



2008 - 2009

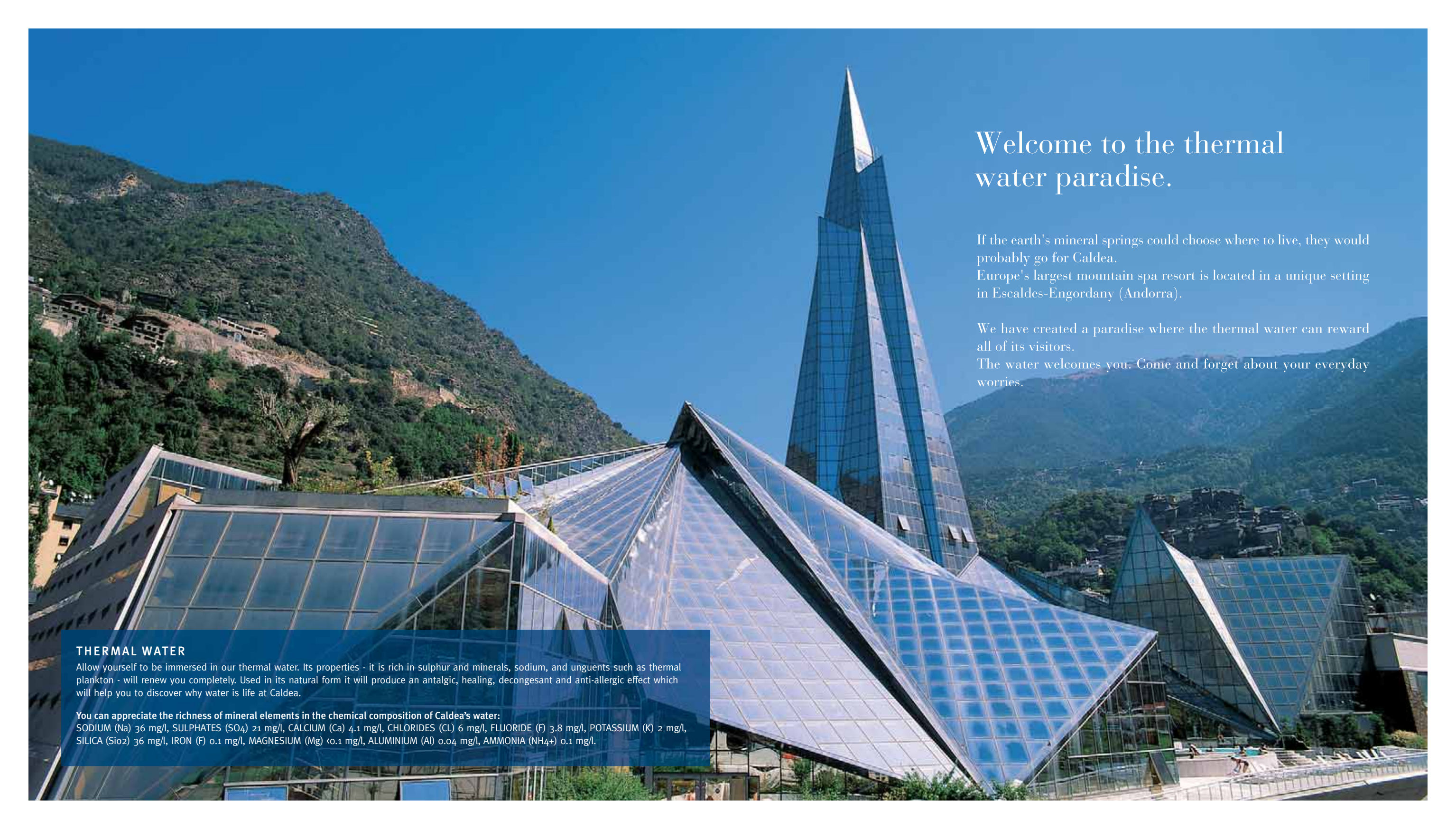
caldea 

Where water is life.

You and thermal water...



 Andorra



Welcome to the thermal water paradise.

If the earth's mineral springs could choose where to live, they would probably go for Caldea.
Europe's largest mountain spa resort is located in a unique setting in Escaldes-Engordany (Andorra).

We have created a paradise where the thermal water can reward all of its visitors.
The water welcomes you. Come and forget about your everyday worries.

THERMAL WATER

Allow yourself to be immersed in our thermal water. Its properties - it is rich in sulphur and minerals, sodium, and unguents such as thermal plankton - will renew you completely. Used in its natural form it will produce an antalgic, healing, decongestant and anti-allergic effect which will help you to discover why water is life at Caldea.

