

M | **M**SPA

MENU OF TREATMENTS

The MiM Spa team welcomes and invites you to relax with our exclusive range of treatments to balance your mind, body and soul.

Spa MiM Baqueira offers the possibility to connect with your authentic essence in a unique setting. Feel the serenity and enjoy the facilities with mountain views.

Let yourself be pampered by our expert hands and enjoy our traditional massages, rituals and beauty treatments

It is a pleasure for us to serve you.

FITNESS & HIDROTERAPY CIRCUIT

The hydrotherapy circuit includes a covered outdoor pool, cold water pool, footbath, dry sauna, steam bath, bithermal scottish shower, mist shower, splash and outdoor jacuzzi (90 minutes)

Combine the experience with physical training in our fitness room equipped with the latest Technology. (Under reservation only)

FITNESS RATES AND SUBSCRIPTIONS

Day Fitness Access (7 am - 3 pm)	20 €
Day Fitness Access (7 am - 9 pm)	25 €
Fitness Access & Hydrotherapy circuit day (3 am - 9 pm)	40 €
Weekly fitness pass (7 am - 3 pm)	95 €
Weekly fitness pass (7 am - 9 pm)	110 €
Weekly fitness pass & Hydrotherapy circuit (3 am - 9 pm)	195 €
Monthly fitness pass (7 am - 3 pm)	180 €
Monthly fitness pass (7 am - 9 pm)	210 €
Monthly fitness pass & Hidroterapia circuit (3 am - 9 pm)	340 €

Hotel guest free access

HYDROTHERAPY CIRCUIT RATES

Hosted customer	25 €
External customer	35 €
Client with treatment	5 €
Child access (0 to 16 years)	5 €
Adult accompanying access	12 €

EXCLUSIVE FACIALS

Our beauty concept is based on the maximum respect for the natural functions of the skin and its processes. We work with high-end organic and vegan products and achieve extraordinary results from the very first session.

EXPRESS FACIAL SÇENS

Intense cleansing and moisturising express facial treatment that will restore the natural beauty of a glowing and a firm skin for 24 hours.

30' | 70€

KOBIDO FACIAL MASSAGE

Japanese massage technique, known as "lifting without surgery". Oxygenates, detoxifies and strengthens the facial muscles. It slows down the ageing process, leaving the skin toned and radiant.

40' | 95€

DETOX

State-of-the-art oxygenating facial hygiene. Deep cleanses the face by providing oxygen to the skin cells, improves the cellular respiration process and energises the skin's metabolism.

50' | 105€

SIGNATURE VEGAN SÇENS

Global facial treatment personalised for each skin type, treating the décolleté, neck, face and eye contour. The most complete moisturising, regenerating and antioxidant treatment. Ideal to achieve a renewed skin.

75' | 135€

HYALURONIC ACID ANTI-AGING FACIAL

Comprehensive skin treatment with the hyaluronic acid lifting line, especially indicated to combat the signs of cellular ageing, combining the most sophisticated natural active ingredients to achieve a visibly younger, energetic and deeply hydrated complexion. The treatment includes hyaluronic acid veil among other natural biotechnology products.

75' | 149€

*Add guasha massage to any treatment for an extra 10 €

BODY MASSAGES

Our body massages will combine different techniques according to your desires and requirements, to help you achieve a balance between body and mind.

RELAXING

Gliding and enveloping movements for deep wellbeing.

25' | 60€ 50' | 90€ 80' | 115€

DEEP TISSUE

Deep maneuvers to relieve muscular tensions and contractures focused on the musculature, relieve tensions and soften contractures.

25' | 65€ 50' | 95€ 80' | 125€

SKI ESPECIAL

Aimed at treating tired legs, improving the muscles and circulation. Different intensities, depth and stretching according to the requirements. Ideal before and after exercises.

25' | 69€ 50' | 99€ 80' | 129€

FOOT REFLEXOLOGY

Balancing body and mind by stimulating strategic points on the feet. Eliminates stress and regulates the functioning of the organs by eliminating toxins.

25' | 55€ 50' | 85€

***Skin care with argan oil (supplement of 5 €)**

SPECIAL MIM RITUAL

Skin care with the best natural products where we obtain a renewed, firm and a revitalized skin. Choose and combine them, according to your wishes or let our specialists, advise you.

