In cooperation with:

Costa Brava
Pirineu de Girona

Catalonia is wellness
Listen to the wind over the flat rocks.
And the water goes on, and goes on:
Yes, the water, the water.

Joan Brossa
WELLNESS
Catalonia is one of the most dynamic countries in Europe today. Marked and shaped by a long history and the crossroads of many civilisations, this country’s strategic location, mild climate and rich cultural heritage make it a very attractive and special place.

Many of its charms were discovered long ago by the Romans, who introduced a tradition that is still practiced in all its richness and quality: thermae, now converted into health and wellness centres, which add one more compelling reason to visit Catalonia.

There are more spa resorts in Catalonia than anywhere else in Spain. The prodigious waters that spring up all over the country form the basis of most of the therapeutic and relaxing treatments provided with at these centres, complemented by services of the highest standard, all fully adapted to meeting the needs and demands of 21st-century society.

Catalonia, source of health and wellness, invites you to share its thousand-year-old tradition and discover the customs of a land full of life, vitality and unforgettable sensations that have captivated the most demanding visitors.
Catalonia is sure to make you feel at home

For its traditions: Catalan spas are amongst the oldest in the entire Iberian peninsula, guarding secrets and pleasures inherited from the Romans and enriched by a thousand years of history.

For the mineral wealth of its waters: a veritable treasure, rich in therapeutic and relaxing properties.

For its mild Mediterranean climate, which nurtures and enriches the healthy effects of centres designed for relaxation and enjoyment.

For its beautiful scenery: Catalonia’s spa resorts nestle in landscapes full of colour and contrast, from the high mountains down to the sea.

For the great quality of Catalan wellness centres, which offer a wide range of services and treatments that meet the very highest standards.

For its healthy food and drink: Catalan cuisine is renowned worldwide due its many excellent chefs, culinary masters who wisely combine tradition with innovation. Catalonia’s high quality products make up the very essence of a healthy, balanced diet.
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Download this and other catalogues from the Catalan Tourist Board website: www.catalunya.com
A country of salubrious waters, a land of health and wellness

Catalonia is one of the leading tourist destinations in southern Europe. And because pampering ourselves is one of life’s greatest pleasures, excellent new health and wellness facilities are constantly being added to the country’s magnificent leisure, entertainment and cultural attractions.

More and more people are beginning to devote their leisure time to enjoying unique, specialised treatments and services, giving their bodies and minds everything they need that tends to be neglected in the tumult of everyday life. Catalonia, an outstanding Mediterranean holiday destination, provides a unique location where visitors can restore balance to both body and mind. The success and popularity of this new form of tourism is amply demonstrated by the ever-increasing number of people who enthusiastically try it in one form or another.

Wherever they come from, health and wellness tourists seek what they so often lack at home: healthy recreational pursuits, treatments for particular ailments, or simply rest and relaxation. In Catalonia, spa hotels, wellness centres and medical and health centres come together, in a single location, to provide the pleasures of rest, relaxation and self-indulgence with personalised health care.

Ancient Roman culture, familiar with the properties and effects of freshwater and saltwater on the human body and mind, found the ideal conditions for practicing one of the essential activities of their lifestyle in Catalonia: ‘taking the waters’. Thermal baths were used for recreational, preventative, hygienic, medicinal and social purposes, and they sprang up all over the country.
Many towns all over Catalonia have made thermal, mineral and medicinal waters the focus of their way of life: Arenys de Mar, Benifallet, Caldes de Boí, Caldes d’Estrac, Caldes de Malavella, Caldes de Montbui, La Garriga, Sant Climent Sescebes, Sant Hilari Sacalm, Santa Coloma de Farners, Tona, Tredòs and Vallfogona de Riucorb, Els Bany de Sant Vicenç and El Vendrell. **These main spa centres and towns** in Catalonia are all willing and able to show visitors just why spa culture is becoming so popular.
Catalonia’s spa and thermal water traditions have taken this even further. Today, whilst the benefits of taking the waters have not changed, the services offered by spa resorts have become extraordinarily diversified to adapt to the needs of 21st-century society. These centres are equipped with all the latest, cutting-edge technology and are staffed with specialists always ready to provide advice and recommend the best treatment or therapy for each individual’s mental and physical health. All visitors receive personalised attention as they enjoy unique design and comfort features to ensure an unforgettable experience during their stay.
Spas