You can appreciate the richness of mineral elements in the chemical composition of Caldea's water:

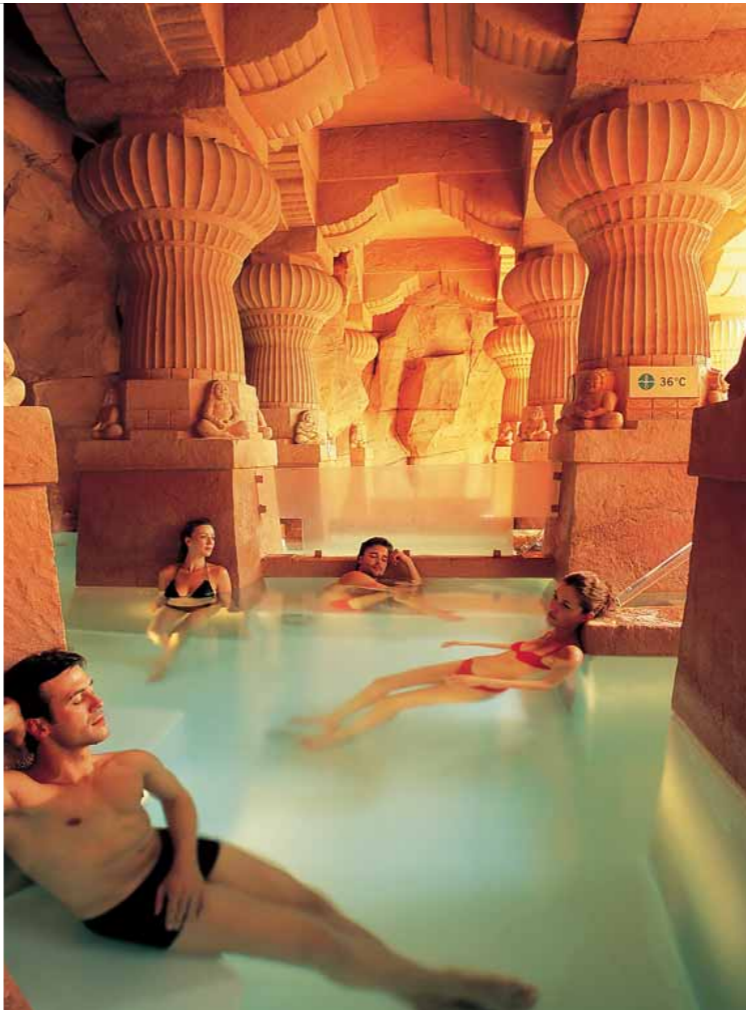
SODIUM (Na) 36 mg/l, SULPHATES (SO₄) 21 mg/l, CALCIUM (Ca) 4.1 mg/l, CHLORIDES (Cl) 6 mg/l, FLUORIDE (F) 3.8 mg/l, POTASSIUM (K) 2 mg/l, SILICA (SiO₂) 36 mg/l, IRON (Fe) 0.1 mg/l, MAGNESIUM (Mg) <0.1 mg/l, ALUMINIUM (Al) 0.04 mg/l, AMMONIA (NH₄⁺) 0.1 mg/l.



Thermoludic Area

In the Thermoludic Area there's no room for tiredness, worries or stress.

Dive into the big lagoon and go on an unforgettable journey taking advantage of the unique facilities, designed to place the properties of thermal water within your reach so that you can enjoy it in its different states: from steam to ice. In the Thermoludic Area there's only room for the most pleasant sensations. Tiredness, worries and stress will disappear for a while.



Get your senses ready.

Ice, pressurised water, steam, hot air... At the Thermoludic Area your senses won't know how to react to the new sensations they discover.

All forms of admission will allow you to enjoy all of the following services.

BATHS

An entire world of aquatic areas, aerobaths and hydromassage.

Large indoor lagoon

- Thermal water at 32°C - 34°C
- Swan neck
- Jacuzzi
- Steam masks for facial moisturising
- Whirlpools

Outdoor lagoon

- Thermal water at 32°C - 34°C
- Access via the hydro-channel from the large indoor lagoon
- Footspas and bubble beds

Outdoor jacuzzi

Indo-Roman Baths

- Thermal water bath at 36°C and cold bath at 14°C

Maximum water depth: 1,30m

FITNESS

Blood flow stimulation, regeneration and reactivation.

Icelandic Bath

- Stimulate circulation from head to toe thanks to ice or a cold bath

Aquamassage area

- To tone up the different parts of the body

Sirocco Bath

- Relaxing hot air bath

Saunas with subtle lighting

- Dry heat at 85°C followed by a cold bath
- Relieve muscular tension

Hamam and vaporisation

- Humid heat at 55° C and refreshing moisturisation
- Full relaxation and improved breathing

Wood Lighting

- Relaxation by means of negative ions

RELAXATION

Relaxation is essential in order to enjoy the benefits of Caldea after bathing and fitness sessions.

