



Grèvol SPA

Source of welfare
Treatments

Wellness rituals / Signature treatments

	INCLUDES:	Duration Price
Remove tensions		60 min 90€
A program consisting of a back massage that combines intense movements with specific pressure points with the bath and the mud, which help to reduce muscle tension.	• Back massage • Mud application on the back • Bathtub with relaxing jets	
Light legs		60 min 85 €
It combines the leg massage with a jet shower and mud, allowing you to discover a revitalising sensation that activates circulation and favours the elimination of cellulite. Choose between: anti-cellulite, circulatory or muscular.	• Legs and foot massage • Application of leg mask. • Jet shower	
Citrus Serenity NEW		105 min 135 €
A treatment with refreshing aromas of citrus essences. The natural ingredients used in our oils and lotions deeply moisturize the skin, leaving it soft and radiant.	• Back, legs, and arms massage • Scottish shower • Citrus oil wrap • Hydro-massage bath	
Camprodon Valley Cookies NEW		60 min 90 €
Discover a sensory experience that transports us to the Camprodon Valley. Relax while your skin is impregnated with the restorative benefits provided by this ritual.	• Exfoliation with biscuit and almond oil body massage • Chocolate wrap • Hydro-massage bath	
The little prince - Treasure of well-being -		90 min 175 €
Ritual inspired by the book " The Little Prince". The body experience a sensation of well-being and serenity. We start with a gentle exfoliation followed by a full body massage. We finish with a facial treatment under the stars. A treatment that gives a sense of calm and peace. "The essential is invisible to the eye."	• Welcome ritual • Soft exfoliation and body massage • Complete facial treatment • Ecological reaffirming ritual (including kinesio tape)	
The river Ter NEW		110 min 175 €
In this experience, we will immerse ourselves in a sensory journey inspired by the beauty and serenity of the river Ter, which flows majestically through the Catalan landscape. This treatment has been designed to offer a revitalizing getaway, connecting with nature, and what the river Ter represents. A complete treatment where we start with a peeling and a body massage; to complete this immersion, a hydro-massage bath with mineral salts awaits you, symbolizing the transition to the sea.	• Exfoliation and massage of feet, legs, head, arms, and back • Refreshing oil wrap • Hydro-massage bath with salts	
Candle massage - Anniversary special -		60 min 100 €
Special treatment for all those celebrating their birthday. A gift of well-being and relaxation.	• Welcome ritual • Back massage with aromatic candles • Balancing foot reflexology massage	

All treatments are created and led by M³Angels Blanch and her team.

	Duration Price
MASSAGES	
Legs or Back	25' 50 €
General relaxation	40' 70 €
General relaxation	55' 95 €
Sport massage	55' 100 €
General relaxation with aromatherapy	70' 130 €
Craniofacial massage	25' 50 €
Sacral - cranial: It's a subtle movement on the crania. NEW	25' 55 €
Foot reflexology	25' 50 €
Foot reflexology + Metamorphic Technique Helps to release emotional and physical tensions NEW	50' 95 €
Saba Massage: Gentle massage with cloth bags filled with aromatic herbs	40' 85 €
Lomi- Lomi with coconut oil	40' 75 €
Four-handed massage	40' 115 €
Earth and Sky: Head and foot massage. NEW	50' 90 €
Firming anti-cellulite with MADEROTHERAPY	40' 75 €
Special for pregnant women	55' 95 €
Rosa Teraphia	55' 120 €
Hot and cold stones	55' 100 €
Leg lymphatic drainage	55' 100 €
Complete lymphatic drainage	75' 135 €
Special children's massage	20' 35 €
Family Metamorphic Workshop: The workshop offers a new experience in the treatment center, where the child will receive metamorphic therapy. During the session, we explain to the adult the technique and how they can apply it at home, as it is a practice they can be done mutually to obtain its benefits. NEW	20' 40 €
FACIAL	
Facial peeling	25' 50 €
Instant nutritious	25' 60 €
Purity treatment for sensitive skin	55' 95 €
Special facial treatment for men	55' 95 €
Happy face Vitamin C + Retinal amb Gua sha NEW	55' 95 €
Eyes perfection treatment	55' 95 €
STOP AGE treatment	55' 95 €
Essential Facial Ritual: With a cloth bag with natural herbs. NEW	55' 95 €
Firming treatment with Japanese lifting	55' 95 €
Eco-firming ritual (includes kinesio tape)	55' 95 €
Facial cleansing	60' 115 €
BODY AESTHETICS	
Scottish Sower	10' 35 €
Programmed jet baths	20' 40 €
Body peeling	25' 50 €
Algae wrap, oil wrap, cocoa wrap...	25' 35 €

VAT included

Practice the healthy art of caring for the body