Catalonia, a land rich in thermal, mineral and medicinal waters, boasts 16 spa hotels, which account for 22% of all such resorts in Spain. These waters emerge to heal our bodies and minds after taking their mysterious and fascinating underground journey.

Today’s spa hotels owe their existence to the Romans’ passion for bathing in thermal waters. In the late 19th century, the vogue for taking the waters led to the construction of buildings for healing the body in addition to providing indulgence, rest and relaxation. Many of these places, such as the Hotel Balneari Termes Orion in Santa Coloma de Farners and the Hotel Balneari Vichy Catalán in Caldes de Malavella, are still open and fully operational today. Other establishments, such as the spa centre in Caldes de Boí, the Hotel Balneari Font Vella in Sant Hilari Sacalm and Termes La Garriga in La Garriga, have modernised their services whilst also keeping the spirit and essence of those earlier times. The main difference between spa hotels and other accommodation establishments are the thermal waters offered at them. Each different spa source varies in terms of water temperature, mineral composition and medicinal properties.

Although it is not necessary to consult a doctor or follow any specific medical advice in order to enjoy the benefits of thermal waters, medical teams and highly-qualified auxiliary staff are on hand at all spa centres. This means that anyone seeking not only rest, relaxation and general well-being, but also treatment for muscle strain or rheumatism, for example, will be personally advised by experts, who can recommend the best treatment to follow for their particular ailments.

Spa therapy has enormously beneficial effects on both our bodies and minds. Both men and women can choose from among a vast range of beauty treatments, from therapies to tone up the body and hydrate the skin to treatments designed to encourage weight loss. Add comfortable accommodation and excellent food and drink to these outstanding services, and you have an unbeatable formula by the highest standards.
Wellness centres

Thalassotherapy, spa and recreational thermal water centres are more generally known as «wellness centres». Water – both fresh and saltwater – forms the basis for all the treatments these centres provide, and yet it is always supplemented by other techniques, therapies and services.

As their name indicates, thalassotherapy centres are devoted to providing curative, preventive, health and beauty treatments principally using seawater – a constant source of well-being – and the coastal climate that goes along with it. Thalassotherapy, in which mud, sand, algae and other substances extracted from the sea are also used, is ideal for nurturing the body inside and out. The objective is clear: to relax, tone up and revitalise our bodies thanks to the marvellous properties of seawater. The establishments devoted to this cause include Le Méridien Ra Beach Hotel & Spa, housed in a refurbished sanatorium in El Vendrell, and the modern Hotel Colon in Caldes d’Estrac. Both these sites are located on the coast.

By spa, moreover, we should also understand all indoor and outdoor establishments that use running water to improve their clients’ physical health and mental well-being. Whether through pools, jacuzzis or saunas, spas provide a full range of treatments, therapies and relaxation methods. Apart from hydrotherapy, such centres even provide beauty salons and facilities for physical exercise, offering alternative activities like yoga, meditation and Ayurveda, as well as massages and other body treatments, all administered with expert advice.

There are countless resorts and hotels all over Catalonia that supplement the services and facilities they offer their guests with a spa, which nearly always includes a gym or similar space for physical exercise. The Montanyà Resort & Spa in Seva, the Estival Park Salou Hotel Resort, the Silken Park Hotel San Jorge in Calonge-Palamós and the Mas de Torrent Hotel & Spa are just a few prominent places where rest and relaxation are guaranteed.