Infrared Relaxation

- Helps to maintain body heat after fitness sessions
- They have a relaxing effect and do not tan

Relaxation and sunbathing on the outdoor terraces



The indoor lagoon becomes a great stage with Comediants.

At the end of the day, the water becomes the star of a surprising multimedia show. "Mondaigua" describes water's journey from the universe to the depths of the earth, where it becomes hot water, the source of life and of pleasure.

An exclusive COMEDIANTS S.A. production for Caldea.
Times of the show vary according to the season of the year. Find out more at www.caldea.com.

ADMISSION

You will be entitled to stay for four hours instead of three if you spend 10€ per person or more at the Oasis or opt for a supplementary treatment lasting at least 20 minutes.

PRICE PER PERSON	Euros
General adult admission	33
General evening admission*	25
General child admission (between 5 and 12 years old)**	25
3 day pass ***	84
5 day pass ***	127

PRICE FOR FAMILY PASS	Euros
2 adults + 2 children	100
2 adults + 3 children	115
2 adults + 4 children	128
2 adults + 5 children	138

Prices include indirect taxes
Option to rent a towel and bathrobe (see page 26)

* The general evening admission rate is applied during the low season after 8.30pm. During the high season it is applied after 9.30pm, as the centre closes at midnight (last entrance at 10pm). See the calendar on page 26 for seasons.
** The child's rate is applied to children between 5 and 12 years of age. A maximum of three children will be admitted with each adult. Documentation must be presented to prove the age of the children.
*** The vouchers give you the right to enter once a day.

All visits last for 3 hours, with the exception of night entry (2 hours). Time spent in the changing room is included in the duration of the visit. Additional charge for every 1/4 of an hour or fraction: 2€.

GROUPS

Special group rates are available, minimum 20 people. In order to benefit from them, you must book in advance using the Caldea Reservation Desk (see page 26).





Caldea Treatments

As impossible as it may seem
we'll offer you more than 80 reasons
to get out of the water.

Pearls and gold skin treatment, four-handed massage, Thermal-vitality treatment... At Caldea there's a lot more than water to discover. We have over 80 Caldea treatments to make your stay a neverending pleasure. A team of professionals awaits you. Get ready to surprise your senses in the most pleasurable way.



All forms of admission to the Thermoludic Area entitle you to enjoy the Caldea Treatments. In order to enjoy an additional treatment lasting a minimum of 20 minutes, your visit will last 4 hours instead of 3.

MASSAGES	Duration	Euros
Circulation massage	(45 min)	55
Moisturising massage	(45 min)	55
Revitalising massage	(45 min)	55
Anti-cellulitis massage	(45 min)	55
Partial underwater body massage	(20 min)	30
Full underwater body massage	(30 min)	38
Partial body massage	(45 min)	50
Full body massage	(60 min)	61
Back massage	(20 min)	30
Leg massage	(20 min)	30
Foot massage	(20 min)	30
Reflexology foot massage	(30 min)	38
Aromatic facial massage	(45 min)	50
Four-handed massage	(45 min)	75
Amma massage	(20 min)	30
Partial body massage with Bach flowers	(45 min)	52
Full body massage with Bach flowers	(60 min)	64
Head and scalp massage	(20 min)	30
Facial lymphatic drainage	(30 min)	38
Body lymphatic drainage	(60 min)	71
Shiatsu (Japanese massage)	(30 min)	38
Shiatsu (Japanese massage)	(60 min)	61
Geothermal massage (partial with hot stones)	(60 min)	61
Geothermal massage (full with hot stones)	(90 min)	81
Traditional Thai massage	(60 min)	61
Korean relaxation	(30 min)	38
Korean relaxation	(60 min)	61

FACIAL TREATMENTS	Duration	Euros
Customised facial hygiene treatment	(75 min)	75
<ul style="list-style-type: none"> · Full moisturising Sève Marine · Cell oxygenation with fruit and marine natural acids · Revitalizing procollagen marine algae · Anti-wrinkle (Substance Initiale Marine) · Greasy skin with Controlamine · Dry skin based on Algomega Complex · Ocean (specially for men) with Algue Bleue Vitale · Sensitive skin with Hyposensine · Special eye contour treatment 		
Natural herbs facial application + massage	(60 min)	61
Facial rejuvenation (algae hormone elixir)	(75 min)	106



Why not treat yourself?

