

MIM | SPA

B A Q U E I R A

An exclusive experience of health, beauty and wellness.

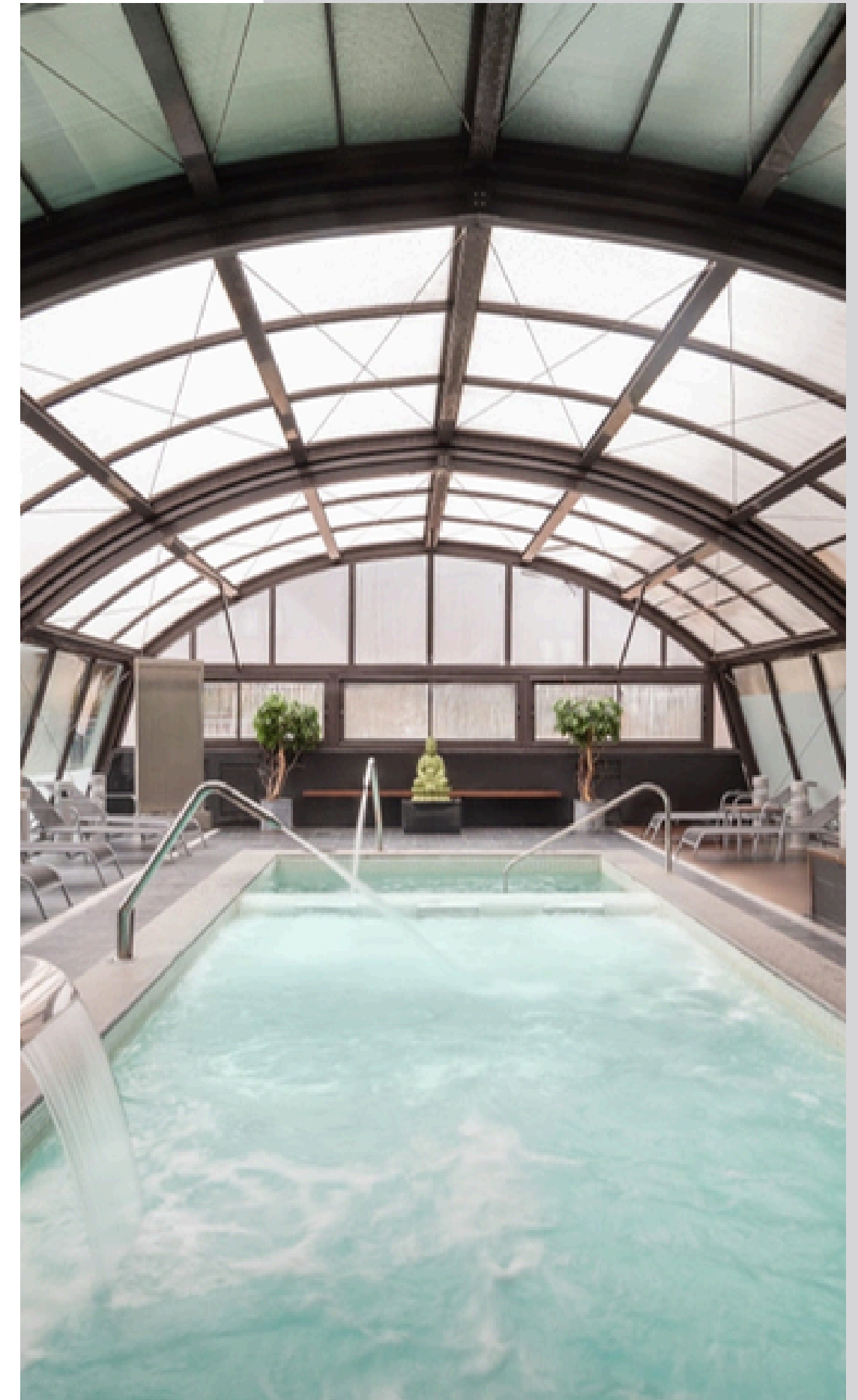
SERVICES AND TREATMENTS

Welcome to MIM Spa, we invite you to immerse yourself in an oasis of tranquility where you can enjoy our exclusive range of treatments designed to balance mind, body and soul.

At SPA MIM Baqueira, we offer a unique experience that allows you to reconnect with your essence in an incomparable environment. Enjoy serenity in our water circuit and explore our fitness facilities with stunning mountain views.

