



**SPA&WELLNESS CENTER HOTEL GRÈVOL
PROGRAMS AND SERVICES 2009**

DAY PROGRAMS

		LS	HS/MS
1. INDULGE IN RELAXATION	Aromatherapy or seaweed bath Total relax jet shower Sedative local massage Tesimal relax infusion	70,60	92,60
2. ELIMINATE TENSION	Bath with jet massage Para-fangs applications Back massage Tesimal relax infusion	71,65	93,70
3. STRESS RELEASE	Anti-stress Niagara bath Seaweed or essential wrapping Total relax jet shower General relaxing massage Tesimal relax infusion	108,85	140,00
4. SPECIAL HEAVY LEGS	Bubble bath with marine salts Press-therapy Legs massage Tesimal drainage infusion	78,80	102,50
5. REAFFIRMING AND ANTI-CELLULITE	Body peeling Drainage seaweed wrapping Press-therapy Balnea anti-cellulite massage Tesimal drainage infusion	109,15	142,20
6. RELAXATION WITH VOLCANIC STONES	Body with mineral salts Drainage of Massage with oils Massage with hot stones and frias Tesimal relax infusion	116,80	151,00
7. CHOCOLATHERAPY	Milk mousse bath Cocoa body peeling with massage Chocolate body wrapping Tesimal relax infusion	88,75	113,50
8. WINETHERAPY	Black grape bath Grape body wrapping Seed grape oil massage Tesimal revival infusion	89,30	113,50
9. REJUVENATION AND BEAUTY	Body peeling Niagara bath Seaweed wrapping Jet shower Tesimal relax infusion General massage Beauty treatment Reaffirming treatment or cellular renovation treatment Tesimal revival infusion	214,90	279,95
10. GRAND RELAX TESAL DAY		270,00	350,45
	<p>Morning session Vitamin juice Body peeling Seawater special relax bath Essentials oils wrapping Total relax jet shower Tesimal relax infusion Special four-handed massage Thermal club</p> <p>Afternoon session Regenerative juice Special beauty treatment: For her: Facial anti-stress treatment For him: Facial cellular renovation treatment Tesimal revival infusion Thermal club</p>		

2 DAYS TREATMENTS

	LS	HS/MS
1. MINIESCAPE RELAX First day Aromatherapy or seaweed bath Total relax jet shower Seaweed wrapping Total relaxing massage Tesal relax infusion Thermal club Second day Bubble bath with marine salts Total relax jet shower Seaweed wrapping Total relaxing massage Tesal relax infusion Thermal club	219,35	285,50
2. MINIESCAPE RELAX WITH BEAUTY First day Aromatherapy or seaweed bath Total relax jet shower Seaweed wrapping Total relaxing massage Tesal relax infusion Beauty thermal club Facial peeling Facial massage Second day Bubble bath with marine salts Total relax jet shower Seaweed wrapping Total relaxing massage Tesal relax infusion Beauty thermal club Facial moisturization with collagen veil	343,85	440,35

Taxes included LS (Low season) HS/MS (High and Middle season)

SPA&WELLNESS CENTER HOTEL GRÉVOL
3 DAYS TREATMENTS

	LS	HS/MS
<p>1. REVIVAL AND BEAUTY</p> <p>First day: Depurative Body peeling Bubble bath with marine salts Depurative seaweed wrapping Aromatherapy total relaxing massage Press-therapy Tesal depurative infusion Thermal club</p> <p>Second day: Regenerative Jet shower Regenerative underwater massage Passive gym Natural juice Skin cleansing Thermal club</p> <p>Third day: Revival Aromatherapy or seaweed bath Contrast jet shower General massage Natural juice Collagen veil Facial massage Thermal club</p>	495,95	644,75
<p>2. ANTI-STRESS</p> <p>First day Anti-stress Niagara bath Jet shower Seaweed wrapping Total relaxing massage Tesal revival infusion Thermal club</p> <p>Second day Bubble bath with marine salts Jet shower Seaweed wrapping Total relaxing massage Tesal revival infusion Thermal club</p> <p>Third day Anti-stress Niagara bath Jet shower Seaweed wrapping Total relaxing massage Tesal revival infusion Thermal club</p>	328,50	426,50
<p>3. RELAX HOTEL GREVOL ESCAPE</p> <p>First day: relax Body peeling Bubble bath with marine salts Neurosedative massage Thermal club</p> <p>Second day. Moisturization Aromatherapy moisturization bath Jet shower Feet reflexology Depurative infusion Thermal club</p> <p>Third day: Reconstituent Niagara bath Jet shower Reconstituent general massage Natural juice Thermal club</p>	246,90	321,80

Taxes included LS (Low season) HS/MS (High and Middle season)

SPA&WELLNESS CENTER HOTEL GRÈVOL
4 DAYS TREATMENTS

1. GRAND RELAX DURING WEEK

First day

Body peeling
Seaweed bath
Neurosedative massage with aromatherapy
Thermal club

Second day

Essentials oils bath
General massage
Thermal club

Third day

Seaweed wrapping
Jet shower
Feet reflexology
Thermal club

Fourth day

Grand relax bath
Seaweed wrapping
Facial massage with facial moisturization
Thermal club

