

# LE MAX WELLNESS CLUB

SPA & MASSAGE



*Wellington Hotel & Spa*

MADRID

EST.1952



# LE MAX WELLNESS CLUB

The most exclusive Club in Madrid, with only 300 openings for members and guests of the Wellington Hotel, using the most advanced leading protocols of a 5-star Hotel.

The club has different Areas:

Fitness area consisting of 3 zones, with the latest generation of Artis® Technogym machines, for cardiovascular training, free weights, and guided strength. There is also a Personal Trainer service all under the supervision of the best professionals.

Le Max Club members have 4 specialized and complementary boutiques focused on high performance sports or improving health, distributed in more than 350 monthly sports activities, spread out from 7:00 a.m. to 10:00 p.m. The sports clubs included are: Official CrossFit Barrio Salamanca Box, Wattbike® Cycling Studio, Running Club Retiro and Soul Hot Yoga. Each of these clubs is run by professionals specialized in each area.

The water area consists of an outdoor pool for the summer season and an indoor Spa: with a 16-meter pool that includes a hydrotherapy circuit, a 40° thermotherapy Jacuzzi, a 5° cryotherapy pool, a state-of-the-art sauna and Hamman, all with a holistic and relaxing concept as well as therapeutic, with programs tailored to each user.

We have an exclusive Artprevent® health area focused on rehabilitation, nutrition and aesthetic treatments; with a wide menu and schedule of treatments and personalized experiences. In addition, we offer healthy area with healthy breakfasts and meals developed by the great talent of the Wellington Hotel kitchen.

All this to generate authentic experiences.

"Achieve the best version of yourself"





The Wellington Hotel, one of the most emblematic and recognized 5-star hotels in Madrid, has represented elegance, comfort and the highest gastronomy since 1952; The quality of the most classic hotel tradition adapted to the needs of the current customer.

Its decoration and attention to detail allow the visitor to enjoy an unforgettable and personalized stay. 251 classic and elegant rooms and suites equipped with the most avant-garde technologies make your stay in Madrid a pleasant memory.

Located in the stately Salamanca neighborhood, a few meters from the Retiro Park and just a few minutes from the most luxurious shops on the "Golden Mile of Madrid" and the well-known Art Triangle, the Prado, the Thyssen and the National Center of Arte Reina Sofía.

The exquisite and varied gastronomic offer will allow you to experience various culinary cultures in Goizeko Wellington, Kabuki Wellington, El Bar Inglés, La Llave de Oro or La Terraza del Wellington, located on the first floor next to the pool, where you can enjoy a warm space in the open air, partaking in a selected lunch buffet, à la carte dinners or simply having an aperitif or cocktail at sunset.

On one floor the facilities dedicated to health Le Max Club Wellington are where you will find the Spa, fitness area for cardiovascular and muscle training, a CrossFit Box, or the new ArtPrevent® area. Also within the facilities there are 4 cabins for facial and body treatments, with relaxing hydromassage baths and extensive accessories.

"EL WELLINGTON": A LUXURY FOR EVERYONE



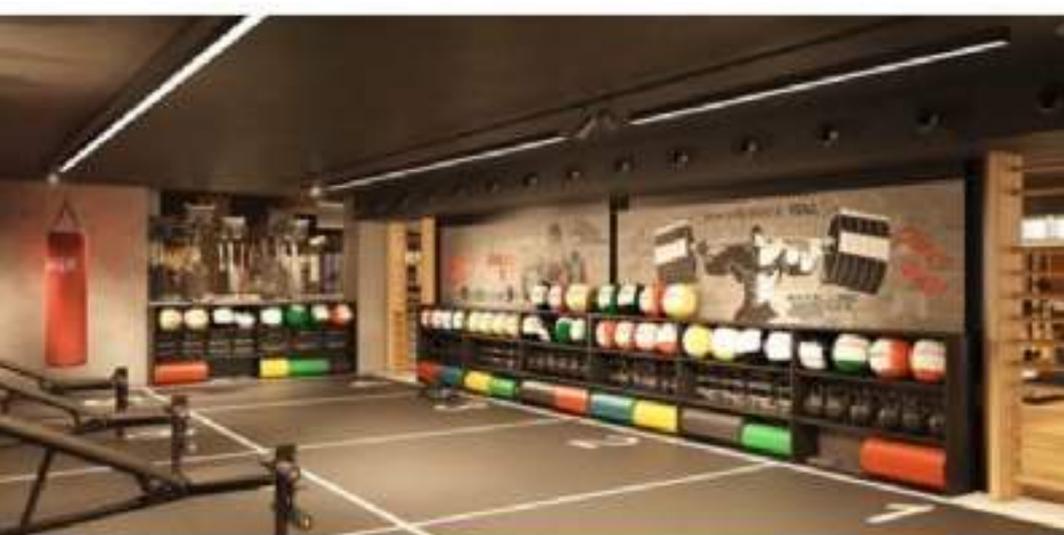
# ARTPREVENT

SPA - TERAPIAS - NUTRICIÓN

A new space prepared to be enjoyed with all the five senses, with a set of exclusive rituals and unique experiences.

