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Spa  
Wellness

## **OUR PHILOSOPHY**

Always devoted to taking care of our guests, Akelarre Spa combines the best products with wellbeing and beauty techniques adapted to every person.

With the best selection of products made from natural ingredients and the most advanced high end cosmetic products, you will be able to enjoy facial, body and therapeutic treatments that will bring back your personal balance and wellbeing.

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We look forward to welcoming you to our Spa.

Your Akelarre Spa Team

# MASSAGES

## Relaxing massage

This massage is to achieve a deep body relaxation and to realign body and mind. Performed by using essential oils along with slow and long strokes leaving a sensation of renaissance and pure indulgence.

*60 Min*

*90 Min*

## Therapeutic massage

An invigorating massage used to relieve tensions, recommended before or after sport activities. Essential oils and an intense pressure are used to reach the deeper levels of the muscles in order to release chronic patterns.

*60 Min*

*90 Min*

## Reflexotherapy

A massage created to stimulate the reflexed points of the organism on distance to restore the correct body behavior by balancing in physical, energetic and emotional levels.

*60 Min*

*90 Min*

## Hot stone massage

A holistic technique using heated basalt stones in combination with warm essential oils to release muscular tensions. Recommended to relieve chronic muscular pain, fatigue and sleep disorders.

*60 Min*

*90 Min*

## Face and scalp massage

This sensitive massage helps liberating the central nervous system by using pressure points movements and stretches, awakening the senses allowing to reach a deep relaxation state.

*30 Min*

*60 Min*

## Bamboo massage

Energizing massage performed with bamboo sticks working over the deep tissues and improving the different adjacent systems (circulatory, nervous and lymphatic). We remove muscle tensions achieving an active and aware relaxation.

*60 Min*

*90 Min*

## Ayurvedic massage

Through this millennial massage from India, we balance the energies that flow between body, mind and soul. Depending on the chosen aroma and the technique used, this massage can be either relaxing, reenergizing or therapeutic.

*60 Min*

*90 Min*

## Abhyanga

Thanks to this essential technique of Ayurvedic medicine, the nervous system gets rebalanced. The combination of different oils and aromas will make this treatment a renewing experience. This massage is also available with 4 hands.

*60 Min*

*90 Min*

*4 Hands*

# FACIALS

## **Perfection phytoaromatherapy facial Sisley**

A treatment based on phytoaromatherapy. This treatment is a unique experience of an anti-aging beauty flash, smoothing facial features, purifying and regaining a natural glow. A cure for your skin.

60 Min

## **Hydratation phytoaromatherapy facial Sisley**

Sisley's hydration line is based on the use of natural plant extracts and essential oils to guarantee a complete and deep hydration. The treatment is performed with a soft application, leaving the skin refreshed.

60 Min

## **Men facial Sisley**

A complete anti-aging facial treatment especially designed for the care of men's skin. The result is a rejuvenated and revitalized skin.

60 Min

## **Intense Hydration phytoaromatherapy facial Sisley**

Anti-age treatment that favors the circulation of water restoring the hydric balance of the skin. Contributes softness and tones regaining the glow of a young skin.

90 Min

## **Sisleyouth phytoaromatherapy facial Sisley**

Anti-aging revitalizing treatment that fights the first signs of skin aging bringing lightness and freshness.

90 Min

## **Sisleya phytoaromatherapy facial**

This global treatment reshapes the facial oval in depth, smoothing expression lines and wrinkles. The epidermis regains elasticity and firmness.

90 Min

# **BODY TREATMENTS**

## **Body peeling phytoaromatherapy Sisley**

An exfoliation based on phytotherapy and aromatherapy using essential oils and plant extracts. It's a light foam that eliminates dead cells improving the appearance of the skin and leaving it resplendent.

60 Min

## **Repairing Body Peeling Sisley**

A natural nutritive and repair balm especially designed to relieve the skin and bring a deep nutrition. Recovers the balance to the skin and leaves it soft.

60 Min

# **AKELARRE EXPERIENCES**

## **Sisley sensorial journey**

Enter a world of sensations with this sensorial experience. Your face will look luminous with this exclusive Sisley facial treatment and the journey will culminate with a reflexotherapy massage, a sublime combination for your delight.

90 Min

## **Body & mind Sisley ritual**

This exclusive ritual will help you to balance your body & mind by using a complete phytoaromatherapy body peeling, followed by a sensitive massage. Your senses awake while your skin involves in a nourishing balm and recovers luminosity.

90 Min

## **Akelarre deep wellbeing experience**

The complicity will be witness for a unique couple experience. A welcome ritual, a relaxing massage with the essential oils of your choice, followed by a face-scalp massage will make this treatment an unforgettable moment. We will finish this experience with a especial infusion created by our Chef Pedro Subijana.

90 Min

## **Opening times**

The SPA opening hours are every day from 10:00 to 20:00. Access at other times is not allowed.

Underage are not allowed to access the Spa/Gym nor treatments.

## **Reservations**

For more information or to make a reservation, please contact reception , or if you wish, by going directly to our Spa.

It is advisable to book at least 24 hours prior to the desired time.

## **Before arriving**

We recommend you to leave your jewelry and personal accessories in your room. We advise men to shave before any facial treatment to ensure the best results.

## **Punctuality**

Please be aware that we are unable to extend your treatment time in case of late arrival.

## **During your stay**

We appreciate your help to maintain the peaceful atmosphere necessary to be able to enjoy the treatments. Please moderate the tone of voice and remember that it is not allowed to smoke or use mobile phones.

To extend your wellbeing experience to your room or your home we are pleased to offer a variety of products for sale.

The pool area is not equipped with a lifeguard and it is at your own risk to take care.

It is mandatory to wear a swimsuit to enjoy the swimming pool, Turkish bath and sauna. Please make use of the bathrobe and slippers that you can find in your room or in the dressing rooms upon entering the Spa.

It is not allowed to enter wearing street clothes, with drinks or food, or smoking.

## **Gym**

Access to the gym is free for hotel guests 24 hours. It is necessary to use earphones to take advantage of all the features of the devices of machines.

## **Cancellations**

If you wish to cancel or reschedule your appointment, please notify us at least 8 hours before the time reserved. The hotel will charge 100% of the treatments cancelled with less than 8 hours or in the case of no-show.

*Akelarre Hotel is not responsible for the loss of your personal belongings. If you have a health problem or think you are pregnant, you must inform our staff and follow their instructions.*

*In compliance with the Organic Law 15/1999 of 13 December on the Protection of Personal Data (LOPD), your data will be included in files of AKELARRE HOTEL S.L., for the management of SPA and Wellness and the effective provision of services. As well as to inform you, even by electronic means, about products or services related to the tourism, leisure and leisure sector, provided by the hotel or by third parties.*

*You can exercise your rights of access, rectification, cancellation and opposition, in Calle Padre Orcolaga, 56 (Igeldo)  
20008 San Sebastián.*