

# Serene

MASSAGES & TREATMENTS



**HOTEL ARTS BARCELONA**

**43 The Spa at Hotel Arts Barcelona,**  
Marina 19-21, 08005 Barcelona

**Open from Friday to Sunday**  
From 10.00 am to 8.00 pm

**Reservations**

Ext. 610

+34 93 221 10 00

43thespa.hotelartsbarcelona@ritzcarlton.com

   #43TheSpa

Let us invite you to a unique experience at 43 The Spa at Hotel Arts Barcelona. Located on the 43rd floor, this urban sanctuary soars high above the city and the sea.

Our facilities include two water areas with jacuzzi, sauna and steam room, eight treatment rooms and two relaxation areas with a terrace that offer amazing views.



## Natura Bissé

Welcome to the world of beauty and skin care. An experience created exclusively for you. For you to breathe, relax and let your body flow.

Feel how time stands still, experience the luxury of connecting with your essence and enjoy all the secrets that lie behind a perfect moment. Secrets are not explained. They are discovered.

*Enjoy the experience,  
feel the results.*

## Facial Treatments

### PERSONALIZED FACIAL

*1 h*

*Purifies · Revitalizes · Calms*

If you don't want to worry about choosing the most appropriate facial treatment for your skin, let us decide for you. Relax while a specialized therapist analyzes the needs of your skin and suggests a treatment tailored for you. Immerse yourself in an absolute state of well-being.

### DIAMOND COCOON EXPERIENCE

*1 h*

*Liberates · Fortifies · Shields*

Activate the full potential of your skin with this prebiotic, revitalizing, renewing treatment designed to counter the effects of modern pollution and stress: a detoxifying ritual that leaves your skin healthy, luminous and protected due to its enveloping massage techniques and its highly effective ingredients that purify, fortify and repair.

### DIAMOND WHITE & GLOW

*1 h 20 min*

*Depigments · Evens skin tone · Brightens*

This luxurious facial will diminish the appearance of hyperpigmentation, leaving the skin with a radiant glow. Ideal to restore brightness and balance tone while fighting skin imperfections.

### DIAMOND ANTI-AGING AND REJUVENATING

*1 h 30 min*

*Regenerates · Firms · Revitalizes*

Preserves skin's youthfulness and slows the aging process. Visibly diminishes fine lines and wrinkles and restores a youthful glow to every level of the skin. Dramatically reverses premature aging while increasing firmness and elasticity.

### FIRMING EYE TREATMENT

*40 min*

*De-puffs · Decongests · Nourishes*

A targeted treatment that relieves puffiness and dehydration around the eye contour area with a combination of cleansing, nourishing and decongesting ingredients, such as marine algae.

### The Mindful Touch

*Your Mindfulness Spa Experience*

Enhance your Natura Bissé facial with a 3D virtual reality experience. A pioneering ritual that combines mindfulness, the power of touch and the skincare to help connect with the present.





# Body Treatments

## CITRUS BODY SCRUB

45 min

*Exfoliates · Revitalizes · Firms*

A sensory ritual that polishes skin with highly effective exfoliating agents. This powerful citrus treatment eliminates dead skin cells for extraordinarily radiant and protected skin.

## CITRUS BODY SOUFFLÉ

1h 20 min

*Revitalizes · Firms · Energizes*

Highly concentrated vitamin C emulsions will protect the skin against dryness and premature aging. An unforgettable citrus experience that includes an exquisite body scrub and a citrus body wrap, achieves a rejuvenated and firm appearance from the first session.

## O<sub>2</sub> BODY PERFECTION

1 h 20 min

*Purifies · Hydrates · Revitalizes*

Rich in macronutrients to provide an intense nourishing, firming and rejuvenating effect. Helps improve fluid retention, eliminate toxins and reduce cellulite.

## DIAMOND ROSE RITUAL

1 h 20 min

*Restores · Nourishes · Relaxes*

A smoothing and nourishing body exfoliation and a regenerating massage using the exquisite fragrance of Damask rose oil. The perfect ritual to recover your skin's natural suppleness, radiance and elasticity while restoring your overall well-being.



# Body Massages

## RELAXING MASSAGE

50 min / 1 h 20 min

An exceptional massage that will help you reduce stress and improve circulation. Considered the most universal massage, this session will deeply relax your body with long and gentle pressure maneuvers performed by the therapist.

## AROMATHERAPY MASSAGE

50 min / 1 h 20 min

A luxurious relaxing massage that provides your body with exceptional therapeutic benefits. Aromatic oils with natural plant extracts will help enhance your mood and awaken your senses.