Each of our rituals have a therapeutic base, aesthetic and finally nutritional base, through this method we combine all the possible improvements for each client. Discover a new way to take care of yourself at the hands of the best professionals in the sector.

The water area consists of an outdoor pool for the summer season and an indoor Spa: with a 16-meter pool that includes a hydrotherapy circuit, a 40° thermotherapy Jacuzzi, a 5° cryotherapy pool, a state-of-the-art sauna and Hamman, all with a concept both holistic and relaxing as well as therapeutic, in programs tailored to each user.





Biologique Recherche is a brand that was born 50 years ago with a clear vocation: to give health to our skin, looking for the best active ingredients, in the highest possible concentrations and avoiding perfumes, colorants, added preservatives and any element that may cause adverse reactions.

Due to the high concentration of the formulas, specific methods can be used. Unique, personalized treatments, because each person is unique and so is their skin, suitable and adapted to "every skin moment". Our skin is a living organ that changes throughout the day and over time. A prior diagnosis by trained professionals is essential for the use of our products, which is why Biologique Recherche is against public sales, since there must always be a trained professional between the product and the end customer.

A scientific and technical brand with a high investment in R&D to have an effective solution to the changing problems that the skin presents.

In short, a unique brand that makes us different.



# CASMARA

Cosmético sin límites

A brand with products that make a difference. Creators of the original and exclusive Algae Peel-Off Mask since 1979, known throughout the world thanks to its multiple benefits that offer a moment of relaxation and intense well-being. 45 years of experience in the dermocosmetic sector and presence in almost 70 countries around the world. A firm whose drive is family and that combines avant-garde, tradition and passion to create real cosmetics adapted to the needs of our clients.

Annual launches, constant portfolio expansion with products that follow the latest trends worldwide. New formulas, new technologies and new assets that break into the market every year to offer the latest advances in facial and body cosmetics.

Real cosmetics that offer proven results from the first application, backed by medical studies.

Exclusive personalized professional treatments in concentrated single-dose phases created with the latest medical-aesthetic advances and the latest trends in active ingredients with the right measure to achieve the greatest effectiveness in an innovative way.



## **Our Facial Rituals**

Biologique Recherche Esencial Facial Ritual 60´.....	135€
Biologique Recherche Esencial Facial Ritual 90´.....	180€
Purifying Facial Ritual 60´.....	135€
Infinity Facial Ritual 60´.....	135€
Skin Sensations Facial Ritual 60´.....	135€
RGnerin Facial Ritual 60´.....	135€
Eye Perfection Facial Ritual 45´.....	100€
Empress Kobido Facial Ritual 90´.....	180€

## **Our Body Rituals**

Body Slim Ritual(60´ + 30 spa).....	150€
Body Firm (Ritual 60´ + 30 spa).....	150€
Saekum Body Ritual(90´ + 30 spa).....	200€
Walk on the clouds Body Ritual(75´ + 30 spa).....	180€
Traditional Thai Ritual (60´/90´ + 30 spa).....	150€

## **Special Face & Body Le Max**

Equilibrium Ritual(90´ + 30 spa).....	200€
Emodetox Ritual(90´ + 30 spa).....	200€
The Art of Touch (90´ + 30 spa).....	200€



## **-The Biologique Recherche Facial Ritual -Esencial (60') - Premium (90')**

Biologique Recherche treatments have a clear purpose: to give health to our skin, looking for the best active ingredients, in the highest possible concentrations and avoiding perfumes, colorants, added preservatives and any element that can produce adverse reactions. Unique, personalized treatments, because each person is unique and so is their skin, suitable and adapted to "every moment of the skin" that achieve visible results from the first application.

## **-The Infinity Facial Ritual (60'/ 90')**

Professional treatment with an ultra-rejuvenating action that fuses neurocosmetics, genomics, epigenetics, chronocosmetics, wellness and regenerative cosmetics that promises sensations and care that transport you to another reality, so that your skin radiates youth and beauty with an intense feeling of well-being. Indicated for mature skin looking for an intense rejuvenation. Possibility of performing with appliances, extending the duration of treatment to 90 minutes.