Let our expert hands take care of you and experience the magic of our traditional massages, exclusive rituals and personalized beauty treatments.

We are pleased to serve you and ensure that your visit is memorable and rejuvenating.



HYDROTHERAPY & FITNESS CIRCUIT

MIM Spa's Hydrotherapy Circuit includes outdoor and indoor pool, cold water pool, footbath, steam bath, bithermal Scottish shower, mistshower, Splash(90minutes).
Combine the experience with physical training in our fitness room equipped with **Technogym machines**

HYDROTHERAPY CIRCUIT RATES		FITNESS RATES	FITNESS & CIRCUIT RATES
HOSTED CLIENT 25 €	EXTERNAL CLIENT 35 €	DAY (7:00-22:00) 30€.	DAY (11:00-21:00) 40€
Children's ticket (0 to 16 years) 10€. Children's Hours 11:00H. to 17:00H.	Children's ticket (0 to 16 years) 20€. Children's Hours 11:00H. to 17:00H.	Weekly Subscription 110€	Weekly Subscription 195€
Adult Companion Ticket (valid during children's hours) 15 €	Adult Companion Ticket (valid during children's hours) 25 €	Monthly Subscription 210€	Monthly Subscription 340€

SPECIAL PROMOTION

Flexi Pass Fitness 4 days in 1 month **110€.**
Flexi Pass Fitness 7 days in 1 month **165€**

● ● ● **EXCLUSIVE ADVANTAGE WHEN BOOKING ON OUR OFFICIAL WEBSITE:**
1 FREE ACCESS TO THE HYDROTHERAPY CIRCUIT FOR 1 HOUR PER STAY AND PERSON OVER 16 YEARS OLD. UNLIMITED ACCESS TO OUR FITNESS AREA.

FEATURED TREATMENTS

01

INSTA GLOW 45 MIN.

115€

Facial treatment that provides instant radiance and hydration instantly, combines natural active ingredients with high concentrations of hyaluronic acid.

02

SKI SPECIAL 50 MIN.

125 €

Massage oriented to treat tired legs, improve muscles and circulation. Different intensities, depths and stretching according to the needs. Ideal before and after exercise.

03

KOBIDO 40 MIN.

110€

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

04

WOODTHERAPY 50 MIN.

140€

Reducing treatment that combines massage with wooden implements and lymphatic drainage maneuvers. It provides the elimination of fluid retention, providing a feeling of lightness and well-being.



FACIAL BEAUTY

EXPRESS FACIAL SÇENS 30 MIN 75€

Intense cleansing and moisturizing express facial treatment and moisturizing treatment that will restore the natural beauty of illuminated and firm skin for 24 hours. Perfect to combine with any body treatment.

DETOX 50 MIN. 115 €

Latest generation oxygenating facial hygiene. Deep cleanses the face by providing oxygen to the skin cells, improves the cellular respiration process and energizes the skin's metabolism

CUSTOMIZED FACIAL 75 MIN. 145 €

Designed to meet the specific needs of your skin. The products and techniques are adapted to what you are looking for through a relaxing and revitalizing experience.

ANTIAGING HYALURONIC ACID 75 MIN. 165€

Integral treatment especially indicated to cope with the signs of cellular aging. The combination of natural active ingredients with the highly concentrated hyaluronic acid veil is able to penetrate the 3 layers of the skin. Restores firmness, radiance and hydration.

Add quartz massage to any treatment with a supplement of 10€.



BODY MESSAGES



RELAXING

Gliding and enveloping movements for deep wellness.

25 MIN. 70€
50 MIN. 100€
80 MIN. 130€

DEEP TISSUE

Deep maneuvers to relieve tension and soften contractures.

25 MIN. 75€
50 MIN. 115€
80 MIN. 140€

SKI SPECIAL

It is oriented to increase blood flow and accelerate muscle recovery.

25 MIN. 80€
50 MIN. 125€
80 MIN. 150€

REFLEXOLOGY

Deep stimulation in strategic points
On the feet. Promotes general well-being.

25 MIN. 70€
50 MIN. 100€

MATERNAL RELAXATION

Designed for comfort. Customized for each stage of pregnancy. A safe and relaxing experience.

25 MIN. 75€
50 MIN. 110€

DREAM FOR CHILDREN

Provides a deep sense of well-being and improves sleep quality. (6-12years).

