

# LE MAX WELLNESS CLUB

SPA & MASSAGE



*Wellington Hotel & Spa*

MADRID

EST.1952

# 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.

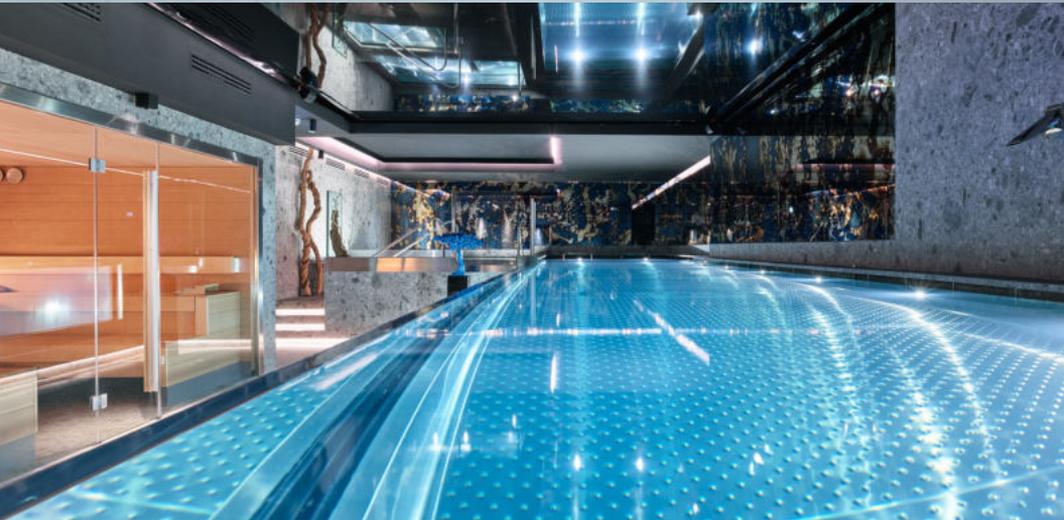
Le Max Club members have 4 specialized and complementary boutiques focused on high performance sports or improving health, distributed in more than 350 monthly sports activities, spread out from 7:00 a.m. to 10:00 p.m. The sports clubs included are: Official CrossFit Barrio Salamanca Box, Wattbike® Cycling 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 40o thermotherapy Jacuzzi, a 5o 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.

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# 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 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.



LOTION P50 CORPS

PHASE D'INITIALISATION

Lotion régulatrice pour le corps  
Rebalancing body lotion

BIOLOGIQUE RECHERCHE

250 ml

8.4 FL.OZ

LOTION P50

PHASE D'INITIALISATION

Lotion réaffaiblissante  
régulatrice pour le visage  
Laxating and balancing  
lotion for face

BIOLOGIQUE RECHERCHE

250 ml

8.4 FL.OZ

SÉRUM MATRICIEL VISOLASTINE

PHASE DE SOIN

Sérum structure à volume  
Structure & volume / Serum  
estructural y volumizante

BIOLOGIQUE RECHERCHE

30 ml

1 FL.OZ

LOTION P50

PHASE D'INITIALISATION

Lotion réaffaiblissante et  
régulatrice pour le visage  
Laxating and balancing  
lotion for face / gelatante  
para o rostro

BIOLOGIQUE RECHERCHE

250 ml

8.4 FL.OZ

CRÈME VISOLASTINE

PHASE D'INITIALISATION

Crème bio marin hydratant  
pour le visage  
Bio marine hydrating  
face mask

BIOLOGIQUE RECHERCHE

# CASMARA

Cosmética 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.



# Emocosmética

La Cosmética que Equilibra tus Emociones

Pioneers in Emotional Cosmetology. Talking about Emocosmetica is living High Quality Cosmetics, from a new perspective that integrates the care of the body and the mind.