Especially indicated to combat lack of firmness, deep wrinkles and very accentuated expression lines.

## **- The Purifying Facial Ritual (60'/ 90')**

Exclusive beauty plan with purifying action - oxygenation that revolutionizes facial hygiene protocols with Cosmetic Drone Technology and pure O<sub>2</sub>. It combines medical technology and professional cosmetics to oxygenate and purify the skin, making it breathe again. Possibility of adding use of appliances, extending the duration of treatment to 90 minutes.

Indicated for all skin types, including delicate, reactive, or altered skin, who want to achieve correct facial hygiene and enhance the effects of their usual or specific beauty treatment.

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### **- The Skin Sensation Facial Ritual (60'/ 90')**

Revitalizing treatment with a high-tech facial mask with 24K Gold that nourishes, revitalizes and firms the skin. Provides an injection of vitamins and minerals. Helps to restore youthful vitality to the skin, recovering the natural glow of dermal tissue, thus leaving a radiant, luminous and revitalized face. Possibility of performing with appliances, extending the duration of treatment to 90 minutes.

Indicated for mature skin, especially for those that need luminosity and an immediate vitality recharge.

### **- The RGnerin Facial Ritual (60'/ 90')**

Regenerating treatment with a high-tech facial mask with aloe vera extract and flax seeds. Botox effect, no injections, no side effects. Wrinkle filler and blemish eraser. In 28 days of care with RGNERÍN, wrinkles fade and expression lines diminish. Regenerated, younger, smooth and blemish-free skin. Possibility of performing with appliances, extending the duration of treatment to 90 minutes.

Indicated for mature skin looking for a renewing effect and younger skin to eliminate scars and acne marks, improving the skin micro-relief.

### **-The Eye Perfection Facial Ritual (45 ')**

Global rejuvenating eye contour treatment that combines growth factors, medicinal botanical extracts and proprietary technology inspired by carboxytherapy, capable of rejuvenating the eye contour from the first session.

An innovative and exclusive formula that effectively treats and prevents the negative effects of aging, chronic stress and fatigue.



### **-The Empress Kobido Facial Ritual (90')**

Facial rejuvenation ritual through the fusion of lymphatic drainage techniques, vibrational therapies and traditional Chinese and Japanese medicine with deep and precise massage methods that affect the meridians of the face to obtain a more oxygenated, luminous skin with an immediate lifting effect .

Not only is it possible to regenerate the skin, but it also helps to balance body and mind, obtaining the most perfect beauty, achieving an emotional state of harmony, balance and inner calm.

### **-The Body Slim Body Ritual (60'/ 90' + 30 'spa)**

Liporeductor treatment. It begins with a 30-minute Detox circuit in the Spa followed by a protocol that, together with its anti-cellulite, reducing and draining action, tones and firms the skin, redefining the figure. Possibility of performing with appliances, extending the duration of treatment to 90 minutes.

Formulated to eliminate fat in localized or large areas. Its application is recommended on legs, abdomen and arms. (Its application is not recommended during pregnancy and lactation, nor in persons with hyperthyroidism or hypothyroidism issues and / or varicose legs)

### **- The Body Firm Body Ritual (60 ' / 90' + 30 'spa)**

Ultra-firming body protocol. It begins with a 30-minute Activating circuit in the Spa to improve circulation, followed by the treatment in the cabin that acts on elastin and collagen, redensifying the tissue, while reducing localized fat, visibly eliminating dimpled skin and prevents its appearance. Its application is recommended on the legs, abdomen and arms.

(Its application is not recommended during pregnancy and lactation, due to its content of essential oils).

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### **- The Saekum Body Ritual (90 ' + 30' spa)**

New comprehensive and holistic concept of anti-cellulite reduction therapy. Through oriental medicine techniques it is possible to rebalance metabolism, strengthen the immune system and unblock the energy centers found in the belly. This favors volume reduction and retention in this area. With this massage it is possible to redefine the waist, reduce adipose tissue in the hips and lift buttocks. Other techniques used in this integral massage, include: foot reflexology, acupressure, magnetotherapy and aromatherapy, aimed at reducing anxiety, balancing the appetite, strengthening willpower and maintaining a constant detoxifying activity in the body.