Stop. Leave everyday tiredness and worries behind and think about the best way to take care of yourself: A massage, a beauty treatment, a hydrothermal treatment... Our team of masseurs and beauticians will turn the treatment into a gift for your body.

At Caldea we work tirelessly to ensure that you can experience a great variety of pleasing sensations and always discover new ones.

LATEST SERVICES ON OFFER	Duration	Euros
Thermal-vitality treatment (using honey and mineral salts)	(75 min)	81
Partial body massage with fruit essences	(45 min)	52
Full body massage with fruit essences	(60 min)	64
Massage with scented sachets à la carte (tea, bamboo, Asian herbs)	(60 min)	64
Yuthai (massage in water)	(30 min)	38



We use Thalgo professional products, a leading brand in cosmetics and thalassotherapy centres, for our different beauty treatments. For the chocotherapy treatments we use Germaine de Capuccini products and we use Bruno Vassari for vinotherapy treatments.

BEAUTY TREATMENTS	Duration	Euros
Turkish exfoliation (steam bath + body scrub + lotion application)	(75 min)	71
Body scrub	(50 min)	61
Balneoesthetic (body scrub + aerobath + lotion application)	(75 min)	81
Cold mud leg application	(45 min)	55
Mud application with sea salts or essential oils	(75 min)	81
Natural herbs body application + massage	(75 min)	71

On page 27 you will find definitions of the main treatments.

BEAUTY TREATMENTS	Duration	Euros
Revitalising breast treatment	(75 min)	64
Tired legs treatment	(55 min)	61
Coffee wrap Deluxe	(75 min)	81
Zen volcanic massage	(90 min)	81
Indocéane treatment	(105 min)	132
Golden wrap	(75 min)	81
Pearl scrub and wrap	(105 min)	111
Back cleansing	(75 min)	61
Hand and foot treatment	(consult)	
Vertical sunbed	(12 min)	4
Fast tan sunbed*	(20 min)	23
Hair removal / Decolouration	(consult)	

VINOTHERAPY	Duration	Euros
Kianty Experience facial treatment	(75 min)	75
Vinotherapy scrub	(50 min)	61
Wine wrap, relaxing or invigorating	(75 min)	81
Massage with grape extract	(60 min)	61
Body scrub and wine wrap	(105 min)	111

CHOCOTHERAPY	Duration	Euros
Deluxe wrap	(75 min)	81
Scrubbing with Cocoa	(50 min)	61
Scrub and cocoa Deluxe wrap	(105 min)	111

ANTI-CELLULITIS AND SLIMMING TREATMENTS	Duration	Euros
Anti-cellulitis 1 session LPG Endermologie®	(35 min)	60
Anti-cellulitis 10 sessions LPG Endermologie®		530
Anti-cellulitis 15 sessions LPG Endermologie®		740
Thalgo slimming and revitalising treatments	(75 min)	77
· Algae wrap		
· Thalgobodytherm		
· Thalgomince		
· Frigithalgo		
· Slim Sculpt		
5 Thalgo slimming and revitalising treatments pass		325

HYDROTHERMAL SERVICES	Duration	Euros
Individual and personalized chromatic aerobaths:	(15 min)	23
· Milk and essential oils*		
· Herbs*		
· Citrus essences, oriental or floral*		
Individual algae aerobath*	(15 min)	25
Invigorating shower*	(10 min)	17
Aromatherapy invigorating shower*	(10 min)	19
Hydrojet*	(15 min)	16
Flotarium (weightless bath)	(30 min)	29

Make your reservation at any reception desk in the centre, or for increased availability, reserve in advance (see page 26).

* You can only use the services marked with an asterisk if you are a Caldea Club pass holder.

Prices include indirect taxes.



Caldea Club



If you want to feel pampered, this is also the place for you.

Close your eyes and imagine a place where peace and tranquility reign, where you lose all notion of time, where everything has been designed for pleasure. This place is the Caldea Club, a club that you also have access to. An exclusive area, where you can feel special and enjoy personal treatment. Because every detail has been thought of for you and only you. Be selfish for one day. There will not be many times that you have felt so good.



You are unique. At the Caldea Club we'll help you to remember it.

At the Caldea Club exclusive services await you so that you can spend a day, or more if you can spare the time, looking after yourself.

A unique place

- The Aztec bath with currents, surrounded by a tropical garden
- The grapefruit bath, in a Japanese garden, which exfoliates and softens the skin
- The Hammam to enjoy the purifying action of steam
- The relaxing bath in a Zen atmosphere
- The outdoor jacuzzis and the private solarium
- The water beds, the real pleasure of relaxation and escape
- The aquatic bar and its Gaudí-inspired terrace

Your visit to the Caldea Club

On arrival, you will be received personally, with a welcoming refreshment.

