



DV

ALTA BADIA
SPORTHOTEL TERESA

**TAKE YOUR
WELLNESS TIME**

*"Let us pamper you and treat yourself
an exclusive break of relaxation
and well-being in our spa."*

Book your wellness moment
by calling extension 9
from the comfort of your room
or
by going directly to Reception

DV

RELAXING MASSAGE

25 MIN - €45,00

50 MIN - 75,00

It is performed with natural oil.

SPORT MASSAGE

50 MIN - €75,00

Sensory massage with acupressure
Performed with natural oil.

FACE & HEAD

25 MIN - €45,00

Sensory massage with acupressure
Excellent anti-stress, improves the sense of
smell and hearing.
It is performed with natural oil.

PLANTAR & PALMAR REFLEXOLOGY

25 MIN - €45,00

The treatment gives lightness to hands and feet.



HOT STONE

50 MIN - €75,00

Massage with lava stones and hot oil, ideal for tension dissolving.

It is performed with natural oil.

LYMPHATIC DRAINAGE

25 MIN - €45,00

50 MIN - €75,00

Helps eliminate toxins, reduces water retention and cellulite.

It is performed with natural oil.

SHIATSU

50 MIN - €75,00

Promotes relaxation of the nervous system, counteracts insomnia and helps fight stress.

It is performed with natural oil

SCRUB + MASSAGE

60 MIN - €80,00

It is performed with natural oil.

RELAXING CERVICAL OR BACK

25 MIN - €45,00

Sensory massage with acupressure

It is performed with natural oil.

RELAXING LEGS

25 MIN - €45,00

Sensory massage with acupressure

It is performed with natural oil.

WELLNESS TIPS

Our special packages to enhance your moments of well-being.

N.4 25' Treatments	€158,00	instead	€180,00
N.4 50' Treatments	€245,00	instead	€300,00



OPENING TIME

OPEN EVERY DAY
SWIMMING POOL
FROM 8.30 A.M. TO 7.30 P.M.

TURKISH BATH
INDOOR SAUNA
OUTDOOR SAUNA/WHIRLPOOL
FROM 3 P.M. TO 7.30 P.M.

ACCESS AVAILABLE FROM 18 YEARS OLD.

FOR INFORMATION AND RESERVATIONS
PLEASE DIAL N.9
FROM YOUR ROOM
OR DIRECTLY AT THE RECEPTION

Nice to know...

- Spa, swimming pool and sauna are on the 1st floor.
- Bathrobes and sauna towels can be found in the room.

**Cancellations up to 5 hours
before the appointment are free of charge,
after this time limit we will charge
70% of the total cost of the treatment.**



www.sporthotelteresa.net