



**AUALA** WELLNESS & SPA

**SERVICE** CATALOG









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## WHAT IS AUALA WELLNESS & SPA?

**Auala Wellness & Spa** designed in harmony with the Hotel's sustainability policies and with meticulous attention to every detail, offers a sanctuary for relaxation and personal care, promoting the well-being and health of all our guests.

Nestled in La Gamero, a volcanic island in the middle of the Atlantic Ocean with centuries-old laurel forests, our location inspires a comprehensive menu of effective and sensory treatments, designed for unique moments of calm, as well as sophisticated couple rituals that leave a lasting impression on the skin.





Sauna

Wärmegrad	Wärmegrad
100°C	100°C
90°C	90°C
80°C	80°C
70°C	70°C
60°C	60°C
50°C	50°C
40°C	40°C
30°C	30°C
20°C	20°C
10°C	10°C
0°C	0°C





Auala traces its origins to Ávalo Bay, the name used for Ávalo Beach on the historic maps of Leonardo Torriani.



Both our authentic ancestral name and the design of its lettering, inspired by the gentle waves of the sea, evoke the serenity and flow of water, a universal symbol of renewal and balance.





Its harmony and simplicity reflect our genuine commitment to providing wellness services that enrich your daily life, in partnership with the finest organic and sustainable skincare brands.





OUR SERVICES ARE OFFERED ACROSS  
3 MAIN LINES:

## AUALA SPA



The space where water takes center stage, designed for you to experience the revitalizing benefits of hydro-massage, temperature contrasts, and the freedom to relax at your own pace.

Feel the power of water gently massaging your body, easing muscle tension, improving circulation, and promoting a deep sense of relaxation.

Discover the rejuvenating effects of temperature contrasts with our sauna, steam bath, and immersion pools, which not only stimulate the immune system but also revitalize the skin and energize the body.

Immerse yourself in total relaxation in our exclusive salt cabin.

While your body rests comfortably on a heated stone lounger, your respiratory system and skin are purified with environment rich negative ions, thanks to microparticle salt halotherapy. Let your mind drift to the rhythm of the soft, enveloping music, disconnected from daily stress, and fully enjoy the present moment and every deep breath.



## AUALA RITUALS

It's the heart of our wellness center, a sanctuary of serene and intimate elegance where you can release accumulated tension. Here, the skin becomes the canvas of our lives, connecting us to the outside world through touch.

In our rituals, the enveloping aromas of essential oils, the richness of natural ingredients, and the precision of manual massage techniques take on special significance.

Whether through a signature aromatherapy massage, a dreamy facial treatment with powerful neuroactive ingredients, or personalized guidance for your skin and hair care using 100% natural, vegan, and sustainable cosmetics, every experience is designed to enhance and celebrate your unique beauty, reflecting inner harmony and well-being.





At Auala, we are committed to providing you with the right tools and environment to achieve your physical wellness goals during your stay with us.

Our **24-hour gym** allows you to train according to your preferences and schedule. Equipped with state-of-the-art facilities for cardiovascular, strength, and functional training, it features natural light through large windows overlooking the forest, air conditioning, and a water dispenser.

Guided classes, suitable for all fitness levels and held in the Conexión Room, offer variety and motivation in every session.

Additionally, our outdoor area is perfect for stretching and functional training in the open air, letting you enjoy the serenity of the surroundings while you exercise.







DISCOVER OUR TREATMENTS...







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## BODY MESSAGES

Our selection of therapeutic massages is designed to relieve tension, improve physical health, and enhance athletic performance.

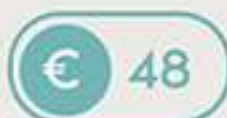
The combination of advanced techniques with personalized protocols promotes relaxation and optimal muscle recovery in a peaceful, wellness-focused environment.



### ACTIVE LEG MASSAGE

A specialized massage designed to enhance athletic performance and support muscle recovery in the legs and foot fascia after intense activity.