Each time you use the Club we will provide bathing materials (towel, bathrobe and flip-flops) and offer you one non-alcoholic drink.

You will have free access to the Club and Thermoludic Area facilities for 5 hours.

(See pages 6 and 7 for details of the Thermoludic Area facilities).

OPTIONS FOR CLUB ACCESS

You can choose between various ways of accessing the Club: Discovery admission, packages, “Massages of the World” programmes or “à la carte” programmes.

1. DISCOVERY ADMISSION

Ideal for getting to know the Club.

CLUB DISCOVERY	Euros
Caldea Club Admission + individual chromatic aerobath*	83
Caldea Club Admission + hydrojet	83

* Upon arrival you can choose between: milk and essential oils, herbs, citrus essence, oriental or floral.

GASTRONOMIC DISCOVERY	Euros
Caldea Club Admission + individual chromatic aerobath* + meal at the Aquarius gastronomic restaurant	137

2. PACKAGES

Aimed at de-stressing, beauty, oriental relaxation and new sensations. Each letter is associated to a programme.

You can combine the different themes and programmes as you like: from one day to however many days you fancy.

You can stay for up to eight days at the Caldea Club without repeating a package.

DE-STRESSING	Duration
A · Admission Caldea Club	
· Full body massage with Bach flowers	(60 min)
· Individual chromatic aerobath with citrus essences	(15 min)
· Invigorating shower	(10 min)
B · Admission Caldea Club	
· Four-handed massage	(45 min)
· Reflexology foot massage	(30 min)

ORIENTAL RELAXATION	Duration
C · Admission Caldea Club	
· Traditional Thai massage	(60 min)
· Flotarium (weightless bath)	(30 min)
· Invigorating shower	(10 min)
D · Admission Caldea Club	
· Full body massage with green tea oils	(60 min)
· Yuthai (massage in water)	(30 min)

NEW SENSATIONS	Duration
E · Admission Caldea Club	
· Deluxe Chocolate body wrap	(75 min)
Cocoa application	
Massage	
· Individual chromatic aerobath with milk	(15 min)
F · Admission Caldea Club	
· Thermal-vitality treatment	(75 min)
Enzymatic scrubbing	
Body application with honey or fruits	
Mask with honey or fruits	
Massage	
· Invigorating shower	(10 min)

BEAUTY	Duration
G · Admission Caldea Club	
· Balneoesthetic body and facial treatment	(90 min)
Body scrub	
Aerobath	
Moisturiser application	
Facial modelling	
H · Admission Caldea Club	
· Aesthetic massage	(45 min)
Toning, circulatory, anti-cellulitis or moisturising massage	
· Aromatic facial massage	(45 min)
Scrubbing	
Mask	
Massage	

MODULAR PACKAGES RATE	Euros
De-stressing, beauty, new sensations and oriental relaxation	
1 package / day / person	143

(You can come for several days, selecting one module per day).

3. “MASSAGES OF THE WORLD” PROGRAMMES (3 DAYS)

3 days of different specialized treatments for men and women. A small tour of different types of massages from around the world.

FOR HIM	Duration
· 3 days’ access to the Caldea Club	
· Indocéane treatment	(105 min)
· Full body massage with grape extract	(60 min)
· Yuthai (massage in water)	(30 min)
· Aromatic facial massage	(45 min)
· Aromatherapy invigorating shower	(10 min)

FOR HER	Duration
· 3 days’ access to the Caldea Club	
· Indocéane treatment	(105 min)
· Aesthetic massage	(45 min)
· Yuthai (massage in water)	(30 min)
· Golden wrap	(75 min)
· Aromatherapy invigorating shower	(10 min)

“MASSAGES OF THE WORLD” PROGRAMMES RATE	Euros
Programme per person	412

4. “A LA CARTE” PROGRAMMES

If none of the suggested admission options suits your needs, we can create “à la carte” programmes. You just have to specify your availability and the treatments you prefer (See the Caldea treatment list on pages 10-15). We will send you a proposal. Or if you prefer you can calculate the price of your stay yourself.

“A LA CARTE” PROGRAMME RATES
Admission / person / day: 56 € + price of chosen treatment(s) (prices pages 10 to 15)

If you choose a day’s admission, the treatment must last a minimum of 20 minutes.

When people accompanying “à la carte” programme customers purchase an admission pass for the same number of days, they will benefit from the same 56€ admission/day rate.

All services require a compulsory prior reservation. We recommend booking a few days in advance via our web page or Reservation Desk.



Restaurants

Experience unique sensations even for the most demanding tastes.

