

TREATMENTS BOOK

Taste True Wellness

A MOMENT FOR YOU AND WELLNESS.

LE MAX WELLNESS CLUB
MADRID

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 400 thermotherapy Jacuzzi, a 50 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"

LE MAX WELLNESS CLUB
M A D R I D



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 40o thermotherapy Jacuzzi, a 5o 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.



ALQVIMIA

Alqvimia was born with the premise of creating 100% natural cosmetics with absolute respect for nature and beauty.

Each Alqvimia product represents the search for absolute beauty, the search for excellence, the ability to transform ...

They select the best essential oils and powerful raw materials worldwide to create sublime products.

They take advantage of the most appropriate astrological moment to enhance the formulations and results.

Each product is formulated according to Ying-Yang polarity, to give specific answers, tailored for each client.

They create products of 100% natural origin and the highest quality, respecting the body, nature and the environment.

They fuse the ancient wisdom of alchemy with the art of aromatherapy, to work not only on a physical level, but also on an emotional and spiritual level.



BIOLOGIQUE RECHERCHE

PARIS

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 use. 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.

CASPARA

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.

MASSAGES AND THERAPIES LEMAX

Relaxing Massage	30' - 85€ 45' - 110€ 60' - 150€ 90' - 200€
Remove Muscle Contracture	30' - 85€ 45' - 110€ 60' - 150€ 90' - 200€
Physiotherapy	30' - 85€ 60' - 150€
Traditional Thailand Massage	60' - 150€ 90' - 200€
Sport Massage	45' - 110€ 60' - 150€

FACE&BODY LEMAX RITUALS

Body Sculptor Ritual (90' + 30' Spa)	220€
The Art of Touch LEMAX Happiness Anti-stress (90' + 30 Spa)	250€
The Art of Touch LEMAX Happiness Anti-stress (120' + 30 Spa)	300€

FACIALES BIOLOGIQUE

Booster VIP 02 Facial	60' - 150€ 90' - 200€
Mask Vivant Toning Facial	60' - 150€ 90' - 200€
MC 110 Facial	60' - 150€ 90' - 200€
Facial Lift Visage	60' - 150€ 90' - 200€
Oxygenating Facial	60' - 150€ 90' - 200€

CASMARA TREATMENTS

Essential Facials	60' - 150€
Facials with Appliances	90' - 200€
Body Treatments Firmin Reducer	60' - 150€ 90' - 200€

APPLIANCES

Indiba Facial and Body	30' - 85€ 60' - 150€
Pressotherapy	30' - 85€
Rollaction	30' - 85€ 60' - 150€
Mesotherapy	60' - 150€

CIRCUITO DE SPA

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.

Spa	60' - 65€
Spa Guest at Wellington Hotel	60' - 40€

ARTPREVENT
SPA - TERAPIAS - NUTRICIÓN

We have the latest generation equipment to include and enhance the results of our facial and body treatments.

LEMAX FACE&BODY RITUALS

Body Sculptor Ritual 90'

Personalized treatment to improve the appearance and shape of the body. Products with essential oils that are customized according to the client's problems are used in it. The ritual consists of a body exfoliation with Dead Sea salts that eliminate toxins, impurities, drain and activate circulation, followed by an exfoliation with a mud wrap and later a specific massage in the areas to be treated, it can be firming, anti-cellulite, remodeling and draining

The Art of Touch LEMAX 90'

Body and facial ritual consisting of a 60-minute massage and a 30-minute facial treatment. The massage can be relaxing or decontracting and there are two ranges of oils to do it; anti stress or joy. The first helps to relax the body and mind and the second to tone and bring vitality. The facial treatment is a hydration that calms and refreshes the skin.

The Art Of Touch LEMAX 120'

Body and facial ritual that tries in depth to balance the mind and body, like the previous one, it can be done with the anti-stress or joy line and also the Queen of Egypt product line created for women and enhance their internal beauty. and external with aromas of incense, myrrh and geranium. There is a full body exfoliation with a thermal wrap, an Eternal Youth facial with gold mask and a relaxing body massage.



FACIALS

Biologique Recherche

All the treatments of this brand are personalized for each client and each type of skin. We can find different types of treatments: oxygenating, purifying, firming like the Lift treatment, tensors, plumping like the MC110, soothing and moisturizing.

To do this, a deep initial massage is applied to the face, neck and décolletage with a specific treatment milk, then it is exfoliated with a tonic lotion followed by the specific treatment chosen. The treatment combines masks and cocktail mixtures of serums or fluids applied manually with activating and remodeling massages.

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

FACIALS TREATMENTS



Casmara

Casmara presents a line of specific treatments to improve common skin problems.

Facial Purifying

Treatment for skin with impurities or acne that needs deep facial hygiene.

Facial Skin Sensation

Treatment with vitamin C with an antioxidant function that illuminates dull skin with a lack of tone.

Ocean miracle: refreshing treatment that moisturizes in depth and brings vitality to the skin.

Facial RGnerin

Wrinkle-filling effect treatment with components that simulate the action of botox on expression lines and wrinkles.

Facial Eye Perfection

Specific treatment of the orbicular area. Treats wrinkles around the eyes, bags and dark circles. It also helps fatigued and tired skin feel a sense of calm and freshness.

Facial Infinity

Treatment that combats the signs of aging and nourishes skin with a lack of lipids and with a loss of hydration. Helps to redensify and draw the facial oval.

BODY TREATMENTS



Casmara

Reducing Treatment with **Thermoactive Mask**

Treats problem areas of the body with accumulation of fat and cellulite such as abdomen, legs or buttocks. It can be combined with appliances to achieve better results quickly and effectively with remodeling and draining massages.