COMBINED

Complete body treatment combining deep exfoliation and nourishing wrap for a smooth, soft and luminous skin.

50' | 95€

LOMI-LOMI

Hawaiian technique to achieve a connection between body, nature and the universe with combined, deep and rhythmic movements with hands and forearms.

80' | 149€

WOOD THERAPY

slimming massage ideal for the most problematic areas. We will stylize the contours of your figure offering unique results and sensations by combining manual therapy and wood therapy in the most problematic areas.

50' | 120€

WINE THERAPY

Unforgettable experience combining vine seed exfoliation, grape extract wrap and relaxing massage with wine oil. This multi-sensorial detox treatment will allow us to disconnect mind and body and at the same time will be a luxury for the skin and palate as the treatment will end with an exquisite glass of wine.

80' | 169€

SIGNATURE MIM DELUXE

Our exclusive MiM Spa treatment is designed to achieve total relaxation and well-being. Body and facial fusion ritual where you will enjoy the Karite exfoliation, hot tourmaline massage, body shiatsu complemented with moxa, ending with kobido technique and facial skull massage with quartz. The perfect combination to enjoy in peace, beauty and wellness.

140' | 239€

BEAUTY HANDS & FEET

The perfect treatment for the feet and/or hands to take care of nails, cuticles and finish with one of our wonderful colours.

MIM SPA RITUAL MANICURE

Luxurious spa treatment including nail shaping and filing, cuticle treatment, exfoliation, antiaging masks, hydrating massage and nail make-up.

70' | 70€

MIM SPA RITUAL PEDICURE

Complete foot and nail care, including cuticle care, exfoliation, masks, massage and nail polish.

70' | 80€

Gel Removal 20' | 15€

TERMS & CONDITIONS

FITNESS ROOM

7 H-22 H from Monday to Sunday

***The membership is personal and non-transferable, in case of fraud the entrance will be denied for the rest of the membership period.**

***Make correct use of the fitness room equipment, in case of damage due to improper use, the amount of the damage will be charged.**

***For memberships of more than one month or more than one member in a family nucleus, please consult rates at the spa reception.**

HYDROTHERAPY CIRCUIT

Children's hours 1 p.m. to 3 p.m.

Adult hours 11 a.m. to 9 p.m.

Call us on +34 973 635 300 or send us an email to spa@hotelmimbaqueira.com

TERM & CONDITIONS

RECOMMENDATIONS

We recommend that you book your treatment in advance to ensure the availability at the desired time. Your confirmation number as a guest of hotel MiM Baqueira or your credit card if required.

Please communicate to our team any information about your health condition, your treatment or the access to the hydrotherapy circuit.

You can come dressed or with your bathrobe from your room.

We recommend that you arrive 10 minutes before your treatment. In case of delay, your treatment will not be extended in order to avoid interfering with the duration of the following treatments.

GENERAL INFORMATION

All prices indicated in this catalogue, are per person, please consult our prices for 5 or 10 session vouchers for facial and body treatments.

POLICY & RULES

For maximum benefit, please note the following points:

- We recommend using the hydrotherapy area prior to your treatment.
- Alcoholic beverages, smoking and food are not allowed on the premises.
- Children under the age of 16 are not permitted outside of children's hours.
- Please arrive in good time for your appointment.
- Keep your voice low during your stay throughout the wellness area. Respect the space and relaxation of other guests in the common areas and treatment rooms,
- Keep your mobile phone on silent mode until you leave the spa.
- Please notify changes or cancellations 24 hours in advance to avoid being charged 50% of the cost of your treatment.
- Lockers are available to store your personal belongings. We regret that we cannot be held responsible for the loss or damage of these items.
- Swimming trunks, flip-flops and a cap must be worn in the hydrotherapy area. If you need them, please consult our sales prices for these products at the MiM SPA reception desk.
- To respect the privacy of all our clients, it is not allowed to take pictures inside the facilities.
- It's not allowed to use chemical substances (peeling, soaps, flavours) inside the common areas.

MiM SPA

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www.hotelmimbaqueira.com