Moreover, recreational thermal water centres such as Aquatonic at the Hotel Termes Montbrió in Montbrió del Camp, the Magma Centre Lúdic Termal in Santa Coloma de Farners and Termas Baronia in Les, all provide services and facilities similar to those at spa hotels, and use thermal, mineral and medicinal waters recognised as benefitting the public good. With facilities such as bubble loungers, water massage beds, counter-current rivers and colour therapy, to name a few, recreational thermal water centres mark a new development in this field, combining health, relaxation and well-being with delightful and playful aspects.
Health and medical centres

These centres provide all the medical specialities and treatments that good health demands. Visitors to Catalonia will also find leading medical and health centres where they can benefit from comprehensive health programmes under professional supervision with maximum guarantees.

Hydrotherapy stimulates both body and mind in such a variety of ways that many medical and health centres now include it in their programmes. Hydrotherapy centres are ideal facilities for enjoying the beneficial and therapeutic effects of running water on the body, improving health and enhancing or restoring beauty. The services available at such centres include baths, massages of all kinds (underwater, lymph, etc.), water jets, circular showers and mud and algae treatments. Catalonia’s hydrotherapy centres are innovative and pioneering, and are among the most outstanding facilities of their kind in Europe. The services they provide, combined with excellent personal treatment, have rightly earned them the highest international prestige and renown.

Many of the facilities that form part of Catalonia’s medical tourism trade are based in the Catalan capital city of Barcelona, making it an international leader in the field. A perfect example is Barcelona Centre Mèdic, a health centre whose services are considered among the most complete in southern Europe. Staffed by the finest medical professionals in all specialities, Barcelona Centre Mèdic is also equipped with the latest, cutting-edge technology.
The Catalan Tourist Board set up its Wellness Tourism Club in 2008 to promote Catalonia as a health and wellness tourist destination in conjunction with companies, associations and organisations linked with the sector. Members of the Wellness Tourism Club include spas, spa hotels, wellness centres, medical centres and tourism associations and boards.

The following pages enable readers to discover what each Wellness Tourism Club member can offer them to further their health and general well-being.
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This spa hotel offers guests a range of services using mineral-rich thermal waters that are considered suitable for treating rheumatic and respiratory complaints. The thermal water is administered in different types of baths and showers, as well as through inhalation for those with respiratory ailments. The treatments available at Balneari Prats include massages, parafango and clay therapy, as well as a Finnish sauna and jet showers. Moreover, these services have now been extended to include treatments for circulatory disorders, stress and even beauty. Rooms are available for people with reduced mobility. This establishment has been awarded the ISO 9001 seal of approval.

**Services**

- Water gym
- Gym
- Bike rides
- Talks and lectures

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**03. Balneari Termes Orion**

The three-star Hotel Balneari Termes Orion invites you to enjoy Catalan spa traditions in an environment of matchless beauty. Housed in a completely refurbished 19th-century neo-classical building, the hotel has 70 spacious, comfortable guest rooms. One of the main attractions here is the top-quality hotel cuisine, which combines traditional Catalan cooking with innovation and creativity to delight even the most demanding palates. Furthermore, the hotel’s spa services combine the therapeutic properties of its mineral-rich medicinal thermal waters – declared as benefitting the public good as long ago as 1889 – with cutting-edge technology to offer a complete range that includes massages of all kinds, face and body treatments, wraps and special treatments based on the benefits and salubrious properties of spices, coffee, chocolate, white pearl and gold. It is recommended for the general public and families.

- Silk caress massage / Body remineralisation
- Black grape bath
- Special two-night Beauty and Health pack
- Special six-night Firming and Slimming pack

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**Contact**

**Balneari Prats**

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Tel. +34 972 470 051
Fax +34 972 472 233
info@balneariprats.com
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**Balneari Termes Orion**

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Tel. +34 972 470 051
Fax +34 972 472 233
info@balneariprats.com
www.balneariprats.com

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**01. Consorci Viles Termals de Catalunya**

Benifallet, Caldes d’Estrach, Caldes de Malavella, Caldes de Montbui, El Vendrell, La Garriga, Sant Clliment Sescebes, Sant Hilari Sacalm and Santa Coloma de Farners: these are the catalan townships where the greatest “hydro-mineral” wealth is to be found. All these resorts boast mineral, medicinal and thermal waters whose benefits have been enjoyed for centuries. They are also home to outstanding a social, cultural, culinary and landscape heritage that, combined with superb spa facilities, equal a tourist attraction of the first order, an invitation to visitors (the general public, school groups, associations, the elderly, companies, etc.) to enjoy a delightful and unforgettable stay all year round.

