

## PRICES THERMAL SPA 2010

### SWIMMING POOLS

Adult _____	14,85 €
Child _____	8,70 €

### MASSAGE

Local Relax Massage _____	27,99 €
Full Relax Massage _____	56,10 €
Sports Massage _____	29,20 €
Venous Draining _____	29,20 €
Revitalising Back Massage _____	31,05 €
Feet relax Massage _____	21,15 €
Massage Vichy-like _____	47,55 €
Body Lymphatic Draining (Medical Check Up) _____	53,35 €

### HYDRO THERAPY

Aero bath (Arnoia) _____	14,70 €
Hydro Massage _____	18,75 €
Tailored Hydro Massage _____	23,55 €
Extra with underwater jet _____	5,50 €
Jets _____	10,35 €
Lumbar Jet (Laias) _____	11,10 €
Circular Shower _____	8,90 €
Scottish Shower (Laias) _____	12,90 €
Feet & Hands treatments / Feet Jet _____	8,90 €

### SAUNA

Steam Bath (Arnoia/Lobios) _____	8,05 €
Finish (Finland) Sauna (Laias) _____	8,05 €

### PHANGO THERAPY

Phango application (Medical Check Up) _____	15,98 €
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### COMPLEMENTS

Wardrobe & Towel (rent) _____	3,40 €
Polyester Cap (Sale) _____	3,80 €
Flip-Flap's (Sale) _____	2,45 €

### REHABILITATION (Medical Check Up)

Rehabilitation Session _____	26,15 €
Electro-therapy _____	9,20 €

### AESTHETICS FACE

Face cleaning _____	43,70 €
Face Peeling _____	14,85 €
Hydrating Face Plus _____	66,75 €
Face Oxygenation _____	61,40 €
Reaffirming Face & Neck _____	66,80 €
Comfort Sensitive skin _____	61,70 €
Oily skin treatment _____	48,05 €
Face Lymphatic Draining _____	28,10 €
Men Face treatment _____	63,70 €
Revitalizing Rose Musquet _____	49,50 €
Face massage _____	25,50 €

### AESTHETICS BODY

Apricot Body Peeling _____	32,95 €
Local Peeling _____	14,85 €
2 Salt Peeling _____	33,05 €
Mud Involvement _____	36,95 €
De Balneis Involvement _____	36,10 €
Chocolate Involvement _____	37,10 €
White Mud Involvement _____	36,95 €
Algae Involvement _____	34,45 €
Brest Reaffirming _____	36,25 €
Body Flash _____	22,10 €
Press Therapy (Lobios) _____	21,99 €
Milk Bath Tub _____	16,05 €
Pindas Massage _____	55,40 €
Anti-cellulites Massage _____	28,30 €
Fresh Leg Mask _____	28,60 €
Chocolate Massage _____	40,45 €

### MEDICAL CHECK UP

29,75 €

### DEPILAÇÕES

Warm Wax all _____	19,45 €
Warm Wax Full Leg _____	16,60 €
Warm Wax Half Leg _____	10,05 €
Warm Wax Armpit / Biquini / Lip _____	4,45 €
Warm Wax Breast / Back _____	17,45 €
Cold Wax Full Leg _____	19,40 €
Cold Wax Half Leg _____	13,75 €

## 1-DAY PROGRAMS

(TVA INCLUDED)

### RELAX BASIC

\* Hydro Massage Bath Tub with Lavender Essences and Local Relax Massage  
\_\_\_\_\_ 31,80 €

### TIRING LEGS

\* Jet, Venous Draining and Legs Mask, Cold Gel \_\_\_\_\_ 45,70 €

*Prices per person & Program. TVA included*

## AQUAE

### ALVEA **Arnoia** (2 hours)

\* Brand New facilities where one can find the tonus of a dynamic swimming pool with lumbar jets, a jacuzzi, counter-current streams, swan neck jets and chromo therapy, with an outdoor terrace where one can see one of the best views of the region of O Ribeiro while having a natural juice, a tea or herb infusion. \_\_\_\_\_ 20,00 €

### TERMARIUM CAELERUS **Arnoia** (1 hour)

\* Thermal Spa Circuit with: heat rooms, feet treatments, Aero bath tubs, cold gel application and comfortable warm thermo couches. \_\_\_\_\_ 35,00 €

### TERMARIUM ROMANO **Laias** (2 hours)

\* A thermal-welfare circuit with: dry and wet heat rooms, with chromo therapy and aromatic therapy, aromatic showers, jacuzzi, contrast swimming pools, warm thermo couches with tea and herb infusions **de Balneis**. \_\_\_\_\_ 28,00 €

### TERMARIUM SENSações **Laias** (45 minutes)

\* A relaxing session with intense sensations for all the senses, with: soap petals showers, essence bath, sensitive massage, final rest in warm thermo couches with tea and herb infusions **de Balneis**. \_\_\_\_\_ 45,00 €

### TERMARIUM AQUIS **Lobios** (1 hour)

\* A thermal-welfare circuit with different techniques such as: soap petals showers, dry and wet heat rooms, jacuzzi and thermal spa swimming pools with hydro massage jets. \_\_\_\_\_ 29,00 €

### TERMARIUM DELICATA **Lobios** (1 hour)

\* A special relaxing and welfare treatment with: wet heat room, exfoliating massage, aromatic shower, warm oil application and final rest in comfortable warm thermo couches with tea and herb infusions. \_\_\_\_\_ 45,00 €

*Prices per person & Program. TVA included*

## TREATMENTS TIMETABLE

### High Season

August, September, Weekends, Holidays and Long Weekends

MORNING from 09h00 to 14h00.  
AFTERNOON from 16h00 to 21h00.

### Low Season

Rest of the year.

MORNING from 09h00 to 14h00.  
AFTERNOON from 16h00 to 19h00.

### Visits timetable

(Thermal Spa facilities)

From 14h00 to 16h00.  
Groups: previous appointment

### Notes

- PREVIOUS APPOINTMENT for massage, aesthetics and medical check-up.
- RESERVATION CONFIRMATION: minimum **24 hours** before; otherwise will be automatically cancelled.
- The use of cap and flip-flop's in the swimming pools is compulsory.
- Timetable access for children under 13 years old to Thermal Spa facilities: Saturday: from 9h00 to 10h00; from 12h30 to 16h00 and from 19h30 until Closing time.  
Sunday: from 9h00 to 10h00 and from 12h30 until Closing time.
- Children from 3 to 12 years old will only be able to use the swimming pools when accompanied by an adult.
- Minors (under 18 years old) are not allowed to do thermal spa techniques.
- - All Hotels and Thermal Spa's from CALDARIA fulfil all rules for handicap accesses.

### **ARNOIA CALDARIA THERMAL SPA-HOTEL\*\*\***

Vilateral, 1  
32417 Arnoia (Ourense)  
Phone: 00 34 988 49 24 00  
FAX: 00 34 988 49 24 22  
Thermal Spa Ph.: 00 34 988 49 29 90

### **LOBIOS CALDARIA THERMAL SPA.HOTEL \*\*\*\***

Riocaldo, s/n  
32870 Lobios (Ourense)  
Phone: 00 34 988 44 84 40  
FAX: 00 34 988 44 81 91  
Thermal Spa Ph.: 00 34 988 44 84 40

### **LAIAS CALDARIA THERMAL SPA-HOTEL\*\*\*\***

Ctra. Nacional 120 km 585,8  
32495 Lias - Cenlles (Ourense)  
Phone: 00 34 988 28 04 09  
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Thermal Spa Ph.: 00 34 988 28 04 88

### **ABADIA CALDARIA\*\*\*\***

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