A pioneering brand in the sector, which is based on the use of active principles of maximum purity with formulas of shamanic, alchemical, archetypal, Mediterranean essences, or Bach flowers among others; in addition to remedies born from the Traditional Medicines of China, India, Korea or Japan, focused on balancing the emotional world of its clients, to achieve that beautiful vital state, which is harmony, calm and happiness. A cocktail of ancient wisdom intertwined with the latest research and the latest trends

A new concept of beauty, which combines the best of science, nature and ancient medicines, with the clear objective of preserving health across a broad spectrum.





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## *DISCOVER OUR RITUALS*

### **Facials**

Biologique Recherche Essential Facial Ritual 60'.....	135€
Biologique Recherche Premium Facial Ritual 90'.....	180€
Purifying Facial Ritual 60'/90'.....	135€ /180€
Infinity Facial Ritual 60'/90'.....	135€ /180€
Skin Sensations Facial Ritual 60'/90'.....	135€ /180€
RGnerin Facial Ritual 60'/90'.....	135€ /180€
Eye Perfection Facial Ritual 60'.....	135€
Kobido Empress Ritual 90'.....	180€

### **Bodily**

Silhouette Ritual (90'+ 30' Spa).....	200€
Body Slim / Firm Ritual (60'/90' + 30' Spa).....	150€ /200€
Future Mom Ritual (60'+ 30' Spa).....	150€
Saekum Ritual (90'+ 30' Spa).....	200€
Ritual Walking on the Clouds (90' + 30' Spa).....	200€
Traditional Thai Ritual (60'/90' + 30' Spa).....	150€ /200€

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

Equilibrium Ritual (90'+ 30' Spa).....	200€
Emodetox Ritual (90'+ 30' Spa).....	200€
Queen of Egypt Ritual (120'+ 30' Spa).....	250€
The Art of Touch LEMAX (90'/ 120' + 30' Spa).....	220€ /250€



# ARTPREVENT

SPA - TERAPIAS - NUTRICIÓN

Get to know our oasis in the heart of Madrid and experience one of our hydrothermal circuits. The Spa has a wonderful 60 freezing pool next to a 41o 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:

-Relaxing Massage (30'/45'/60'/90').....	75€/100€/135€/180€
-Lymphatic drainage (60'/90').....	135€/180€
-Body scrub (45'/60').....	100€/135€
-Chiromassage (60').....	135€
-Sports (60').....	135€
-Physiotherapy (60').....	120€
-Personal training (60').....	80€
-Pilates & Yoga (60') .....	80€

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





### **-The Biologique Recherche Facial Ritual**

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 Purifying Facial Ritual**

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.

### **-The Infinity Facial Ritual**

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.



CASMARA

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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**

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**

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**

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 Silhouette Ritual**

Treatment focused on balancing the silhouette and responding to a particular problem of each body such as fluid retention, localized fat, flaccidity or the different types of cellulite.

The body is purified with a salt exfoliation, followed by a wrap combined with essential oils and a specific massage according to the type of treatment and objective to be achieved.

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

### **-The Body Slim Body Ritual**

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**

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).

### **- Saekum Body Ritual**



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 Ritual**

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.

### **- Traditional Thai Ritual**

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.



\*\*\* Previously combined with a 30-minute Spa circuit \*\*\*

### **- Equilibrium Ritual**

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. .

### **- Emodetox Ritual**

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 auriculotherapy.

### **- Queen of Egypt Ritual**

Ritual inspired by Queen Cleopatra. 2 hours of full face & body treatment based on Dead Sea salts, with exotic fragrances with soft nuances of incense and myrrh, which rejuvenates the skin, restoring its natural beauty and attractiveness, reinforcing self-esteem and feminine inner strength.

### **- The Art of Touch LEMAX**

The LEMAX treatment par excellence, which combines the quintessence and the importance of manual techniques with the power of essential oils and aromatherapy, in a complete rebalancing menu for the face and body.

\* *Serenity*: With floral and enveloping aromas, it provides a pleasant sensation of inner peace and deep relaxation, recovering energy balance.

\* *Happiness*: Thanks to the vitalizing properties of citrus fruits, it offers deep feelings of hope, optimism and joy in life, bringing balance, strength and mental clarity to our mind.

