



Relax
Skin
Body
Wellness
Sensations
Hydration
Massages
Ritual

Hotel
Ciutat de Girona

C/ Nord, 2
17001 Girona
Tel. +34 972 48 30 38
info@hotelciutatdegirona.com
www.hotelciutatdegirona.com

Apartaments 
Plaça del Vi

Plaça del Vi, 9
17004 Girona
Tel. +34 972 48 30 38
info@delviapartments.com
www.delviapartments.com



Relaxation and aromatherapeutic massages

Massage using natural essential oils

A traditional balancing and relaxing massage, during which intense aromatic sensations revitalise your senses and uplift your spirits.

Length of session: 30 minutes | Cost: 45€

Length of session: 60 minutes | Cost: 75€

Massage with hot macerated oils

The combination of the hydrating and antioxidant properties of beeswax, the nutritive qualities of coconut and soya oils and the pleasant aroma of natural essences are added to the pleasurable sensations of a warm-oil massage in order to produce a feeling of absolute well-being.

Length of session: 45 minutes | Cost: 58€

Length of session: 60 minutes | Cost: 78€

Well-being body treatments

Volcanic massage with stones

You will achieve a deep and privileged relaxation with the combination of hot and cold stones, at the same time that microstimulation is favored and cellular metabolism increases. A treatment that strengthens resistance and increases physical, emotional and mental balance.

Length of session: 60 minutes | Cost: 80€

Body peeling with olive massage

Back, legs and arms exfoliation that will leave your skin renewed and ready for deep hydration with an olive emulsion massage.

Length of session: 60 minutes | Cost: 80€

Medicinal Ayurvedic massage

Body massage using small linen bags of rice with medicinal herbs, and warm oils, which will nourish your skin with all the natural benefits of these plants, and will bring balance through the alleviation of accumulated tension.

Length of session: 75 minutes | Cost: 95€

Sensation rituals

This is a synergic combination of several therapies which interact with natural, organic cosmetics and has the effect of transporting the client, on a sensorial level, to a new plane of natural and healing relaxation.

“Natural Detox” Ritual

A reparative body ritual which will take you to far-off lands, thanks to products such as incense, myrrh, and Argan oil, the so-called “liquid gold of Morocco”. It also includes the application of a face-mask to restore elasticity, and to give instant hydration and rejuvenation to the cells.

Length of session: 75 minutes | Cost: 95€

“Coastal breeze” Ritual

Exfoliation and total body massage utilising the natural products of our homeland: olives, rosemary and marine clay. The ritual culminates in a pleasant foot-treatment which will relax every part of the nervous system. This is a ritual which helps to remodel the figure, and which also benefits the lymphatic and circulatory systems.

Length of session: 75 minutes | Cost: 95€

“The four rivers” Ritual

A succession and combination of thousand-year-old therapies in which the whole body is treated, from feet to head, following all the body's energy channels. This ritual will be carried out using linen rice-bags, healing geothermal stones, and an aromatherapy synergy blend using heated oils. A ritual which brings harmony and balance, which lessens muscular pain, and harmonises the chakras, bringing freedom from stress and helping towards emotional balance.

Length of session: 90 minutes | Cost: 110€



Therapeutics

Long relaxation from head to toe

Very complete therapeutic session for the whole body, personalized in intensity, producing a calming and reflective body effect. Onclou cranial massage and foot reflex points to unblock the meridian channels of our body.

Length of session: 90 minutes | Cost: 110€

Chiromassage to taste

Healing and full active massage localized or general where the Nervous System is stimulated and we will reflect on the entire Musculoskeletal System.

Length of session: 75 minutes | Cost: 95€

Foot reflexology

Massage applied to different points of the feet, through which, via the body's energy channels we connect with various organs to achieve the reactivation and relaxation of all the body's reflex points.

Length of session: 30 minutes | Cost: 45€

Length of session: 60 minutes | Cost: 75€

Cranial (head)-facial-cervical (neck) massage

Using gentle pressure and circular movements to the scalp, the cervical (neck) area and the face, the flow of oxygen to the brain is increased, the nervous system is relaxed, and accumulated pressure and tensions are released. Neuro-sedative effect.

Length of session: 30 minutes | Cost: 45€

Therapeutic facial treatments

Express facial

The Express facial cleaning treatment eliminates the impurities and dead cells from the skin which are caused by cutaneous stress.

Length of session: 30 minutes | Cost: 45€

Facial Decongestant treatment

This is a deep-cleaning facial treatment, with a process of decongestant and detoxifying hydration, which will guarantee you a purified and renewed skin.

Length of session: 60 minutes | Cost: 80€

Therapeutic and healing massages

Back relief massage

Active back massage, which relieves muscular tension, soothes pain and takes away tiredness at the same time as hydrating the skin with oil of sweet almonds and arnica.

Length of session: 30 minutes | Cost: 45€

Length of session: 60 minutes | Cost: 75€

Complete relief massage

Complete active massage applied to back, arms and legs. Stimulation of the nervous system, relieving contractures and producing a calming effect.

Length of session: 60 minutes | Cost: 75€

Sports massage

Easing of muscle tension in legs and/or arms

Active recovery massage for muscle relief in legs and/or arms. Ideal for cyclists, golfers, or for anybody after a long walk or excursion.

Length of session: 30 minutes | Cost: 45€

Length of session: 60 minutes | Cost: 75€

BASIC RULES AND CANCELLATION POLICY

- It requires arrive 10 minutes prior to treatment in order to begin treatment in the established time.
- It is dangerous to receive treatment under the influence of alcohol or drugs.
- It is recommended to use heat treatments during pregnancy or under use of anticoagulants, antihistamines, beta-blocker or tranquilizers.
- Prices are including VAT.
- 50% charge of the treatment booked if cancellation is made less than 4 hours.
- The partial cancellation of a confirmed booking, will the charge 100% of the service booked.

