body heights. Its function is multiple: It unlocks large joints (ankle, knee, hips...), legs and buttocks muscle discharge, activateating blood circulation, helping to recover the tension of the ligaments. Ideal for sports recovery and frees from seizure due to postural overstrain. Unblocking effect on the back.

HIDROTHERAPY CIRCUIT
NATURE

WATER THERAPY BENCH

Four different positions to work the lower half of the body: back of the legs, hip and lower back. Combines a simultaneous effect on the lower back and legs or more intense work in a specific area. Helps unblocking all the points that the sciatic nerve travels.

FINISH SAUNA

Dry heat bath at 80º and a relative humidity of 10%, which favors the elimination of toxins and the increase of defenses. Glazed walls to reduce the feeling of claustrophobia.

CONTRAST SHOWERS

Five sensations showers where the cold-heat effect acts intensely promoting blood circulation: Chromotherapy treatment, aromatherapy, natural rain shower, sequential shower and ultra-hydrating micro-spray.

COLD WATER MINI POOL

The 9º cold water immersion pool is ideal for making contrasts between the sauna, Turkish bath and hot water pool. It also accelerates muscle recovery after high-density sports sessions (hiking, cycling, fitness ...).

BUBBLE BEDS

Four equal seats are available for lying in supine position (lying on your back). It provoques a full relaxation combining the massage effect of the jets and the pre disposition to rest and gain the inner balance.

TURKISH BATH (HAMMAM)

Steam room with a temperature between 43º and 44º, and a relative humidity of 90%, where you can perspire abundantly, hydrate the skin, relax the body and purify the entire organism.

OUTDOOR JACUZZI

Extension of the covered pool towards the outside, with water impulsion jets benches ideal to eliminate tensions. Rain or snow outside, the sensation of hot water bubbles guarantees relaxation of body and mind.

RELAXING BEDS

After touring the entire circuit and especially after going through the sauna and Turkish bath, it is highly recommended to dry and relax on the loungers and hydrate with fruits and juices that will help us balance blood pressure.

MASSAGES & RITUALS

TRADITIONAL MASSAGES

RELAXING FULL BODY MASSAGE	60 MINUTES / 100 €
SPORTS REMEDIAL MASSAGE	45 MINUTES / 90 €
BACK MASSAGE	45 MINUTES / 90 €
LEGS MASSAGE	45 MINUTES / 80 €
HANDS MASSAGE	45 MINUTES / 70 €
FEET REFLEXOLOGY	45 MINUTES / 85 €
FACE AND HEAD MASSAGE	45 MINUTES / 80 €
FACE DRAINAGE	40 MINUTES / 50 €
BODY DRAINAGE	60 MINUTES / 90 €
CHILDREN MASSAGE	45 MINUTES / 70 €

BEAUTY TREATMENTS

SPA MANICURE	60 MINUTES / 50 €
SEMI PERMANENT MANICURE	60 MINUTES / 65 €
SPA PEDICURE	75 MINUTES / 70 €
FULL LEGS WAXING	60 MINUTES / 40 €
HALF LEGS WAXING	30 MINUTES / 25 €
BIKINI ZONE WAXING	25 MINUTES / 25 €
UNDERARM WAXING	20 MINUTES / 20 €
UPPER LIP WAXING	15 MINUTES / 15 €
EYEBROW MAINTENANCE	20 MINUTES / 15 €

TRANQUILLITY
[comfort zone]

MASSAGES & RITUALS
BY CONFORT ZONE

AROMASOUL BODY RITUAL

60 MINUTES / 130 €

A massage ritual that takes you on a journey through four worlds: the exotic Orient, the warmth of the Mediterranean, the vibrant world of India, and the cultures of desert tribes, the Berbers, for a complete sensorial experience. Each journey begins with the selection of an oil blend: Oriental, Mediterranean, Indian or Arabian.

- *Skin softness and hydratation*
- *Relaxation and sense of balance and wellbeing.*
- *Eases muscle aches and pains.*
- *Renewed energy and vitality.*

Each journey begins with the selection of an oil blend: Oriental, Mediterranean, Indian or Arabian.

Ideal for women and men, all sking conditions.

MEDITERRÁNEO

We travel to fields of olive trees, lavender, orange and lemon plantations. The orange blossom melts with the sea salt and transports us to pine forests and mountains of rosemary and thyme.

INDIA

A combination of intense and evocative notes of spices, gardenia, rose, jasmine and amber.

ORIENTE MEDIO

Hypnotic and ambery perfumes intoxicate us with sweet airs, sprinkled with vanilla, wild flowers, pink pepper and moss.

ARABIA

A sensory journey to the desert with exotic oils of ginger, coconut, lemon, leather and eucalyptus.

AROMASOUL SCRUB

45 MINUTES / 85 €

Scrub version of the body ritual combining the sensorial journey to the ancient worlds with cells regenerating techniques, activating the blood micro circulation thanks to the volcanic riolita.,

- *Skin softness and smoothering*
- *Eliminates dead cells*
- *Enegices body and soul*

Ideal for women and men, all sking conditions.

[comfort zone]

MASAGGES & RITUALS
BY CONFORT ZONE

SALT MASSAGE

60 MINUTES / 130 €

An exclusive detoxifying and revitalizing treatment for the body and mind. Thanks to the composition of the Himalayan salts, rich in essential minerals, the treatment carries out an intense purification and cleansing action, thanks to the use of salt in its finest form for the body wrap, as well as in its form of hot salt stones with which the massage is performed.