It relieves tension, improves circulation, and helps prevent injuries.



### RESTORATIVE BACK MASSAGE

A massage designed to relieve stiffness and localized tension in the back and neck, improving mobility and tissue health.

Perfect after a journey or a day of outdoor adventures.



### OCEANIC ISLAND RELAXING MASSAGE

A full-body relaxation massage performed at a slow pace with gentle, soothing pressure.

Inspired by the tranquil life of an oceanic island, it is designed to immerse you in a deep sense of serenity.







### HIGH-INTENSITY MASSAGE

A massage with firm, slow pressure designed to target deep muscle layers, providing effective therapeutic relief.

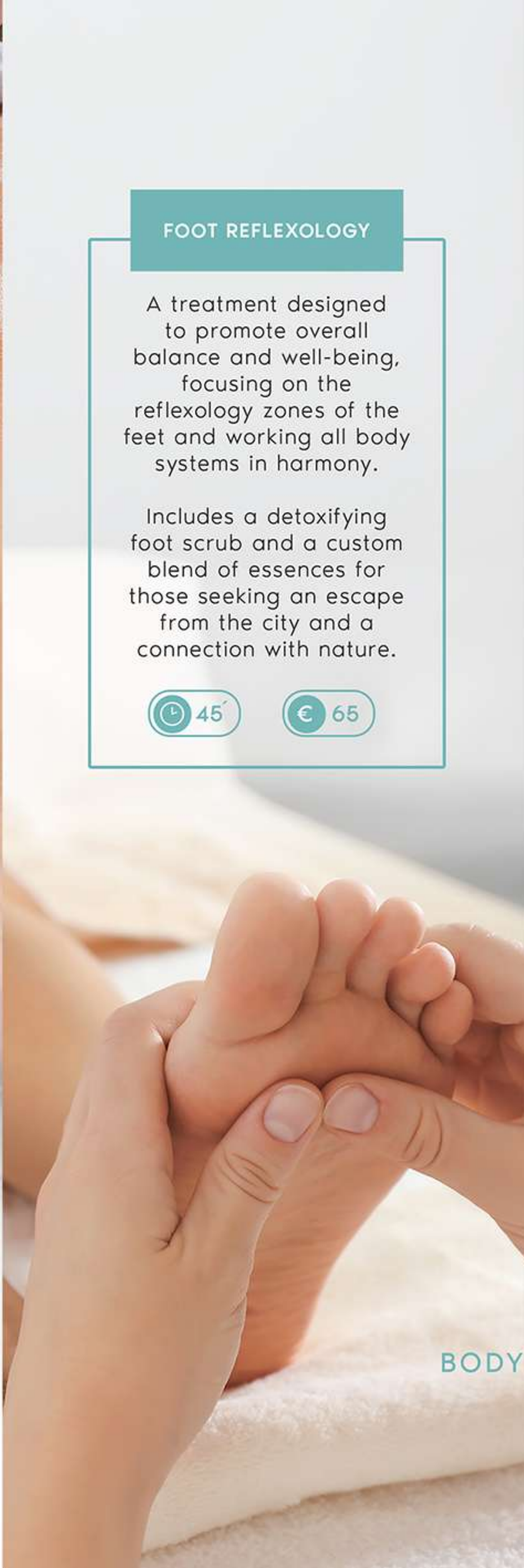
A unique blend of relaxing and energizing essences—lavender, rosemary, ginger, and black pepper—enhances the benefits of the treatment.



### FOOT REFLEXOLOGY

A treatment designed to promote overall balance and well-being, focusing on the reflexology zones of the feet and working all body systems in harmony.

Includes a detoxifying foot scrub and a custom blend of essences for those seeking an escape from the city and a connection with nature.



BODY MESSAGES

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## WELLNESS RITUAL MESSAGES

Treatments designed to provide a profound experience of serenity and inner balance, where delicate massage techniques are combined with the exclusive signature aromatherapy of the prestigious brand **Aromatherapy Associates**.