It is combined beforehand with a therapeutic hydrothermal Spa circuit that will help loosen your muscles and relax

### **- Walk on the clouds (90 ' + 30' spa)**

Comprehensive body treatment, especially indicated to immediately relieve the sensation of heaviness, accumulations of fat, blockage, inflammation or discomfort in the legs and abdomen. Among its benefits is the reduction of body fat, elimination of toxins, toning and stimulation of blood circulation and the lymphatic system through various aromatherapy techniques, chromotherapy, auriculotherapy techniques, acupressure and yesotherapy.

A unique treatment that will vibrate the five senses, combined previously with a 30-minute toning and anti-inflammatory Spa circuit with temperature contrasts.

### **- Art of touch (90 ' + 30' spa)**

The treatment that combines the quintessence and the importance of manual techniques, in a complete rebalancing menu for face and body. Done in three stages dedicated to energetic tactile techniques to relax, revitalize and regenerate from head to toe. Previously combined with a Relaxing circuit of 30 minutes in the Spa that will provide absolute rest.

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### **- Traditional Thai Ritual (60 ' / 90' + 30 'spa)**

This type of massage is a sequence of pressure on points and meridians, circulatory compressions, joint mobilizations, stretching, and reflex stimulations. All this chained in a regular rhythm, where the masseur's breathing harmonizes with that of the patient. The massage is applied to the entire body, from the toes to the skull. This work focuses on eliminating toxins, releasing the Qi and offering the recipient of the massage a deep sense of peace in both body and mind. It can be done with comfortable clothes and in the Hot Yoga room, or on a stretcher with essential oils.

It is previously combined with a therapeutic hydrothermal Spa circuit that will help loosen your muscles and relax you.

### **- Equilibrium Ritual (90 '+ 30' spa)**

Holistic Relaxing and Liberating Ritual. Created to deeply hydrate, nourish and provide health to the entire physical body through facial and body techniques, but also to balance our mind and emotions, thanks to the innovative incorporation of sonopuncture therapy and vibrational therapy with tuning forks. .

An improvement in the immune system is obtained, stress reduction, muscle relaxation and promotes restful sleep as well as the activation of blood and lymphatic circulation. Previously combined with a relaxing anti-stress Spa circuit that will balance your energies.

### **- Emodetox Ritual (90 '+ 30' spa)**

Detoxifying, Antioxidant and Rejuvenating Ritual. Treatment that fuses Ayurveda medicine with advances in neurophytology and phytotherapy, while bringing together natural techniques of valued prestige in the field of natural therapies, such as; mud therapy, aromatherapy, reflexology and ear therapy. Previously combined with a 30-minute Detox circuit in the Spa.

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Get to know our oasis in the heart of Madrid and experience one of our hydrothermal circuits. The Spa has a wonderful 6° freezing pool next to a 41° Jacuzzi where you can carry out contrasts of circulatory activation, relax in the wonderful water beds, swim in the pool overflowing 16 meters and enjoy the contrast of our Sauna and Hamman with the ice fountain.

## Other Therapies:

- Body Scrub 45 ' .....€ 100
- Moisturizing Wrap 75 ' ..... € 150
- Body Scrub & Moisturizing Wrap ..... € 180
- Chiromassage 60 ' ..... € 135
- Sport massage 60' ..... € 135
- Physiotherapy 60 ' ..... € 120
- Personal Training 60 ' ..... € 80
- Pilates & Yoga 60' ..... € 80



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## **Opening hours:**

Monday to Friday: from 07h00 to 22h00 Saturdays & Sundays: from 09h00 to 20h00

Access at the 1st floor, Booking from outside: 915 762 766 Booking from hotel room: 9410

## **Spa Etiquette**

For the respect of other Spa guests, the use of mobile phones, cameras and other electronic devices when in the Spa is not permitted. We also kindly request you to keep noise levels to a minimum whilst in the spa facilities and during treatments.

We recommend you to arrive 10 minutes before your appointment, in order to register and begin the treatment on time.

If you arrive late the duration of treatment should be reduced. It will finish on time in order to continue with the next client.

The selected treatment is reserved specially for you. If you reschedule or cancel your appointment, please notify the Spa reception at least 3 hrs in advance to avoid being charged 50 % of the amount.

The Spa treatments are intended exclusively for people in good health. Please inform us of any health issues, allergies or injuries that might interfere with your treatment or the use of the Spa. Spa is a non-medicalized environment and all the programs carried out are for your well-being only.

Access to the Spa is forbidden for children under 3 years old, and minors under 18 years old must be accompanied by an adult that will sign a discharge of responsibility.

Spa Management is not responsible for any loss, oversight, theft or damage of objects inside the establishment.