## DEEP TISSUE MASSAGE

50 min / 1 h 20 min

Massage with therapeutic techniques that incorporates slow maneuvers of pressure to treat the deeper layers of muscle fibers. This massage will help you release chronic patterns of tension that create painful conditions and structural misalignment.

## HOT STONES MASSAGE

1 h 20 min

An exclusive massage that combines the excellent therapeutic properties of heated basalt stones with the effective results of the long and gentle pressure maneuvers of the relaxing massage. The aim is to treat muscle tension, improve circulation and achieve a deep sensation of well-being.

## REFLEXOLOGY

40 min

Ancient manual massage technique based on the stimulation of reflex areas, by applying pressure on specific foot areas in order to improve the functions of the corresponding organs.



# Finishing Touches

## LUXURY MANICURE OR PEDICURE

*45 min / 1 h*

An exclusive manicure or pedicure that includes nail and cuticle care and a deep exfoliation. A hydrating massage and the application of the nail polish of your choice complete this treatment.

## EXPRESS MANICURE OR PEDICURE

*20 min / 30 min*

Express nail and cuticle care, nail polish change and hydrating cream application.

## MAKE - UP

*1 h*

Personalized make-up session with exclusive products to highlight your qualities and enhance your beauty on any occasion.

*If you are staying at the hotel, we can perform this service in your room.*

# Express Treatments

## BIO RELAXATION MASSAGE

*30 min*

Stress relieving and relaxing massage to help lower blood pressure and to improve circulation.

## FOCUSED MASSAGE

*30 min*

Choose the preferred body zone:

- Scalp, shoulder and neck
- Back and shoulder
- Foot and leg

## READY TO SHINE

*30 min*

*Exfoliates · Renews · Regenerates*

A revitalizing treatment that incorporates one of the most effective techniques in aesthetic medicine: carboxitherapy. This technique combats the signs of skin aging through the application of CO<sub>2</sub>, which produces an effervescent effect that renews the skin and immediately improves its appearance.

# Signature Treatments

## THE SUBLIME DIAMOND JOURNEY

*2 h 20 min*

A revolutionary ritual that includes an innovative body exfoliation with diamond dust followed by the application of a concentrated hydration cream to smoothen the skin. This luxurious treatment also incorporates an anti-aging facial treatment that ensures an immediate firming and glowing effect.

## THE 43 EXPERIENCE

*1 h 20 min*

This unique massage incorporates various chiropractic techniques, pressure, stretching maneuvers and aromatherapy precious oils to stimulate the senses and deeply relax the entire body.







# General Conditions

At 43 The Spa, the health and safety of our clients and employees is our highest priority; we constantly strive to ensure the highest levels of cleaning and disinfection in our facilities, with the aim of ensuring that our areas meet the highest quality standards set by local and national authorities.

We have also strengthened our protocols in line with the requirements set out by the ISPA (International Spas Association), the “Spa BCN Connect” Spas and Beauty Centres Association, and STANPA (National Perfumery and Cosmetics Association), which ensures the monitoring of the standards that are necessary in order to adapt our activities to COVID-free measures. Additionally, all of our therapists have taken and obtained diplomas from courses recommended by the World Health Organization (WHO).

Below you will find information on our policy and the most significant measures that we have applied in our Spa to improve your experience and offer you the best personalized service. We hope to see you soon at 43 The Spa.

**Open from Friday to Sunday**  
From 10.00am to 8.00pm  
**Reservations**  
Ext. 610  
+34 93 9221 10 00  
43thespa.hotelartsbarcelona@ritzcarlton.com

## General Information

- Capacity reduction in all areas to provide a safer environment and comply with social distancing regulations.
- Our staff must wear approved PPE (personal protective equipment) at all times. They all have daily temperature checks and, of course, are constantly washing their hands with soap and applying hydroalcoholic gel.
- The use of a face mask is mandatory from arrival at our facilities.
- Hydroalcoholic gel will be available for you in all areas of the Spa.
- Constant cleaning and disinfection of our areas.

- Our Spa can only be accessed with a prior appointment. Please arrive at least 15 minutes before the scheduled time to allow enough time for reception, changing and storing your belongings. Any delay will affect the time of the service received, which will be charged in full.

- We have currently stopped using all forms of paper such as catalogues and price sheets, which can now be consulted digitally.

- All clients who have booked a service at 43 The Spa will be required to sign a declaration of responsibility upon arrival.

- Payments can only be made by credit card. Cash payments will not be accepted.

- If you have a gift voucher that you have not been able to use while we have been closed in recent months, please send an email with the voucher information to 43thespa.hotelartsbarcelona@ritzcarlton.com in order to extend its validity period.