Each ritual is carefully crafted to envelop your senses and restore harmony between body and mind.

*Certified 100% natural, vegan, and sustainable cosmetics.*







**BANCAL SIGNATURE  
MASSAGE**

An exclusive massage that invites you to discover the essence of our island. Its broad, flowing, and deep movements evoke the gentle waves of the sea, while the carefully selected essences connect you to the earth and the magical power of the forest.

 60' 92 75' 108**HOT STONE MASSAGE**

A comforting treatment where the warmth of basalt stones is combined with gentle pressure along energy lines and expert massage techniques.

With a subtle woody aroma that envelops the senses, this experience provides deep physical and mental relaxation.

 75' 98



### BANCAL SIGNATURE RITUAL

An exclusive ritual for renewal and vitality. It begins with our enveloping Signature Massage using fresh, revitalizing essences, and continues with a personalized facial rich in antioxidant actives for radiant, youthful-looking skin.

🕒 75'

€ 115

### ORGANIC AROMATHERAPY

An unparalleled, personalized aromatherapy experience with the prestigious Aromatherapy Associates.

From a private consultation to select the perfect blend of essences to the sensory massage, which combines the best Eastern and Western techniques, every step is designed to enhance your well-being.

🕒 60'

€ 90

🕒 75'

€ 105

### MOM-TO-BE

Special treatment designed to support future mothers during a stage full of constant changes. It helps relieve back tension and the feeling of heavy legs through the use of pregnancy-safe oils that nourish and care for the skin.

The experience is completed with a soothing scalp and facial massage, providing a full sense of well-being.

🕒 60'

€ 88







## FACIAL TREATMENTS

Reveal the true beauty of your skin with our facial treatments inspired by the concept of Wellaging.

Using advanced neurocosmetic products from **Sublime Oils Phytocosmetics**, they leave your skin revitalized and fresh, like after a relaxing walk through the Cedar Forest.

We offer personalized guidance to help you find the at-home beauty ritual that best suits your skin's unique needs. Organic, 100% natural, vegan, and sustainable cosmetics.



### FACIAL EXPRESS

A facial treatment that provides a quick boost of freshness and radiance, perfect for those seeking immediate results without compromising the quality of their skincare.

*Suitable for all skin types.*



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### REMODELING FACIAL TREATMENT

An anti-aging facial treatment designed to boost your skin's hydration and firmness. Through a combination of carefully selected cosmeceuticals and remodeling massage, it restores elasticity and tone, leaving your skin looking relaxed and rejuvenated.

*Suitable for all skin types, especially dehydrated or lackluster skin.*



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### RENEWING FACIAL TREATMENT

A facial treatment inspired by the regenerative power of nature. With bio-cellular balancing actives, it revitalizes your skin from within. Combined with a draining facial massage that purifies and soothes, it provides deep and lasting renewal.

*Suitable for all skin types, especially congested, dull, or detox-needing skin.*



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### REJUVENATING FACIAL TREATMENT

A comprehensive rejuvenating facial treatment where the synergy of nature and science effectively reduces the signs of aging. Accompanied by a lifting massage that gently lifts the skin for a radiant appearance.

*Suitable for all skin types, especially mature skin or those with fine lines.*







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FACIAL TREATMENTS





## BODY TREATMENTS







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## BODY TREATMENTS

### BODY EXFOLIATION

Boost circulation and renew the skin with a marine salt exfoliation, cold-pressed green coffee oil, and essential oils, leaving your skin smoother and more radiant.



30'



42



## ENERGIZING BODY TREATMENT

An invigorating treatment that combines a body scrub with aromatic hydration for fresh, renewed skin.

*Scrub + Hydration*



## REVITALIZING BODY TREATMENT

A purifying treatment to reveal silky, smooth skin using natural products rich in amino acids and vitamins, a carefully crafted blend of essences with pink grapefruit, juniper, and rosemary, and expert massage techniques that stimulate the body's detoxifying functions.