Caldea recommends three different options for enjoying gastronomic pleasures: the Oasis, the Deimos brasserie and the select cuisine of Aquarius. Three high quality options to satisfy all tastes.



aQUARIuS
RESTAURANT

This restaurant has been awarded one Michelin star thanks to its well-known chef Christian Zanchetta. You will discover beautifully presented, international, creative cuisine, which you can sample along with an outstanding list of Spanish, French and New World wines, a selected champagnes list and an extensive spring water list.

OPEN FROM 1pm to 3.30pm and from 8.30pm to 10.30pm.
Closed Tuesdays.



Deimos and Oasis, two restaurants with different characters, two options which you can enjoy at any time during your visit to Caldea.

DEIMOS

Our brasserie with an exposed grill. Sample the tastiest meat and kebabs served with delicious salads.

BAR: open from 9am to midnight

RESTAURANT: open from 1pm to 4.30pm and from 8.30pm to 10.30pm.

COVER CHARGE FROM 12.90€

OASIS

The bar restaurant reserved for bathers. Oasis offers you a menu of the day and a wide range of sandwiches. In addition, for each purchase to a value of 10€ per person or more you will be entitled to stay in the Thermoludic Area for four hours instead of three.

OPEN FROM 10am to 11pm (lunch from 1pm to 4pm and dinner from 8.30pm to 10pm).

COVER CHARGE FROM 11.45€



Other Services

Much more than water.

The benefits of thermal water, Club Caldea, the best treatments, the most exquisite gastronomic offerings... At Caldea you will discover much more.



SÍRIUS, high level views

Take the panoramic-view lift leading to the top of the Caldea tower and you will be captivated by the breathtaking view over the valley that can be admired from the viewpoint bar while enjoying a delicious cocktail or appetizer.

Also not to be missed is the screening of "The Legacy of water", a journey through the history of water as seen by different cultures. You will travel in time via a cutting-edge audiovisual system equipped with touch screens through which you will discover that there is much more to water than just three physical states. Let yourself be carried away by the liquid element and its symbolism, legends and healing properties.

OPENING TIMES: from 11am to 2pm and from 4pm to 9pm. Check Easter and August special opening times.

PRICE INCLUDING DRINK: 2.80€ per adult and 2.30€ per child.



SHOPPING AND SERVICES

Art Centre

- Designer jewellery, contemporary art gallery, hand-painted ties and handkerchiefs.

Blanc Blau

- Jewellery and watches.

Generació XY

- Men's and women's lingerie. Accessories.

Kacao

- Homemade confectionary and gifts.

L'Ona Blava

- Tea room and cafeteria.

Perfumeria GALA

- Perfumes and select cosmetics.

Pimu

- Souvenirs, clothing, music and photography.

Tentació

- The latest fashion trends, accessories and costume jewellery.

Tentació Jove

- Latest fashion accessories for young people.

Boutique Caldea

- Swimwear and accessories for hire: towel 2.75€ and bathrobe 4.20€.
- Swimwear and accessories
- Fashion
- Caldea souvenirs

The Cop de Pinta

- Hairdresser's and sale of products.
- Telephone: (+376) 327 984

Car park

- Public car park open 24 hours.
- Telephone: (+376) 822 886

Opening Hours And Useful Information

CALENDAR OF SEASONS AND OPENING HOURS 2008-2009

(1 December 2008 to 30 November 2009)

DECEMBER 2008							JANUARY 2009							FEBRUARY 2009						
MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7	1	2	3	4				1						1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					26	27	28	29	30	31		23	24	25	26	27	28	

MARCH 2009							APRIL 2009							MAY 2009						
MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
					1			1	2	3	4	5			1	2	3			
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
30	31													2	3	4	5	6	7	8

JUNE 2009							JULY 2009							AUGUST 2009						
MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7	1	2	3	4	5			1	2					
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

SEPTEMBER 2009							OCTOBER 2009							NOVEMBER 2009						
MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6		1	2	3	4	5	6		1	2	3	4			
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29

 LOW SEASON (from 9am to 11pm)	 CLOSED FOR IMPROVEMENT WORKS AND CHRISTMAS TIME
 HIGH SEASON (from 9am to midnight)	 JANUARY 1ST (Caldea will open from 3pm to midnight) High Season
 THE CENTRE WILL CLOSE AT 10PM (final admission at 7pm) High Season	

- We recommend calling us in advance to check how busy the centre is.
- On Mondays, and from 3pm on Tuesdays and Thursdays Caldea is reserved for school groups.

Caldea Club opening times

The Caldea Club opens from 9am to 11pm every day of the week.

