

Immerse yourself in this unique place where you can discover the concept of relaxation, wellbeing and health. Our comprehensive, sophisticated facilities invite you to rediscover vitality thanks to the power of water in its many varied forms. A thermal circuit especially designed and created for you.



GIFT VOUCHER

Don't hesitate to ask about our U SPA gift vouchers, ideal for any occasion.

U SPA POLICY

RESERVATIONS: Appointments can be made directly at the Spa or by calling 959 49 59 00. We recommend that you reserve your treatment or circuit at least a day in advance. We suggest you arrive 10 minutes before your appointment. Delays of more than 15 minutes may result in your treatment being changed. **CANCELLATIONS:** If you need to cancel your appointment, please inform the Spa at least 6 hours in advance. Any cancellation made later will result in 100% of the price of the service being charged to your account or the loss of any deposit or voucher. If you do not arrive for your appointment without prior notification, 100 % of the cost of the treatment/service will be charged. **OTHER SPA POLICIES:** We would like to emphasize that U Spa is a non-smoking Spa; if you wish to smoke, we ask you to do so outside the premises. We recommend that you do not bring valuables (mobile phones, cameras, etc.) to the Spa. To respect other clients who are receiving treatments or relaxing in the communal areas, we request that clients maintain a moderate tone of voice throughout the Spa. Consumption of alcohol or illegal substances is strictly prohibited. All U Spa users must be 16 years old and over (except during specific times or events established by the U Spa and Hotel Management). U Spa reserves the right of admission.

Barceló Punta Umbría Beach Resort

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Barcelo.com

price list

TREATMENTS

ENGLISH



Barceló Punta Umbría Beach Resort



MASSAGES

classic for U

Massage of your choice, relax or specialized (relaxing, aromatherapy, tension relief, sports, anti-cellulite, lymphatic drainage or mum-to-be). A treat for both the body and mind. Absolute relaxation.

25 min.	55 min.	70 min.
40€	65€	75€

volcanic stone therapy

Nature knows best. Massage that combines heated oil and volcanic stones to restore the body's equilibrium. Pure energy.

25 min.	65 min.
40€	80€

lomi lomi (Hawaiian)

Ancestral Hawaiian technique with a holistic focus. Deep, rhythmic, fluid massage performed with the hands and arms. Pure relaxation.

85 min.
100€

thai

Asian wisdom. A full, deep, rhythmic massage using pressure and stretching all over the body. Vital energy in perfect equilibrium.

85 min.
120€

shambala (Hindu head massage)

India in the West. Ayurvedic massage for the back, shoulders, neck, head and face. Complete wellbeing.

40 min.
50€

reflexo

Thousand year old tradition for your feet. Massage based on the application of pressure to specific points with definite effects on the body and mind. Health from the feet upwards.

40 min.
45€

RITUALS

ritual for U

A very personal ritual. Treatment in 1, 2 or 3 stages: peeling, body wrap or massage or facial that can be adapted or combined to fully meet your needs, preferences and time available. Complete wellbeing.

30 min.	60 min.	90 min.
35€	75€	80€

ashram

Retreat for two people. Massage ritual performed by two therapists, personalised hydromassage bath with chromotherapy, therapy with Tibetan bowls and massage glasses. Complete renewal.

120 min.
285 € (2 pax)

family treat

A break for the family. Water circuit for everyone, chocolate wrap for the little ones and Mum and Dad can choose a treatment. Fun and relaxation.

90 min.
190€ (4 pax)

tibetan

Thousand year old tradition handed down through generations. A deep, slow, gentle massage that is extremely effective and pleasurable. Body and mind in harmony.

75 min.	110 min.
85€	120€

indocéane

A voyage across East and West. Body treatment in 4 stages based on different relaxation techniques: a sweet and salty peeling with a touch of citrus, milk bath, ayurvedic massage and rice germ body wrap. Pleasure for the 5 senses.

110 min.
120€

polinesia

A dreamy tour of the Pacific Islands. A complete ritual where sand and essential oils are combined in 4 stages: peeling with sand from Bora-Bora, bath with relaxing oils, massage with hot sand sacks and hydration with oil.

110 min.
120€

BEAUTY

face

facial for U

A basic beauty ritual. Choose from an express facial or deep cleansing according to your needs and time available. Pure oxygen.

25 min.	55 min.
39€	69€

antiaging premium

The best defence against stress and external damage. A personalised anti-aging treatment for a firmer cutis with less visible expression lines and fine wrinkles. Young again.

70 min.
79€

kobido

The beauty of Japan. Face and neck massage with a lifting effect that combats aging in a natural way without surgery. Always young.

40 min.	85 min.
50€	80€

body

peeling

Always clear skin. Body exfoliation using different aromas and the textures of your choice. Health and beauty.

35 min.
37€

body wrap

Beauty and health. Hydrating and toning treatment that also improves circulation, alleviates muscular pain and helps mobilize fatty deposits. Enveloping beauty.

Slimming 55 min.	Detoxifying 80 min.
72€	90€

hands and feet

manicure

Express
7€

pedicure

Plus	Express	Plus
15€	23€	40€

polish

Classic	French Polish
6€	12€

hair removal

Ask at the U Spa reception.