- *Relieves muscle pain.*
- *Stimulates metabolism and improves microcirculation.*
- *Rebalance and revitalize.*
- *Restores energy in times of intense stress.*

Ideal for women and men, all sking conditions.

TRANQUILLITY: THE PRO-SLEEP RITUAL

60 MINUTES / 150 €

Exclusive "pro-sleep" ritual that favors a deep rest of mind and body. It helps to recover from stressful situations, from the effects of jet lag and improves the quality of rest and sleep. The technique uses three sensory pathways: touch, smell (sweet orange, damask rose and cedar wood) and hearing, as a specific "Tranquility Sound" melody is used to create a hypnotic effect.

- *Restores balance and well-being in pre-periods of stress with disturbed night rest.*
- *Indicated for states of anxiety and tension.*
- *Rebalances body and mind after long trips or jet lag.*
- *It stimulates the limbic system to achieve a total well-being of mind and body.*

Ideal for women and men, all sking conditions.

[comfort zone]

MASAGGES & RITUALS
NEW THERAPIES

AYURVEDA MASSAGES WITH PINDAS

60 MINUTES / 150 €

Pindas Ayurvedic Massage is an aromatic massage based on the therapeutic application of heat and natural active ingredients of herbs and essential oils.
For this aromatic massage, hot pindas are used; cotton fabric wrappers filled with specific herbs and active ingredients of differet typologies depending on the client's needs.

The Ayurvedic Massage with pindas, being an customized aromatic massage, it can have different effects depending of the type of oil and how it is applied. This massage can be both decongestant and calming as well as reactivating or muscle toning.

WOODTHERAPY MASSAGE

60 MINUTES / 100 €

Manual, natural and non-invasive technique. It consists of the application of a massage using different wooden utensils.

Improves venous and lymphatic circulation, activates regeneration cell, treats localized fat, stimulates the production of elastin, releases body tension, reaffirms, tones and reduces cellulite. Modifies the silhouette and is perfect for treating muscle contractures.

WOOD PACK 3 SESSIONS 340€

- *1st session: Woodtherapy with specific oils (60 min.)*
- *2nd session: Peeling and lymphatic drainage (60 min.)*
- *3rd session: Woodtherapy with specific oils (60 min.)*

THE LAB ROOM
BOTANICAL COSMETICS
BEAUTY BOOST SERUM
HYALURONIC + STEM CELLS
RADIANT & FIRMER & SMOOTHER
THE LAB ROOM
BOTANICAL COSMETICS
BEAUTY BOOST SERUM
SERUM BOOSTER DE BELLEZA
BEAUTÉ BOOSTER D'ÉCLAT
HYALURONIC ACID
ORANGE STEM CELLS
HEXAPEPTIDES
Ácido hialurónico
Células madre de naranja
Hexapéptidos

BODY TREATMENTS
BY THE LAB ROOM

FACIAL THE LAB ROOM — 60 MINUTES / 120 €

Specific relaxation and scrubbing protocol designed for dehydrated face skins and based on botanical extracts, trace elements and essential oils.
Each skin type requires a specific treatment, it reactivates and increases the dynamic potential of skin cells, stimulating their vitality and giving their energy mechanisms intense protection. The skin appears brighter, energized and visibly revived, maintaining its youth.

BULGARIAN ROSES FACIAL (MATURE SKINS) — 60 MINUTES / 130 €

Revitalizing and regenerating specific for sensitive and reactive skin. Bulgarian roses active ingredients smoothes and protects the skin. Repairs and prepares the face skin for possible aggressions caused by external factors such as cold or sun, recovering its splendor and balance. Luminosity, energy and vitality for the face.

MILENIUM FACIAL FOR MEN — 60 MINUTES / 90 €

Immediate beauty results. The incipient wrinkles are SMOOTHED, the superficial ones are FILLED and the persistent ones are BLURRED, leaving a fresh and luminous complexion. Specific regenerative treatment for damaged skin for men.

FACIALS
BY CONFORT ZONE

HIDRO-REGENERATING BIOCELULOSE MASK — 30 MINUTES / 75 €

This mask composed of biocellulose nano fibers is the most comfortable and simple option to provide extra hydration to the skin, to turn it soft, calm and fully elastic.
Obtained from innovative biotechnological techniques, it is capable of retaining 200 times its own weight in water on the face, thus helping to rebalance moisture levels and retaining water on the dermis, thus creating a long-lasting moisturizing action.

FACE REMEDY (FOR SENSITIVE SKINS) — 60 MINUTES / 120 €

Soothes and strengthens the skin barrier for immediate and prolonged well-being. Specifically designed for fragile, hypersensitive and redness-prone skin. REMEDY formulas are fragrance-free and rich in natural extracts that provide immediate relief and protection. A natural prebiotic from sugar cane, which strengthens

FACIAL HYDRAMEMORY EXPRESS — 60 MINUTES / 120 €

Deeply hydrating hyaluronic acid treatment for face and neck skin. Specific to replenish the skin's water reserves and prevent premature aging due to dehydration. The skin appears hydrated, silky, more luminous and compact.

CANCELATION POLICY:
Reservations can be canceled 4 hours before the scheduled time. Within 4 hours there will be a penalty of 50% of the amount of the treatment or massage reserved. Failure to present or cancelling 1 hour before the agreed reservation time will be penalized with 100% of the amount.

VAT INCLUDED

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ECO-RESORT & WELLNESS

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