## Treatment rooms

- Therapists work with approved certified face masks at all times.

- We recommend massages and body treatments to be carried out without the use of gloves because, in addition to washing their hands thoroughly, our staff uses hydroalcoholic gel. However, should you prefer, the massage can be done with gloves.

- For facials, manicures and pedicures, our therapists will also use face shields.

- We ensure that treatment rooms are cleaned and disinfected after every service.

## Damages and losses

- The spa does not assume responsibility for any loss of or damage to personal items.

## Prices subject to change

- We make every effort to keep our treatment menu up to date, but it should be noted that prices and services are subject to change at any time

## Facilities

- Our water, relaxation and terrace areas are mixed spaces and, due to security reasons and capacity restrictions, they can currently only be used with a reservation made prior to treatment.
- Our changing rooms are available for showering before and after each service.
- You will have a locker at your disposal for individual use throughout your experience.
- Our areas will be cleaned and disinfected after every use.

## Clothing

- 43 The Spa offers disposable towels, bathrobes and slippers.
- To use the water area, use of a swimsuit is required.
- For room treatments, you must use your own or disposable underwear (the latter will be available at the Spa).

## Access for minors

- The minimum age for entry to the Spa is 18 years old; minors between the ages of 14 and 18 must be accompanied and under the supervision of an adult.
- The minimum age for body treatments is 18 years old; for facial treatments, it is 16 years old.

## Cancellation policy

- Please notify us of the cancellation of your treatment 24 hours in advance to avoid being charged in full.
- If you are not staying at the Hotel Arts Barcelona, you must provide a credit card number in order to make a reservation.
- If you present any symptoms associated with COVID-19, have recently been in contact with a suspected or confirmed positive case, or if you are in quarantine, you will have to cancel or postpone your appointment.

## Health condition

- Before booking the treatment, please tell us if you suffer from any cardiovascular problems, epilepsy, diabetes, asthma, or high/low blood pressure, or if you are pregnant.
- If you have any symptoms associated with COVID-19, you must cancel or postpone your appointment.

## Accidents and injuries

- The Spa does not assume responsibility for any accident or injury.



*Views and relax.  
A spa, all of Barcelona.*





# Serene

## HOTEL ARTS BARCELONA

### FACIALS

Personalized Facial	1h	150
Diamond Cocoon Experience	1h	170
Diamond White & Glow	1h 20 min	185
Diamond Anti-Aging	1h 30 min	210
Firming Eye Treatment	40 min	95

### BODY TREATMENTS

Citrus Body Scrub	45 min	120
Citrus Body Soufflé	1h 20 min	180
O <sub>2</sub> Body Perfection	1h 20 min	180
Diamond Rose Ritual	1h 20 min	190

### BODY MASSAGES

Relaxing Massage	50 min / 1h 20 min	130 / 190
Aromatherapy Massage	50 min / 1h 20 min	140 / 200
Deep Tissue Massage	50 min / 1h 20 min	150 / 225
Hot Stones Massage	1h 20 min	210
Reflexology	40 min	125

### SIGNATURE TREATMENTS

The Sublime Diamond Journey	2h 20 min	330
The 43 Experience	1h 20 min	205

### EXPRESS TREATMENTS

Bio Relaxation Massage	30 min	85
Focused Massage	30 min	95
Ready to Shine Facial	30 min	90

### FINISHING TOUCHES

Express Manicure	20 min / 30 min	30
Luxury Manicure	45 min / 1 h	65
Express Pedicure	20 min / 30 min	40
Luxury Pedicure	45 min / 1 h	75
Runners Pedicure		85
Semi-permanent nail polish (supplement)		15
Make-up service	1h	140

### SPA ACCESS

Water area and relaxation area with terrace	45 min	30
---	--------	----

*If you book any treatment the Spa access is included*

### ENHANCE YOUR MESSAGE OR FACIAL

Aromatic oil	10
Relaxing Balm	10
Eye Anti-Aging	15
Focused Citrus Scrub	20
Couple massage. Price per person	25
Mindful Touch	40
Rossano Ferretti Hair mask	30

**43 The Spa at Hotel Arts Barcelona, Marina 19-21, 08005 Barcelona**

**Open from Friday to Sunday:** from 10.00am to 8.00pm

**Reservations:** Ext. 610 / +34 93 221 10 00 / 43thespa.hotelartsbarcelona@ritzcarlton.com

#### Cancellation Policy

A cancellation fee of 100% of the treatment cost will be charged if cancelled from 24 hours until the time scheduled for the treatment.

**Methods of payment accepted:** credit card or room charge if stay in the hotel.

**Prices in Euros. VAT included.**