**Promote the tourist attractions of spa towns**

- Disseminate knowledge and understanding of the therapeutic properties of mineral and medicinal waters
- Boost the activities of spa centres and similar establishments
- Work on research and innovation, training programmes and employment schemes, environmental conservation and physical and mental well-being

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**Benifallet, Caldes d’Estrach, Caldes de Malavella, Caldes de Montbui, El Vendrell, La Garriga, Sant Clliment Sescebes, Sant Hilari Sacalm and Santa Coloma de Farners: these are the catalan townships where the greatest “hydro-mineral” wealth is to be found. All these resorts boast mineral, medicinal and thermal waters whose benefits have been enjoyed for centuries. They are also home to outstanding social, cultural, culinary and landscape heritage that, combined with superb spa facilities, equal a tourist attraction of the first order, an invitation to visitors (the general public, school groups, associations, the elderly, companies, etc.) to enjoy a delightful and unforgettable stay all year round.**
04. Balneari de Caldes de Boí

This spa leisure complex is located at an altitude of 1,500 metres above sea level in the heart of the Boí valley. The complex contains two hotels (the four-star Manantial and the three-star Caldas) and the largest spa centre in Spain in terms of variety (with 27 different springs). Moreover, there are countless things to do in the area, as the complex is very close to Aigüestortes i Estany de Sant Maurici National Park and several Romanesque churches that have been declared World Heritage by UNESCO. The thermal treatments are recommended for everyone, from the age of 13 years and up. It will be open in 2010 from 15 March to 13 November, and 27-31 December. It is partially accessible to people with physical disabilities.

05. Hotel Balneari Font Vella

The four-star Hotel Balneari Font Vella provides all the ingredients necessary to achieve the perfect combination of rest, relaxation, personal balance and regeneration. This is due to the hotel’s location in the heart of Les Guilleries, an area where water, environment and cuisine come together to make a stay here the most life-affirming experience imaginable. The hotel has 30 spacious guest rooms, whilst the spa centre features a set of facilities that give guests all the benefits of prestigious Font Vella natural mineral water: thermal swimming pool, jacuzzi, polar bath, sauna, steam sauna, aroma showers, pebble foot spa, etc. These services are rounded off by a full range of massages and beauty and body treatments. There are guest rooms adapted for people with reduced mobility. The hotel closes only from 4 January to 19 February.

- Thermal pool, 100% Font Vella natural mineral water
- Gold and pearl wraps
- Complete Combined Balance Treatment: highly relaxing and cleansing
- Specific 3- or 7-night programmes: anti-stress, beauty and wellness

06. Hotel Balneari Vichy Catalán

Built near the legendary spring that gives us Vichy Catalán water, which is among the most salubrious and esteemed mineral waters in the world, the Hotel Balneari Vichy Catalán is a spa resort housed in a 19th-century neo-Mudejar building. This jewel of Catalan Art Nouveau architecture is just 89 km from Barcelona, 22 km from Girona and a stone’s throw from the Costa Brava.

The spa therapy area, the guest rooms, the Delicius Restaurant and the vast grounds, which also house such facilities as an outdoor heated pool, tennis court and gym, provide the ideal environment for relaxing and enjoying an unforgettable stay. The spa centre offers professional beauty services and specific therapy programmes, including Vichy Catalán water treatments.

Open all year round.