20 MIN. 65€

***Pamper the skin with Argan oil (extra charge of 5€)**



MIM RITUALS

FUSION

50 MIN. 120€

A comprehensive experience that combines exfoliation and hydration, leaving your skin with exceptional radiance and softness.

VITAL VID

80 MIN. 169€

Powerful antioxidants from the vine combined to give you a revitalizing and nourishing experience. This 3-in-1 treatment is perfect: exfoliation, wrap and relaxing massage. An incomparable pleasure for your skin and your senses, complemented by the delight of a fine glass of wine.

SIGNATURE MIM DELUXE

140 MIN. 259€

Our exclusive SPA MiM treatment designed to achieve total relaxation and wellness. Ritual body and facial fusion where you will enjoy Karite exfoliation, massage with hot tourmalines, shiatsu body massage complemented with moxa, finished with kobido technique and cranio facial massage with quartz. The perfect combination to enjoy peace, beauty and wellness.

HOT STONES

80 MIN. 169€

Combination of massage and volcanic stones. Promotes blood circulation and the elimination of toxins.



SUSTAINABLE BEAUTY

RESVERATROL RADIANCE

50 MIN. 105 €

Innovative facial treatment that combines the antioxidant power of resveratrol with the revitalizing benefits of Priorat grapes. Designed to rejuvenate and revitalize the skin, protecting it against environmental damage and promoting a younger, more radiant appearance.

WINTER REVITALIZATION

25 min 70 €

After prolonged exposure to the cold in the Pyrenees, the skin needs special care to recover and revitalize. Here is an express treatment that takes advantage of the unique properties of Priorat grapes to repair and protect the skin.





GIFT MIM SPA

Customize Your Digital Gift Card

Voucher for an unforgettable experience at Hotel MIM Baqueira. Enjoy a moment of relaxation at our MIM SPA.

- Voucher validity: **APRIL 2025**
- Gift vouchers from **€150.00**

*Gift Beauty,
Gift Well-being,
Gift a Moment of Relaxation*



TERMS AND CONDITIONS

RECOMMENDATIONS



- We recommend that you book your treatment in advanced to ensure availability at the desired time.



- Please communicate to our team any information about your health that may affect your treatment or access to the circuit the hydrotherapy.



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



GENERAL INFORMATION

- All prices quoted in this brochure are per person.
- Please consult our prices for vouchers of 5 or 10 sessions for facial and body treatments.
- With each treatment of more than 50 minutes, we include a spa hour at no additional cost.



FITNESS ROOM:

- 7:00 am to 10:00 pm from Monday to Sunday.
- Exclusive access over 16 years old.



HYDROTHERAPY CIRCUIT:

- Children's hours 11:00 am to 5:00 pm.
- Adult schedule 11:00H to 21:00H from Monday to Sunday.

TERMS AND CONDITIONS



It is mandatory to take a shower before entering hydrotherapy area.



It is not allowed to use chemical substances (soaps, aromatizers) inside the common areas.



Keep your voice down during your stay in the entire wellness area. Respect the space and relaxation of other guests in the common areas and treatment rooms.



Children under 16 years of age are not allowed outside the children's hours. All children must be accompanied by a responsible adult.



Keep your voice down during your stay in the entire wellness area. Respect the space and relaxation of other guests in the common areas and treatment rooms.



Keep your cell 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 amount of your treatment.



Lockers are available to store your personal belongings, but we regret that we cannot be held responsible for the loss or damage of these items.



It is essential to wear a bathing suit, flip-flops and a cap in the hydrotherapy area. In case you need them, please consult our sales prices.



To respect the privacy of all our clients, it is not allowed to take pictures inside the facilities.



Fitness Room:

- Exclusive access to those over 16 years old.
- The fee is non-refundable.
- Membership is personal and non-transferable, in case of fraud, entry will be denied for the remainder of the fee period.
- Make proper use of the fitness room equipment, in case of damage due to improper use, the amount of the damage will be charged.

MIM | SPA

BAQUEIRA



*Avda. Perimetrau, s/n - Urb. Val de Ruda,
25598, Baqueira · Lleida · España. Primera planta.*



WhatsApp: +34 679 48 61 78
Tel. +34 973 63 53 02
From your bedroom: Ext: 4000



spa@hotelmimbaqueira.com
www.hotelmimbaqueira.com