

SPA
experiences

Park Hotel
San Jorge
ESCAMPA COSTA BRAVA

A place where time stands still.

A refuge designed to switch off and let yourself
be cared for.

Each ritual is designed so that
body and mind find
balance and calm.

Just let yourself go...

MASSAGES

The art of touch

Harmony

Relaxing massage 50' · 85€ — 80' · 115€

A journey of calm that embraces body and mind.

Its enveloping movements release tension and lead to a deep state of well-being and disconnection.

Balance

Deep tissue massage 50' · 90€

An intense full-body massage that works deeply on muscles and tissues. Its firm and precise movements help release accumulated tension, relieve muscular overload, and restore a pleasant sense of comfort to the body.

Connection

Foot reflexology 40' · 70€

A massage that works on reflex points, promoting balance in the body and its functions. It stimulates energy flow and supports the body in its natural process of renewal.

Lightness

Leg massage 25' · 60€

A massage designed to relieve sensations of heaviness and restore lightness to the legs. Its movements promote circulation and help revitalise and decongest the area.



BODY TREATMENTS

A care that gently caresses

Renova

Exfoliation and Hydration 50' · 85€

Renews and softens the skin, preparing the body to receive deep hydration that provides elasticity and a pleasant sensation of well-being.

Aluma

Body Wrap and Hydration 50' · 85€

Nourishes and purifies the skin while the body relaxes, wrapped in a deep sense of calm. The treatment ends with a hydrating finish that brings softness and radiance.

Sculpta

Body Contouring Treatment 50' · 90€

A manual technique combined with wood therapy that stimulates circulation and promotes drainage, helping to redefine the silhouette and improve skin texture.

Personalised programme – 4 sessions · 350€

Each session combines selected techniques and wraps to enhance results.



FACIAL CARE

A treat for your skin

Lumina

Revitalising treatment 50' · 85€ – 80' · 110€

A facial ritual that deeply purifies the skin and helps restore its natural hydration.

The skin regains radiance and a visibly more even texture.

The 80' version includes an ultrasonic spatula for a deeper and more precise cleanse.

Vitalia

Anti-ageing treatment 50' · 105€

A deep care ritual designed for mature skin. The combination of carefully selected techniques and highly effective active ingredients helps smooth visible lines and restore elasticity.

Contura

Firming facial treatment with wood therapy 50' · 95€

Facial wood therapy massage that firms and tones, activating the tissues and stimulating collagen and elastin, restoring firmness and leaving the face visibly revitalised.



RITUALS

A sensory journey

Serena

Deep relaxation ritual 105' • 165€

Exfoliation, a hot pindas massage and facial care are interwoven in a ritual that invites you to fully disconnect.

Each touch guides the mind, while the body releases tension and regains its balance.

Calma

Purifying ritual 105' • 165€

Exfoliation, body wrap and massage combine in a ritual that invites you to release what has accumulated.

The body feels lighter, the mind grows still, and everything finds its own rhythm.

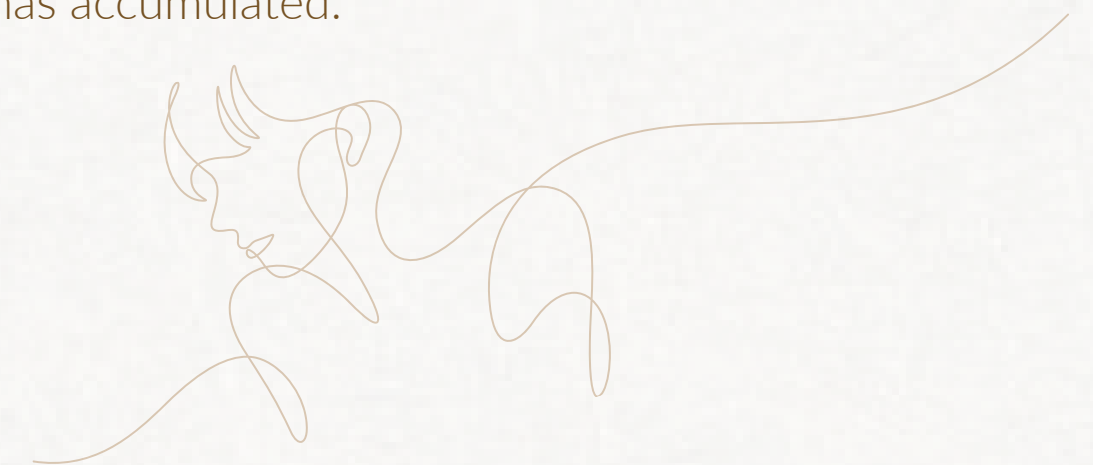
Here and now, time fades away.

Aurea

Revitalising ritual 105' • 165€

A full-body exfoliation and a cryogenic leg wrap come together in a ritual that activates the body and awakens energy. A feeling of lightness emerges, while the mind clears and regains its vitality.

A specific bust treatment can be included as part of the ritual.



EXPERIENCES

An awakening for the senses

ORIGIN

1h Spa Circuit and tapas at Brava Tapas Bar
(water included)

55€ | person

PAUSE

1h Spa Circuit and 50' Harmony massage,
glass of cava, wine or a non-alcoholic alternative

105€ | person

INSTANT

1h Spa Circuit, 50' Harmony massage and dinner at
Restaurant La Mar (drinks not included)

260€ | two people

Experiences designed to be enjoyed without rushing, where each moment invites you to share and let go.

A way to experiencing well-being together, reconnecting through calm and care.



WATER AREA

A heaven of calm

SPA CIRCUIT

Hotel guests — **1h · 15€ per person**

External guests — **1h · 20€ per person**

SPA CIRCUIT *Exclusive*

Hotel guests — **private access 1h · 90€**

External guests — **private access 1h · 100€**

*Possibility to accompany the experience with a drink.
Options available at an additional charge depending on the
selection.*

A space designed to disconnect through water, heat and calm.

Sensory showers, sauna and hammam, together with the hydromassage pool, combine in a sensory journey that envelops the body and guides it towards a state of well-being.



RESERVATIONS AND PUNCTUALITY

We recommend **arriving 10 minutes early** to begin your treatment with the attention and calm it deserves.

Punctuality allows us to take care of every detail of your experience.

In the event of a delay, the service may be adjusted so as not to interfere with subsequent bookings.

CANCELLATIONS

We kindly ask you to notify us at least 24 hours in advance of any changes or cancellations.

In case of late cancellation or no-show, the full treatment fee may be charged.

WELLNESS GUIDELINES

We invite you to keep your voice soft.

We recommend switching off mobile devices to enhance relaxation.

For greater comfort and the proper delivery of treatments, we recommend attending without jewellery or valuable items.

The spa cannot be held responsible for their safekeeping.

ACCESS

Access to the spa is permitted from the age of 16.

Guests aged 16 to 17 must be accompanied or supervised by an adult.



GUARANTEE AND PAYMENTS

Certain services may require a prior guarantee or advance payment.

The hotel's usual payment methods are accepted.

OPENING HOURS

Monday to Friday

10:00h to 13:00h · 16:00h to 20:00h

Saturday and Sunday

10:00h to 14:00h · 16:00h to 20:00h

SPA OPERATIONS

The water area and treatments are managed by prior reservation, to ensure a better organisation of your stay.

We recommend checking availability in advance, especially on weekends and during periods of high occupancy.

CONTACT

Reservations and information

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