*Scrub + Detox Wrap + Hydration*









## HAND TREATMENTS

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Enhance your beauty routine with complete hand care for an elegant, healthy, and polished finish. We begin with a thorough cleansing and preparation of nails and cuticles.

Then choose from a wide range of Neo Nails polish shades, including classic or semi-permanent. The treatment concludes with a gentle hand massage using a regenerating cream for a fully pampering experience.

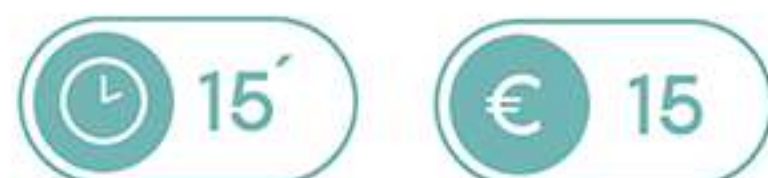
### CLASSIC MANICURE



### SEMI-PERMANENT MANICURE



### SEMI-PERMANENT POLISH REMOVAL





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## FOOT CARE

Providing proper care and treatment for your feet is essential.

In our pedicure protocol, we perform a thorough cleansing and preparation of nails and cuticles, followed by the removal of dry skin through exfoliation and careful work with the electric file. We also offer a wide range of decorative polish colours to personalize your style.

### CLASSIC PEDICURE



60'



€ 55

### SEMI-PERMANET PEDICURE



60'



€ 60














We invite you to discover a place designed for true disconnection, where water sets the pace of the experience and offers moments of deep relaxation through massaging jets, revitalizing temperature shifts, and the freedom to unwind at your own rhythm.

A comprehensive facility equipped with the highest-quality products from KLAFS, featuring:

## HYDROTHERAPY CIRCUIT

- *Vitality pool with integrated jacuzzi, three-level massage jets, geyser, bubble benches, swan neck, duckbill, and cervical massage waterfalls.*
- *Unisex sauna with capacity for 8 people.*
- *Relax cabin with halotherapy (natural microparticle salt therapy), heated stone loungers, soft music, and natural aromas.*
- *Aromatic steam bath with gentle eucalyptus essence, accommodating 8 people.*
- *Sensory showers with alternating hot and cold experiences, mist, and waterfall. Ice fountain.*
- *Cold and hot plunge pools.*
- *Foot bath along a thermally alternating walkway.*

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## HAIR REMOVAL SERVICES

Our hair removal service is designed to provide a comfortable, safe, and effective experience, tailored for both women and men. We offer facial and body hair removal using high-quality products and professional techniques that ensure long-lasting results while being gentle on the skin.

Whether you seek a full treatment or specific areas, our team will provide the care needed for smooth, well-groomed skin in a relaxing and exclusive environment.







Our space featuring a vitality pool, sauna, relax cabin, steam bath, sensory showers, ice fountain, foot bath, and cold and hot plunge pools.

If you don't have flip flops, they can be purchased at the Spa reception at an additional cost.

Use of a swim cap or tied-back hair is required. Access is restricted to adults and guests over 16 accompanied by an adult, except during family hours.

- Advance reservation is required for all services by calling +34 922 44 39 07 or via email: **[aualaspa@bancalhotel.com](mailto:aualaspa@bancalhotel.com)**

- The minimum age to enjoy the Spa is 16. accompanied by an adult.

- Cancellation policy: Please notify any changes or cancellations at least 24 hours in advance to allow rescheduling and avoid additional charges. Cancellations made within less than 24 hours' notice are subject to a 50% charge of the reservation cost. No-shows or unattended appointments will be charged 100% of the reservation cost.

- Treatment and massage duration: We recommend arriving 15 minutes early to allow sufficient time. Please note that we cannot extend your treatment if you arrive late, and the full cost will still apply.



