



LIST OF TREATMENTS

*Disconnect and relax in our
spa on the Costa Brava*

RESERVATION REQUIRED

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AV. ANDORRA, 18
17250 PLATJA D'ARO - CALONGE,
COSTA BRAVA, GIRONA, SPAIN

HOTEL & SPA
CAP ROIG
★ ★ ★ ★

BODY TREATMENTS

OCEAN BREEZE BRAVA HOTELES 110 € 80MIN
Relaxing massage with the revitalizing power of seawater, helping to release tension, hydrate the skin, and restore the body and mind's natural balance. Ideal for those seeking a deep disconnection with a refreshing oceanic touch.

WHISPERS OF THE SEA 75 € 50MIN
Relaxing massage combining gentle movements with marine-based products rich in minerals. Inspired by the calm of the ocean, this treatment relieves stress, hydrates the skin, and provides a sense of freshness and well-being. Perfect for a rejuvenating marine-inspired pause.

TIDES STRENGTH 90 € 50MIN
Deep tissue massage designed to release tension and relieve muscle stiffness using products formulated with mineral-rich seawater. Combining firm pressure and precise movements, it restores mobility and recharges the body with the ocean's revitalizing energy. Ideal for those who need to release knots and regain energy.

SUNS AND SEAWEED REMODELING 95 € 50MIN
Body ritual combining an exfoliating scrub and a seaweed wrap with remineralizing and remodeling properties. The scrub removes impurities and prepares the skin to absorb marine actives, while the wrap stimulates circulation, drains fluids, and helps redefine the silhouette. Perfect for smoothing, toning, and deeply renewing the skin.

AT TWO SEAS 130 € 50MIN
Couples' relaxing massage inviting shared disconnection and well-being. In an intimate and harmonious setting, both of you will enjoy gentle, enveloping movements with marine products that calm body and mind. The ritual is completed with a glass of cava to toast tranquility and intimacy.

MARINE FLOW 75 € 50MIN
Gentle, rhythmic technique stimulating the lymphatic system to aid toxin elimination, reduce fluid retention, and improve circulation. Ideal for swelling, tired legs, or as support in detox programs. A delicate treatment focused on internal well-being and bodily lightness.

RITUALS (FACIAL + BODY)

REVITALIZING BLUE MIST 130 € 90MIN
Complete renewal ritual combining an exfoliating body scrub with a facial treatment. It begins with a gentle exfoliation removing dead cells and activating the skin, followed by a hydrating and revitalizing facial suitable for all skin types. Result: body and face renewed, luminous, and deeply balanced with the power of the sea.

SUBLIME RIVIERA 130 € 90MIN
Total wellness experience combining relaxing massage with facial treatment. The body releases stress through gentle, enveloping movements, while the face regains freshness and radiance with a hydrating and balancing care. A sensory journey to the heart of the ocean to renew body and mind in perfect harmony.

FACIAL TREATMENTS

SEA FOAM 105 € 50MIN
Hydrating and firming facial treatment specially formulated for dehydrated skin. Using seawater-based products rich in trace elements, this ritual deeply nourishes, restores the skin's natural radiance, and strengthens the skin barrier. A marine caress that revitalizes and balances the skin.

MARINE WELLAGING 110 € 50MIN
Firming anti-aging facial treatment. Through specific techniques and concentrated marine actives, this ritual stimulates collagen production, redefines the facial contour, and restores a smoother, more luminous, and youthful appearance.

THE PEARL OF THE SEA 95 € 80MIN
Universal facial suitable for all skin types, even sensitive skin. Thanks to rich marine actives, this ritual balances, hydrates, and revitalizes the face, leaving skin soft, luminous, and pleasantly fresh. Ideal as an introductory or maintenance treatment.

OCEAN PRODIGY (KOBIDO) 85 € 50MIN
Premium facial treatment combining the extraordinary benefits of seawater with the Japanese Kobido technique, known as natural lifting. Precise and deeply stimulating movements reactivate facial energy, redefine the contour, and smooth wrinkles. The face radiates vitality, firmness, and youthfulness. A unique sensory experience leaving a mark from the first session.

EXCLUSIVES CAP ROIG

ABHYANGA 75 € 50MIN
Abhyanga massage, also known as Ayurvedic massage, is a therapeutic technique using oils and specific movements to balance body and mind, promoting overall health and well-being. Based on the principles of traditional Indian medicine, Ayurveda, it aims to harmonize the three doshas [Vata, Pitta, Kapha] that define individual constitution.

PRESSOTHERAPY 45 € 30MIN



VAT INCLUDED