- Gourmet meals at the Delicius Restaurant
07. Hotel Termes Montbrió

The hotel’s facilities include 214 rooms, a conference centre with twelve rooms and excellent restaurant services. The spa centre is run by a medical team (including 35 therapists and 60 treatment booths) and offers beauty, health and preventive medicine programmes from one to seven days a week, as well as 100 à la carte services. The Aquatonic is the hotel’s spa leisure centre. Covering 1,000 square metres, it has glass walls and 60 natural spa water features, including waterfalls, rapids, steam, jets, caves and more. It is recommended for the general public, families, groups of adults, company teams, sports groups, incentive trips, conventions or exhibitions. It is open all year round, except 9-25 December. The Hotel Termes Montbrió was named the Best Hotel Resort & Spa in Europe in 2003.

Health and Beauty
- Anti-Stress
- Anti-Ageing
- Slimming programmes
- Aquatonic spa leisure centre

08. Termes La Garriga

This spa hotel with 22 comfortable double guest rooms is located just 30 km from Barcelona. Using medicinal mineral waters that emerge from the ground at a temperature of 56 °C, the spa centre offers more than 100 fully personalised treatments. Care is provided by a medical and therapeutic team that specialise in health, beauty and wellness. Moreover, the hotel restaurant provides a varied menu that invites diners to enjoy the finest Catalan cuisine in a relaxed atmosphere. Its services are aimed at all groups, with the exception of children from 2 to 12 years old. Termes La Garriga is open throughout the year, except the spa centre, which is closed on 25 December. The hotel’s facilities are adapted for people with reduced mobility.

Accommodation
- Beauty
- Chiropractic, Ayurvedic and Oriental massage
- Dietetics and gastronomy

09. Barceló Montserrat

The Hotel Barceló Montserrat is located in the centre of a golf course, in an extraordinary natural setting and an atmosphere of precious peace and quiet. The guest rooms, restaurant and wellness area all command superb views over the hotel grounds, the golf course and Mount Montserrat. The hotel’s superb facilities include: spacious guest rooms, a restaurant, banquet rooms, an outdoor swimming pool and gardens, a gym, a wellness area, massage services and parking. Complementary activities include visits to nearby wineries and cava makers.

Six treatment booths
- Massages
- Wellness circuit: themed pool, foot spa, sauna, Turkish baths and jacuzzi
- Solarium
- Outdoor swimming pool
10. Cal Marti, allotjaments rurals

This rural tourism accommodation establishment nestles in the stunning Vall de Lord valley. The activities available include hiking along paths such as the GR-7, GR-1 and the Camí dels Bons Homes («Cathar Route»), mountain biking (from the Vall de Lord mountain bike centre), skiing (at Port del Comte), cross-country skiing (at Tuixén-La Vansa), rock climbing and canoeing. The complex also includes an exclusive wellness centre, ideal for relaxing after a hard day of outdoor activities or for those seeking to get away from it all in a unique natural setting. The activities are aimed at small groups sharing accommodation. It is open all year round. This establishment is a member of the Camí dels Bons Homes («Cathar Route»).

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11. El Montanyà Resort & Spa

Less than an hour’s drive from Barcelona, in the heart of Catalonia, stands El Montanyà Resort & Spa. Adjoining the Montseny massif, El Montanyà is the perfect place for those wanting to escape the daily grind. Here, you can relax in an unrivalled natural setting, enjoying a short stay with partner or family. The facilities include a spa centre with a heated swimming pool, a gym, hydro-thermal services and massage booths. The resort also offers special health and beauty programmes. It is recommended for the general public, families and companies, though children under 16 years are not allowed to use the hydro-thermal services. It is open all year except 24 and 25 December.

The hotel’s facilities include 8 rooms adapted for people with reduced mobility and a heated swimming pool.

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12. Hotel Estival Park Salou

This four-star hotel complex is located in La Pineda, just 250 metres from the beach. Its facilities include a spa (Aquam Spa&Club) covering over 4,000 square metres which provide various services, as well as 650 square metres of water, a veritable invitation to relax. The spa is supplemented by Aquum Wellness, where you can really pamper yourself and indulge in wine baths, chocolate therapy, mud baths and relaxing personalised treatments for the whole body. It is recommended for the general public, including families. It is open all year round. The hotel’s facilities are adapted for people with reduced mobility.

