

Turn the page over. Forget about everything!



## Thermal Water

Allow yourself to be immersed in our thermal water. Its properties - it is rich in sulphur and minerals, sodium, and unguents such as thermal plankton - will renew you completely. Used in its natural form it will produce an antalgic, healing, decongestant and anti-allergic effect which will help you to discover why water is life at Caldea.

#### CHEMICAL COMPOSITION OF THE WATER

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You can appreciate the richness of mineral elements in the chemical composition of Caldea's water:

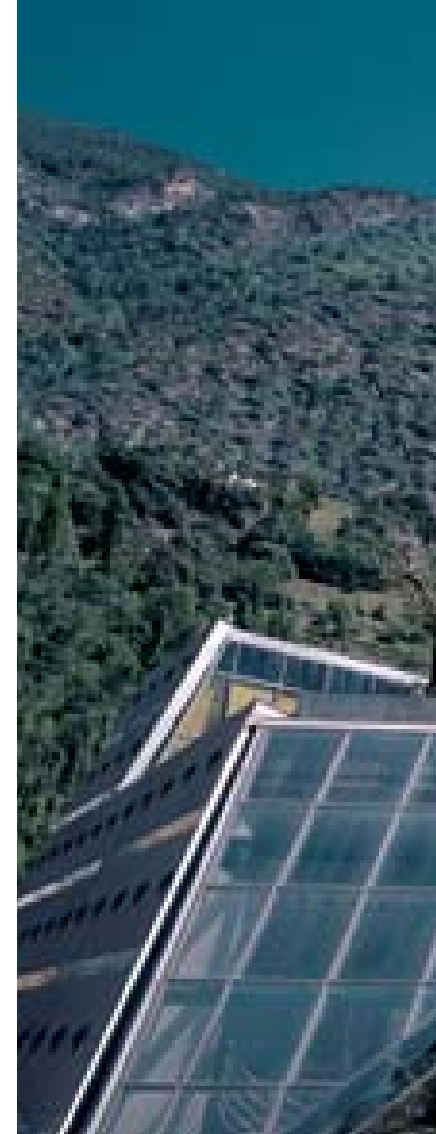
SODIUM (Na) 36 mg/l, SULPHATES (SO<sub>4</sub>) 21 mg/l,  
CALCIUM (Ca) 4.1 mg/l, CHLORIDES (CL) 6 mg/l,  
FLUORIDE (F) 3.8 mg/l, POTASSIUM (K) 2 mg/l,  
SILICA (SiO<sub>2</sub>) 36 mg/l, IRON (Fe) 0.1 mg/l, MAGNE-  
SIUM (Mg) <0.1 mg/l, ALUMINIUM (Al) 0.04 mg/l,  
AMMONIA (NH<sub>4</sub><sup>+</sup>) 0.1 mg/l.

# Welcome to the thermal water paradise

If the earth's mineral springs could choose where to live, they would probably go for Caldea. Europe's largest mountain spa resort is located in a unique setting in Escaldes-Engordany (Andorra).

We have created a paradise where the thermal water can reward all of its visitors.

The water welcomes you. Come and forget about your everyday worries.









Thermoludic Area

## Attempt to vaporise your problems, or at least freeze them up!

From steam to ice, the Thermoludic Area makes available to you all the properties and goodness of thermal water. Explore the large indoor lagoon, allow the most pleasant sensations to carry you away and forget about worries and stress.



## Get your senses ready

Ice, pressurised water, steam, hot air... At the Thermoludic Area your senses won't know how to react to the new sensations they discover.