RESERVATION SYSTEM FOR THERMOLUDIC AREA AND TREATMENTS

1. Book online at: www.caldea.com
2. At the centre's reception desk.
3. By telephone, without pre-paying for the admission to the Thermoludic Area, and pre-paying by credit card for treatments.

RESERVATIONS SYSTEM FOR THE CALDEA CLUB

1. Registration and payment: Club services must be booked in advance via our web page or Reservation Desk. When booking via our web page you must pay the full amount for the selected programme. If you prefer to book via our Reservation Desk, we will request that you pay a 50% deposit. The remaining 50% must be paid when you arrive at Caldea.

2. Times: You can start the programmes on any day of the week. Preferably, services are provided in the morning (from 9am to 3pm). If you have a preference in terms of time (morning or afternoon) you should inform us when making the reservation. When you make the reservation we will tell you your admission time. If a customer arrives late Caldea cannot guarantee that the service they have booked can be fully provided in the case of Club services and booth treatments.

3. Cancellations: All cancellations must be made in writing (via post, fax or email). If the cancellation is made less than 48 hours' before the programme starts, Caldea will not refund the payment or deposit.

SPA ATTIRE

Option to rent a towel (2.75 €) and bathrobe (4.20 €). Latex socks for sale (2.75 €). Swimwear on sale. Swimming caps are not obligatory.

ADMISSION

For safety reasons, children under 5 are not admitted. For children aged between 5 and 12 years a document must be presented to prove their age and they must be accompanied by an adult (there must be one adult for every three children). All people below the height of 1.30m must wear arm bands. For hygiene reasons, people with surface wounds or bandages or plaster casts on any part of their body will not be admitted.

RULES AND REGULATIONS

For your enjoyment and safety, please respect the rules.

- To avoid slipping, you must walk very carefully as the floor is wet.
- Do not run into the premises.
- Using the steps and handrail on entering and leaving the lagoons is recommended.
- Jumping into the baths or diving into the water is prohibited.
- You may not wear flip-flops that have been worn outside. You can walk barefoot or wear the disposable latex socks sold at the Caldea Boutique.
- Remain silent so that everybody can enjoy relaxation and comfort.

RESPONSIBILITIES

Caldea will not accept responsibility for any incidents arising from a failure to comply with the centre's rules or incorrect use of the facilities and services. Accidents which occur due to slipping are the customer's responsibility. Failure to follow the rules correctly will lead to the immediate cancellation of your admission. Caldea is not a medical centre. Consult your doctor if you have health problems.

CARD LOSSES

A payment of 3€ will be required for the loss of the Caldea card.

RATE VALIDITY

Rates valid from 1 December 2008 to 30 November 2009.

Definitions

MASSAGES

Underwater massage: Manual massage using essential oils on a massage table under soft thermal rain. This technique stimulates the blood flow and soothes the nervous system.

Full, partial and local massages: Manual massages using neutral moisturising cream. In full body massages all of the body is worked on: arms, stomach, chest, legs and back, but not the face. In partial massages, two areas of the body are worked on: the back of the legs and back, and in local massages a single area is chosen from legs, back, feet, face, head, etc.

Aromatic facial massage: Make-up removal, peeling, toning, relaxing massage and cream mask application.

Four-handed massage: Full body massage with essential oils given by two synchronised masseurs.

Amma massage: Traditional Japanese energetic massage whilst sat on an ergonomically designed chair. Manipulations, pressure, stretching and percussions are used along the body meridians in order to rebalance energy circulation and release tension.

Massages with Bach flowers: A few drops of Bach flower essence are added to the massage lotion. A specific essence will be used depending on the person's emotional state.

Shiatsu: Oriental manual massage technique which involves applying pressure with the thumbs and palms to the energy points and channels used in acupuncture in order to harmonise the body's energy.

Geothermal massage: Gentle and rhythmic massage using hot stones to reach physical, mental and spiritual harmony. Indian and Hindu traditions are combined in a colourful setting.

Traditional Thai massage: Ancient massage using gentle swings, pressure and stretching. Relieves tired muscles and improves blood flow, inducing a feeling of calm and inner peace.

Korean relaxation: Chinese art of passive stretching and complete relaxation. This technique requires a connection between the masseur and the customer in order to reharmonise the energy lines.

Massage with scented sachets à la carte: Inspired by traditional Thai massage, its goal is well-being and relaxation. It is performed using scented sachets - cloth bags filled with aromatic herbs - impregnated with hot vapour which are applied all over the body. The customer can choose the type of herb: tea, wine, citrus, Asian herbs.

Yuthai: Massage in water comprising a set of exercises and swaying movements that simulate a dance. The person receiving this massage enjoys a profound state of relaxation and balance.