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13. Hotel HG La Molina

Opened in 2007 at the foot of the Pista Llarga ski slope, the Hotel Spa HG La Molina is a modern and friendly establishment that commands views over the ski resort and the valley, making it ideal for a quick getaway or a relaxing holiday. The hotel has 65 guest rooms (doubles, triples, quadruples and family rooms for up to six people), including several adapted for guests with reduced mobility. The Wellness Spa overlooks the slopes, so guests may watch the skiers as they enjoy a complete set of services including a Turkish bath, showers with different sensations, a water massage pool, a sauna and more, in addition to being able to choose from among a long list of treatments and massages. The hotel is perfect both for couples and families, as well as for company conventions. It is open from December to April and from July to September. Winter and adventure sports are just some of the many outstanding open-air activities available here.

Water circuit
Massages
Treatments
Solarium

14. Mas de Torrent Hotel & Spa

Mas de Torrent Hotel & Spa is tucked away in a superb location, offering spectacular views over magnificent gardens. It stands discreetly behind the old farmhouse that gives it its name, perfectly integrated into a landscape formed by a pine and holm oak tree grove. Though small, this charming spa offers a complete range of services: a hammam, a sauna, a spa, a heated swimming pool, a sun roof, a fitness room, a relaxation room and exclusive treatments and massages to choose from. The centre is especially designed to generate a range of sensations and experiences that enable guests to enjoy the highest levels of physical and emotional well-being. Mas de Torrent serves a select clientele formed mainly by couples. For families, the hotel provides a babysitting service on request. All facilities are accessible to people with reduced mobility.

Mas Spa special pack: hotel, spa and restaurant
Exclusive massages: Mas Wellness, Mas Relax, Mas Active and Mas Fitness / Bamboo treatment and hot stone massages
Pilates and stretching sessions
Access to the 600-square-metre Mas Spa, included for guests

15. Silken Park Hotel San Jorge

Located in a delightful place on the Costa Brava, the Silken Park Hotel San Jorge overlooks the crystal waters of two bays and is surrounded by pine trees. This hotel offers guests the most cutting-edge facilities, including terraces, a spa and a pool with views of the sea. This is the perfect place for a long, restful holiday or a short weekend getaway. Guests can enjoy a range of sports here, including tennis, horseback riding, hiking and even golf, since the hotel is close to some of Girona’s finest golf courses. It provides direct access to three of the most beautiful coves on the Costa Brava: Bella Dona, Sant Jordi and Cap Roig. It is open to the general public all year round.

Spa circuit
Treatments
Teambuilding activities, company incentives
Wellness Party
16. Berga resort – The mountain and wellness centre

Berga Resort is a tourism and sports complex in the Catalan Pre-Pyrenees, located an hour from both Barcelona and Andorra. The centre provides a full range of facilities and services ranging from daily activities and services for children to health and beauty programmes for the elderly. It also caters to the training needs of elite athletes. Its facilities include a wellness centre with thermal treatments; the «Spaizen», which provides health and beauty treatment services; a sports centre; bungalows and a campsite. Moreover, there is a children’s area with indoor and outdoor play parks for younger visitors, a games room and sports school, among other facilities. There is also a restaurant service. It is open all year round. The resort’s facilities are adapted and accessible to guests with reduced mobility.

- Thermal circuit
- Exclusive use of thermal circuit and other services for companies, group treatments, etc.
- Special treatment programmes, dietician, etc.
- Complete packs including accommodation
- Wellness classes (yoga, water-gym, Pilates, gentle exercise, etc.)