LS	HS/MS
300,85	

Taxes included LS (Low season) HS/MS (High and Middle season)

SPA&WELLNESS CENTER HOTEL GRÉVOL
6 DAYS TREATMENTS

	LS	HS/MS
<p>1. RELAXANT I DESCONTRATURANT</p> <p>First day Relaxing bath Jet shower Back massage Tesimal relax infusion</p> <p>Second day Seaweed wrapping Jet shower General massage Tesimal relax infusion</p> <p>Third day Aromatherapy Niagara bath Para-fangs applications Total relaxing massage Natural juice</p> <p>Fourth day Peninsula bath Para-fangs applications Feet reflexology Tesimal relax infusion</p> <p>Fifth day Essentials oils wrapping Jet shower Back massage Facial massage Natural juice</p> <p>Sixth day Jet shower Para-fangs applications Extra relaxing massage Natural juice</p>	520,20	674,50
<p>2. RELAX AND BEAUTY</p> <p>First day Body peeling Seaweed wrapping Total relaxing massage Tesimal infusion</p> <p>Second day Skin cleansing Feet reflexology Para-fangs applications Tesimal infusion</p> <p>Third day Bath with underwater jets Total relax jet shower Body relaxing massage Natural juice</p> <p>Fourth day Essentials oils wrapping Bubble bath with marine salts Total relax jet shower Tesimal infusion</p> <p>Fifth day Para-fangs applications Craneo-facial massage Neurosedative massage Natural juice</p> <p>Sixth day Bath with underwater jets Seaweed wrapping Underwater massage Natural juice</p>	591,85	769,25
<p>3. ANTI-CELLULITE AND REAFFIRMING</p> <p>First day Body peeling Seaweed wrapping Balnea anti-cellulite massage Tesimal infusion</p> <p>Second day Bath with manual underwater jet massage Ultrasonic treatment Balnea anti-cellulite massage Tesimal infusion</p> <p>Third day Press-therapy Reaffirming breast treatment Feet reflexology Tesimal infusion</p> <p>Fourth day Drainage seaweed wrapping Jet shower Four-handed massage Tesimal infusion</p> <p>Fifth day Bath with underwater jets Press-therapy Balnea anti-cellulite massage Natural juice</p> <p>Sixth day Drainage seaweed wrapping Reaffirming breast treatment General massage Natural juice</p>	576,40	748,35

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INDIVIDUAL SERVICES

1. HYDROTHERAPY	Jet shower	25,35 €
	Bath with underwater jets	25,35 €
	Bubul bath	25,35 €
	Bath with essences	37,50 €
	Seaweed bath	37,50 €
	Bath with manual underwater jet massage	50,20 €
2. MASSAGES	Local massage <i>duration>25 min</i>	44,10 €
	Feet reflexology <i>duration>25 min</i>	44,10 €
	Total relaxing massage <i>duration>40 min</i>	59,55 €
	Neurosedative massage <i>duration>40 min</i>	59,55 €
	Extra relaxing massage <i>duration>60 min</i>	72,20 €
	Local lymphatic drainage massage <i>duration>50 min</i>	68,90 €
	Total lymphatic drainage masage <i>duration>75 min</i>	91,45 €
	Underwater massage <i>duration>40 min</i>	85,95 €
	Four-handed massage <i>duration>40 min</i>	108,00 €
	Geothermal massage (with stones) <i>duration>80 min</i>	108,00 €
3. ADDITIONAL TREATMENTS	Local mud and parafango aplication	25,00 €
	Pressotherapy	33,10 €
	Passive gym	33,10 €
	Seaweed wrapping	35,30 €
	Essentials oils wrapping	35,30 €
	Drainage seaweed wrapping	35,30 €
4. BEAUTY FACIAL	Facial peeling	46,85 €
	Craneo-facial massage	45,85 €
	Facial lymphatic massage	47,95 €
	Facial moisturization	75,50 €
	Collagen veil	89,25 €
	Skin cleansing	113,50 €
	Sensitive skin treatment	92,60 €
	Combines treatment of eyes, lips and neck	92,60 €
	Anti-acne treatment	95,00 €
	Facial nutrition treatment	103,05 €
	Facial reaffirming treatment	109,85 €
	Cellular renovation treatment	131,70 €
	Special facial anti-stress treatment	131,70 €
	Make-up	42,45 €
Bridal make-up	84,90 €	
5. BODY TREATMENTS	Body peeling	46,90 €
	Back cleansing	89,25 €
	Breast treatment	83,75 €
	Hand treatment	67,80 €
	Feet treatment	75,50 €
	Manicure	30,85 €
	Chiropody	39,15 €
6. WAXING	Whole leg wax *	32,00 €
	Half leg wax *	23,15 €
	Arm wax *	24,30 €
	Groin *	13,25 €
	Armpits *	13,25 €
	Eyebrowns	13,25 €
	Upper lip	7,00 €
	Man breast	45,75 €
	Man back	45,75 €