Firming Treatment with **Cryo Mask**

Indicated for areas of the body with a lack of toxicity and flaccidity, such as the abdomen, arms, legs and buttocks. Combined with Indiba radiofrequency, tissue recovery processes are accelerated to obtain visible results from the first applications.

Traditional Thai Body treatment

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, or on a stretcher with essential oils.

SPA PROTOCOL

Respect for other clients of the Spa, the use of mobile phones, cameras or other electronic instruments is not allowed.

We also appreciate that you keep the noise level to a minimum during your stay in the Spa facilities.

Please respect the appointment times. We recommend that you arrive 10 minutes before the scheduled time in order to register and start your treatment at the scheduled time.

In case of delay, it is not possible to guarantee the total time of the treatment. Your treatment will end at the scheduled time, for the next appointment.

The treatment you select is reserved especially for you. For any change or cancellation of the treatment, please contact the Spa directly, 3 hours in advance. Beyond this period, any canceled treatment will be invoiced at 50% of the price.

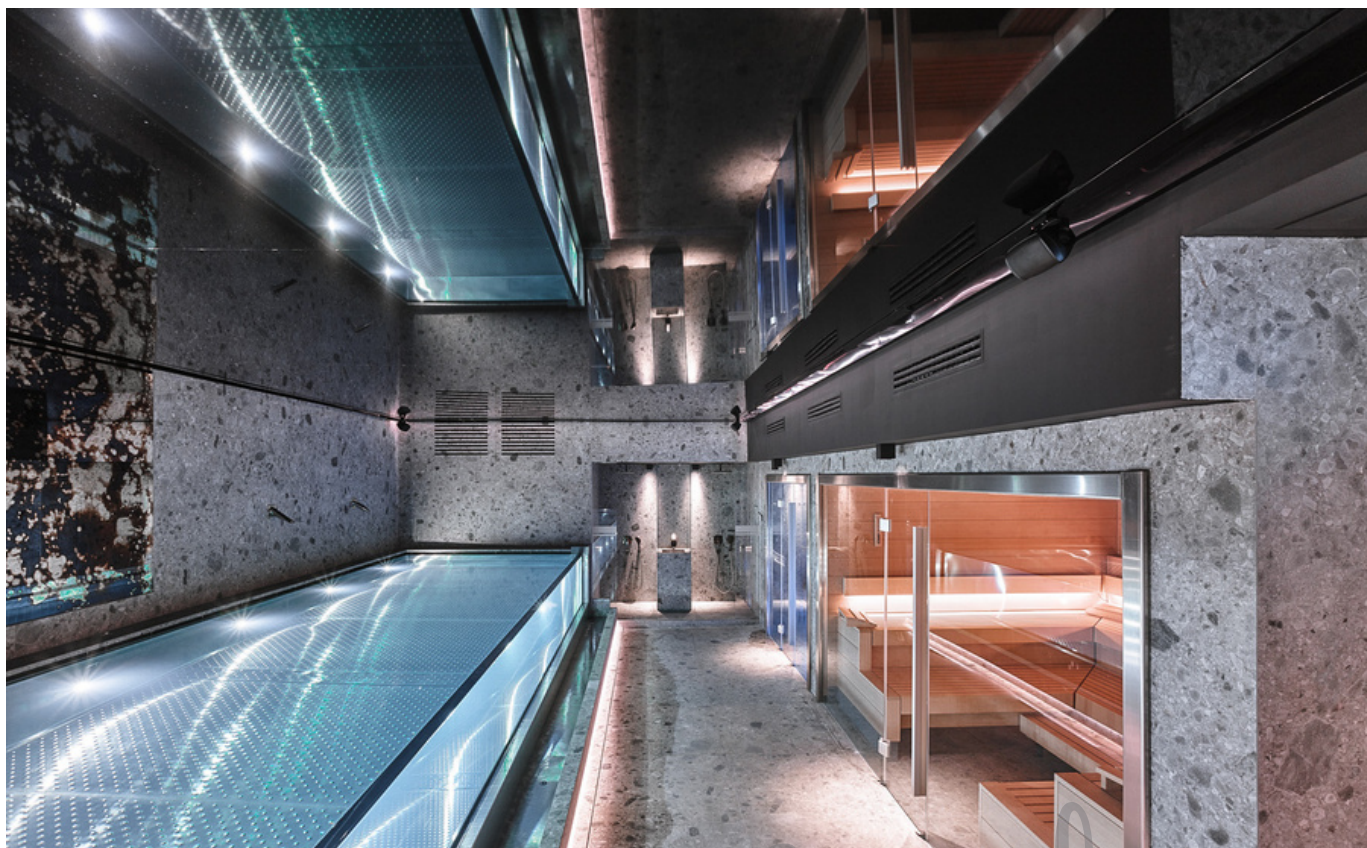
The treatments dispensed at the Spa are aimed at people who are in good health. We appreciate if you tell us, before making your reservation, of any health problem, high blood pressure, allergy or injury that could interfere with your treatment or use of the Spa. The Spa is a non-medicalized universe and the programs and treatments that are dispensed in it have your well-being as their sole objective.

Children under 12 are not allowed to the Spa, access for children under 18 must always be with an adult and signing a release of responsibility.

The Management is not responsible in case of loss, theft, forgetfulness or deterioration of objects inside the Spa.

LE MAX WELLNESS CLUB

M A D R I D



Enjoy lifestyle

SCHEDULE

Monday to Friday: 6:30 - 22:00 | Saturdays: 9:00 - 21:00 | Sundays and Holidays Festivos: 9:00 - 20:00

STREET VELÁZQUEZ 6 | TELF. 91 576 27 66

Info@lemaxclub.com

ACCESS ON THE 1ST FLOOR. RESERVATIONS FROM THE HOTEL ROOM DIAL 9410