17. MAGMA Centre Lúdic Termal

MAGMA Centre Lúdic Termal is a centre devoted to a new approach to health, relaxation and wellness: thermal leisure. Nestling in the great outdoors, the 5,000-square-metre complex contains three complementary facilities: the Thermal Leisure Area, the MAGMA Spa Club and the Magnatum Buffet Restaurant. The centre offers a total water surface area of over 870 square metres of mineral and medicinal spa waters: indoor and outdoor spas with jacuzzis, water massage beds, a bubble basin, counter-current rivers, cascades and jets, a swimming pool, a fantastic children’s area and another devoted to pampering the body, with a Turkish bath, a Finnish sauna, a chromotherapy sauna, an ice pit, contrast showers and thermal loungers. It is recommended for the general public and is open all year round.

First Spa Experience. The whole family will enjoy the first spa leisure centre to welcome children and babies of all ages.

18. Aqua Urban Spa

Aqua is an urban spa centre devoted to an innovative and exclusive concept of wellness (relaxation, health and beauty) in the very heart of Barcelona. Equipped with the finest services and sensory areas, the 350-square-metre centre features several specialised zones. These are: the Water Area (foot baths, therapy pool, contrast showers); the Thermal Area (Roman bath, Turkish bath, thermal beds); the Hydrotherapy Area (six booths, Vichy shower, hydro-Turkish bath); and the Dry Therapy Area, with six treatment booths. Aqua invites you to get away from it all, relax and pamper yourself. The centre is available to everyone 18 years and up. It is open all year, except Sundays and public holidays, Monday to Friday from 9 am to 9.30 pm and Saturdays from 9.30 am to 8.30 pm.

- Spa / hydrotherapy
- Manual therapies with aromatherapy
- Facial treatments
- Beauty and therapeutic body treatments
- Relaxing body treatments (chocolate, red grapes, stones and more)
**19. Silence Thalasso-Spa, Centre Lúdic-mèdic Esportiu**

With more than 25 years’ standing, Silence Thalasso is a leader and a point of reference among leisure and medical sports centres. The centre’s staff include 53 specialist doctors, physiotherapists, osteopaths and masseurs, whilst its top-class facilities include a gym, an Olympic-size heated swimming pool, a Wellness Thalasso-Spa centre and two three- and four-star hotels. The 15,000-square-metre centre is designed for and devoted to sport, health and wellness for the general public and athletes of all kinds (specialising particularly in swimmers and triathletes). It is open all year round. Its facilities are adapted for guests with reduced mobility or disabilities.

- Wellness Thalasso Spa
- Swimming and triathlon training camps
- Preventive medical diagnosis
- Preventive medical consulting
- Advanced hydrotherapy

**20. Le Méridien Ra Beach Hotel & Spa**

This 7,200-square-metre centre is devoted to health, beauty and wellness. The complex includes 60 treatment booths providing Oriental, holistic and relaxing therapies. Yet what really differentiates this traditional Ayurveda centre – a pioneer in Spain – from the rest of the pack is its highly qualified, professional staff, who ensure that clients enjoy the full benefits and maximum pleasure from its services. The centre is open both to hotel guests and the general public over 15 years of age. It is open all year round, except for three weeks in December. The facilities are accessible to people with reduced mobility.

- Slimming packs
- Different treatment packs (see website)

**21. CostaVision Incoming services Spain**

Wellness: the perfect fusion of body, soul and a love for travelling. Today, wellness is accessible to people of all ages and budgets. There are incredible places in Spain, Portugal and Andorra, centres with superb facilities and services where visitors can indulge in all the pleasures of wellness, whether in the city, in the mountains or by the sea. Our wellness webpage features a large and varied selection of spa and health centres so that you can choose the destination that is right for you. Many establishments provide facilities adapted for guests with reduced mobility or disabilities.

- Golf + health and wellness packs
- Gastronomy + health and wellness packs
- Cultural tourism + health and wellness packs
- City visits + health and wellness packs
- Sun and sand tourism + health and wellness packs
There are five spa towns and seven spa hotels near Barcelona where visitors can enjoy the benefits of these rich medical mineral waters, a pleasure for one and all. These towns and establishments, which have spa traditions going back over two centuries, combine tourist attractions, history and excellent services provided by professional staff that specialise in all that is good for both body and mind.

