

CASA
WELLNESS
PRIVATE HEALTH CLUB

Treatment Menu

At Casa Wellness - Private Health Club, movement becomes well-being.

Each training session is a ritual that connects body and mind, an invitation to reconnect with your inner strength and embrace the balance between energy, precision, and calm.

Guided by our experts, you will discover a space where performance is felt, vitality flows, and health becomes a way of life.

Natura Bissē
Barcelona





BEAUTY SPACE BY NATURA BISSÉ

THE RESET CURE

Purifying facial ritual that restores luminosity and freshness to the skin, bringing balance and natural vitality.

50 mins 90

INSTANT LIFT 3D COLLAGEN ED. LIM.

C3D Collagen treatment for firmer, more luminous skin; it reinforces elasticity and reveals natural beauty.

50 mins 100

DIAMOND ACU-ENERGY NEW ED. LIM.

Antioxidant treatment that revitalizes and firms, enhancing inner energy and the natural radiance of the face.

75 mins 110

CITRUS SCRUB (MASSAGE + SCRUB)

Citrus exfoliation and massage that awakens the senses, renews the skin, and infuses the body with energy.

50 mins 90

WELLNESS SPACE

TOTAL RELAX MASSAGE

Enveloping movements that dissolve stress and restore a deep sense of calm.

50 mins 90

80 mins 120

DEEP TISSUE MASSAGE

Intensive muscle work that releases tension and restores strength and mobility.

50 mins 100

80 mins 130

SPORT MASSAGE

Complete sports recovery: relieves tension and reactivates physical energy.

50 mins 100

80 mins 130

TAILOR MADE MASSAGE

A personalized experience, tailored to the body's needs at that very moment.

50 mins 100

80 mins 130

PREGNANCY MASSAGE

Maternal care that soothes, nourishes, and gently supports the body's changes with safety and care. Between 3 and 6 months.

50 mins 100

GOOD SLEEP MASSAGE

Night-time ritual using gentle techniques to prepare body and mind for deep, restorative rest.

50 mins 100

80 mins 130

SERRAS WELLNESS CLINIC

HYDRAFACIAL

Advanced technology that cleanses, exfoliates, and hydrates the skin for a healthier, more radiant complexion.

<i>30 mins</i>	<i>90</i>
<i>50 mins</i>	<i>130</i>
<i>80 mins</i>	<i>160</i>

RADIOFREQUENCY

Tones, firms, and stimulates the body's natural collagen production, for face or body.

<i>30 mins</i>	<i>60</i>
<i>50 mins</i>	<i>90</i>

EMSCULPT

Revolutionize your body tone and abdominal or gluteal muscles with the latest non-invasive muscle-stimulation technology.

<i>30 mins</i>	<i>70</i>
<i>5-session Pack</i>	<i>300</i>

PERFORMANCE WELLNESS DAY

A day of wellness and performance.

TechnoGym assessment + 1 60-minute personal training session + 1 body radiofrequency treatment + 1 Emsculpt session + 30-minute massage + access to the water area and sauna + gym access (approx. 5 hours).

A complete journey to revitalize body and mind and discover your best self.

380

TOTAL WELLNESS EXPERIENCE

The perfect balance between movement and serenity.

TechnoGym assessment + 1 60-minute personal training session + 1 body radiofrequency treatment + 50-minute massage + access to the water area and sauna + welcome cocktail + 1 60-minute Yoga Training session + Healthy Brunch + gym access (approx. 8 hours).

A holistic experience designed to renew your energy, relax deeply, and care for every detail of your well-being.

680



ADD-ONS

Enhance your sense of well-being with thoughtful touches that make a difference and allow you to care for yourself with greater intention.

REPAIRING HAND MASK

Intense nourishment that restores softness and comfort.

10

RADIANCE FOR YOUR EYES

An immediate lifting effect that revitalizes your gaze.

15

REPAIRING LIP TREATMENT

Hydration and smoothness for a perfect smile.

10

CASA SERRAS HEALTH CLUB

PERSONAL TRAINING

Individual session with an expert trainer. Precision, motivation, and visible results.

DUO - Train as a pair: shared energy, mutual support, and synchronized well-being.

<i>60 mins</i>	60
<i>60 mins (DUO)</i>	90

RECOVERY STRETCH SERVICE

Targeted sessions to release tension, improve mobility, and accelerate muscle recovery.

<i>30 mins</i>	25
<i>30 mins (DUO)</i>	40
<i>30 mins - Pack 5</i>	130
<i>30 mins - Pack 10</i>	180

MIND & BODY PACK

A program that combines mindful movement and deep relaxation to restore physical and mental balance.

<i>3 Personal Yoga Training sessions + 3 Stretch Service sessions (30' each)</i>	200
--	-----

PERSONAL TRAINING

Programs designed to achieve sustainable goals with personalized follow-up.

<i>60 mins - Pack 5</i>	225
<i>60 mins - Pack 10</i>	400

PERSONAL YOGA TRAINING

Balance between body and mind. Flow, breath, and inner strength.

<i>60 mins</i>	55
<i>60 mins (DUO)</i>	90
<i>60 mins - Pack 5</i>	225
<i>60 mins - Pack 10</i>	400

ONLY FOR MEMBERS

CASA SERRAS TRANSFORMATION

8-week program with 8 Personal Training sessions, TechnoGym Check-up, 1 premium facial, and 4 Emsculpt sessions.

A transformative journey that combines strength, performance, and aesthetic well-being.

400



HOUSE RULES – CASA WELLNESS

Welcome to Casa Wellness Spa – Private Health Club, a space designed for your rest, well-being, and inner harmony.

ACCESS & MINIMUM AGE

- Spa access is permitted for guests aged 16 and over.
- Please note that the spa is a quiet and relaxing environment.
- We kindly ask you to keep your voice low and avoid using mobile phones.

RESERVATIONS & PUNCTUALITY

- We recommend booking in advance to ensure availability of your desired treatment.
- Please arrive 15 minutes before your appointment to enjoy the welcome ritual at a relaxed pace.
- In case of late arrival, treatment duration may be adjusted to respect subsequent bookings.

CANCELLATIONS

- Cancellations or changes made less than 24 hours in advance will be charged in full.
- Cancellations communicated with more notice will not incur any charge.
- No-shows will be charged 100% of the service.

HEALTH CONDITIONS

- For your well-being, please inform our team of any medical conditions, allergies, ongoing treatments, or injuries before starting any experience.
- Some treatments are not recommended during pregnancy or under certain medical conditions. Our team will discreetly and professionally advise you on the most suitable alternatives.

*All prices in this bulletin are shown in euros, VAT included.





Av. Meritxell, 23, AD500
Andorra la Vella, Andorra

+376 751 160/ +34 937 378 243
andorra@casaserras.com