Massage with fruit essences: A manual massage performed with dried fruit, to be chosen from the selection offered by Caldea. The fruit provides the vitamins and mineral salts necessary to revitalize, oxygenate and regenerate the epithelial cells. In the 60 minute massage the whole body is worked on, except for the face, while the 45 minute massage works on the back of the legs and the back.

FIACIAL TREATMENTS

Customised facial hygiene treatment: Deep cleansing including make-up removal, scrubbing, steam, black head removal, hair removal, etc., and a customised treatment depending on skin type and/or needs.

BEAUTY TREATMENTS

Thermal-vitality treatment: Combines different types of honey, royal jelly and mineral salts that nourish the skin, eliminating dead cells and activating circulation. It has a calming and protective effect and leaves your skin feeling silky. It comprises an enzymatic scrubbing, an application of specific cream, a body mask with honey and moisturising lotion.

Turkish exfoliation: Procedure used to remove dead cells from the body. It consists of a steam bath to open the skin's pores, a body buff with a horsehair glove and moisturising lotion. The result is oxygenated, healthy and moisturised skin.

Body scrub: Body exfoliation to remove all dead cells and have smoother and softer skin.

Balneoesthetic treatment: After a body scrub the treatment continues in a bath containing seaweed with nourishing properties. Finally moisturising lotion is applied.

Tired legs treatment: Leg and abdomen wrap using cotton bandages soaked in cryogenic liquid (cold) which has a toning effect and stimulates circulation. After 20 minutes' exposure to the cold, a stimulating massage is given to restore normal blood circulation and eliminate toxins.

Mud application with sea salts or essential oils: Body treatment with a slimming, relaxation, toning and drainage effect. After 20 minutes being wrapped in an isothermic blanket and a shower, a massage is given using the most suitable cream for the specific treatment.

Natural herbs facial or body application: Detoxifying treatment by means of scrubbing. Hot pure wool towels previously soaked in thermal water containing cleansing natural herbs are placed on the face or body. A moisturising cream massage will follow to activate circulation and relieve muscle tension.

Zen volcanic massage: this consists of a facial scrub, after which you receive a massage and a face mask is applied, and a body scrub with seaweed salts, followed by a shower and a massage with cold and hot volcanic stones and essential oils. Whilst the face mask is on you will also receive a foot massage with volcanic stones.

Golden wrap: 20 minute application of a shiny bright body wrap made from golden seaweed. It consists of a moisturising shower and an application of golden nectar. It leaves skin soft and radiant with golden touches.

Pearl scrub and wrap: Face and body exfoliation with pearl dust, followed by a white mother-of-pearl body wrap and a black pearl face wrap. A pearl concentrate is applied beforehand. Leaves skin moisturised with touches of mother-of-pearl.

Indocéane: Essential relaxation treatment based on different relaxation techniques represented in 4 stages:

- Mediterranean stage: Sweet and salted body scrub with citrus essences.
- Egyptian stage: Milk bath.
- Hindu stage: Massage using different techniques from all over the world.
- Chinese stage: Relaxing and regenerating creamy wrap.

VINOTHERAPY

Kianty Experience facial treatment: Facial treatment using active grape elements (polyphenols). It is antioxidant, protects against the effects of free radicals and has anti-ageing and toning properties.

Vinotherapy scrub: Full body exfoliation using dust and oils extracted from grapes (seed and skin). Finally, a vinotherapy cream is applied.

Wine wrap: Body application made from a seaweed and grape concentrate followed by a wine and essence (relaxing or stimulating) wrap and a vinotherapy cream application.

Massage with grape extract: Full body massage with oil or cream made from active grape elements.

CHOCOTHERAPY

Deluxe Wrap: Full body chocolate application with an antioxidant, anticellulitis and de-stressing effect. The result is a warm, smooth and soft skin.

HYDROTHERMAL SERVICES

Individual chromatic aerobaths: Carried out in a bath with air and/or water outlets producing a full body massage. Can be done with milk, herbs, essence or seaweed.

Invigorating shower: Stimulating and relaxing. It offers adjustable pressure directed at different parts of the body. The shower produces a massaging effect that stimulates the muscles and increases blood flow.

Hydrojet: Mixture of classic massage and thermotherapy. Helps to combat backache, strained muscles, anxiety and stress. Carried out on a massage table using water jets along the back of the body.

Flotarium or weightless bath: It is a tank in which the body floats effortlessly due to the high level of magnesium salt that it contains. It contributes towards profound physical and mental relaxation, reducing stress, muscular tension and tiredness. Half an hour of floatation is equivalent to over two hours' sleep.

CALDEA RESERVATION DESK

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