Promoting the five spa towns in Barcelona province
Promoting spa centres
Ideas and proposals for combining spa and other activities
Tourist products and packages related to spas and wellness

The Costa Brava – Girona Tourist Board promotes more than 20 spa resorts, each a tiny jewel awaiting discovery, their waters rich in nourishment for body and mind alike. Here are hundred-year-old traditional spa hotels where guests can take the medicinal mineral waters, enjoying baths, spa therapy, hydrotherapy, spa centres with swimming pools, jacuzzis, hot and cold water contrasts, essential oil showers, ice fountains, wet and dry saunas and more. These are just some of the facilities and services to be found at the 20 spa member hotels of the Costa Brava and Pirineu de Girona Wellness Club. Tourism for families, couples, the elderly and company groups.

Book your holiday at: www.costabrava.org
25. Patronat de Turisme de la Diputació de Lleida

In the counties of Lleida, wellness resorts offer complete well-being and help you achieve inner balance through a combination of physical exercise, excellent food, contact with nature and relaxation based on therapies for all five senses. Visit their website, www.lleidatur.com, for further information about all the activities available all year round.

Spa hotels and centres
Wellness of the Pyrenees
The Five Senses Diet
The Health Benefits of Sport

26. Patronat Municipal de Turisme del Vendrell

Music, culture, beaches, climate, food and drink: all this and more makes our town an outstanding tourist attraction where visitors will find all the modern, quality services they want for a truly enjoyable stay. El Vendrell also boasts a natural spring with therapeutic properties near the Riuet Coma-ruga beach, where visitors can indulge in a medicinal bath all year round. Moreover, the natural beauty of the Coma-ruga, Sant Salvador and El Francàs beaches is enhanced with spa-related services such as thalassotherapy. The coastline around El Vendrell is known for its tranquility, as well as the transparency and excellent temperature of its seawater, which contains high concentrations of iodine. El Vendrell’s health and wellness centres offer services and activities throughout the year.

Spa water at Riuet de Coma-ruga beach
Large range of spa-related activities provided by the Balneari Termaeuropa spa hotel
Wide range of thalassotherapy-related activities organised by the Hotel Le Méridien RA

27. Barcelona Centre Mèdic

BCM is an association that brings together 20 top-quality centres in Barcelona, all internationally renowned, thereby comprising the most complete medical tourism network in southern Europe. Based on many years of experience, BCM offers a full range of excellent services combined with the countless tourist attractions of Barcelona. The centre is aimed at anyone seeking medical treatment or care and at tourists seeking to combine low-complexity medical procedures with the charms of the city and surrounding area. These hospitals and clinics are accredited by the Joint Commission International, EFQM and ISO 9001.

Preliminary examination: case study, recommendation of specialist and centre, cost estimate
Organisation of travel and accommodation in the city
Arrangements for all medical appointments
Translation/interpretation services
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### Useful Information

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www.catalunya.com

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- **CPT Madrid**
  turisme.blanquerna@gencat.cat

- **CPT Germany, Frankfurt**
  info@katalonien-tourismus.de

- **CPT Italy, Milan**
  info@catalonia-turismo.it

- **CPT China, Beijing**
  ct.l@gencat.cat

- **CPT Benelux, Brussels**
  info@catalunya-turisme.org

- **CPT United Kingdom and Ireland, London**
  catalonia@catalantouristboard.co.uk

- **CPT France, Paris**
  media@tourisme.tourismdelacatalogne.fr
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  p-casaperpinya@gencat.net (Perpinyà)

- **CPT Nordic countries, Helsinki**
  ctb@wtc.fi

- **CPT Eastern European countries, Moscow**
  jose@rosmail.ru
Listen to the wind over the flat rocks.
And the water goes on, and goes on:
Yes, the water, the water.

Joan Brossa
Catalonia is wellness