## BATHS

*An entire world of aquatic areas, aerobaths and hydromassage.*

### Large indoor lagoon

- Thermal water at 32°C - 34°C
- Swan neck
- Jacuzzi
- Steam masks for facial moisturising
- Whirlpools

### Outdoor lagoon

- Thermal water at 32°C - 34°C
- Access via the hydro-channel from the large indoor lagoon
- Footspas and bubble beds

### Outdoor jacuzzi

### Indo-Roman Baths

- Thermal water bath at 36°C and cold bath at 14°C

Maximum water depth: 1.30m

## FITNESS

*Blood flow stimulation, regeneration and reactivation.*

### Icelandic Bath

- Stimulate circulation from head to toe thanks to ice or a cold bath

### Aquamassage area

- To tone up the different parts of the body

### Sirocco Bath

- Relaxing hot air bath

### Saunas with subtle lighting

- Dry heat at 85°C followed by a cold bath
- Relieve muscular tension

### Hamam and vaporisation

- Humid heat at 55°C and refreshing moisturisation
- Full relaxation and improved breathing

### Wood Lighting

- Relaxation by means of negative ions

## RELAXATION

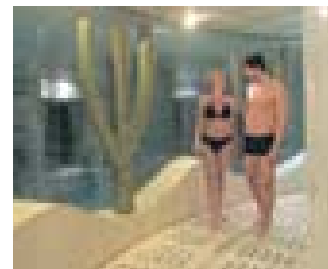
*Relaxation is essential in order to enjoy the benefits of Caldea after bathing and fitness sessions.*

### Infrared Relaxation

- Helps to maintain body heat after *fitness* sessions
- They have a relaxing effect and do not tan

### Relaxation and sunbathing on the outdoor terraces

Enjoy all these services regardless of the access level you have paid for.





## The indoor lagoon becomes a great stage with Comediants.

At the end of the day, the water becomes the star of a surprising multimedia show. “Mondaigua” describes water’s journey from the universe to the depths of the earth, where it becomes hot water, the source of life and of pleasure.

An exclusive COMEDIANTS S.A. production for Caldea.  
Times of the show vary according to the season of the year. Find out more at [www.caldea.com](http://www.caldea.com).



## ADMISSION

You will be entitled to stay for four hours instead of three if you spend €10 per person or more at the Oasis or opt for a supplementary treatment lasting at least 20 minutes.

PRICE PER PERSON	Euros
General adult admission	34
General evening admission*	26.50
General child admission (between 5 and 12 years old)**	25
3 day pass ***	84
5 day pass ***	127

PRICE FOR FAMILY PASS	Euros
2 adults + 2 children	100
2 adults + 3 children	115
2 adults + 4 children	128
2 adults + 5 children	138

\* The general evening admission rate shall applied for the last two hours before the centre shuts. Please check our opening times at [www.caldea.com](http://www.caldea.com).

\*\* The child's rate is applied to children between 5 and 12 years of age. A maximum of three children will be admitted with each adult. Documentation must be presented to prove the age of the children.

\*\*\* The vouchers give you the right to enter once a day.

All visits last for 3 hours, with the exception of night entry (2 hours). Time spent in the changing room is included in the duration of the visit. Additional charge for every 1/4 of an hour or fraction: €2.

Should you wish to do so, towels and hooded bathrobes can be rented for a small fee (please refer to page 21).

## GROUPS

Special group rates are available, minimum 20 people. In order to benefit from them, you must book in advance using the Caldea Reservation Desk (see page 22).





Caldea Treatments

# Keep enjoying the sensation beyond the water!

As incredible it may sound, we can present you with over 80 reasons to get out of the water. Get ready to take your senses by surprise in the most pleasant way: ayurvedic massage, four-handed massage, thermal-vitality treatment...

## Massages

	Duration	Euros
<b>Oriental massages</b>		
<i>Ayurvedic</i>		
☎ Cranial and arms massage (Shiroabhyanga)	30 min	42
☎ Back and leg massage (Partial Abhyanga)	45 min	55
☎ Full body massage (General Abhyanga)	60 min	67
☎ Full body four-handed synchronised massage (Shatabhyanga)	45 min	81
☎ Foot massage (Padabhyanga)	30 min	42
Foot reflexology massage	30 min	38
Amma massage	20 min	30
Partial geothermal massage (using hot stones)	60 min	61
General geothermal massage (using hot stones)	90 min	81
Massage with scented sachets	60 min	64
Traditional Thai massage	60 min	61
Korean relaxation	30 min	38
Shiatsu (Japanese style massage)	30 min	38
Shiatsu (Japanese style massage)	60 min	61
Yuthai (in-water massage)	30 min	38
<b>Traditional massages</b>		
☎ Massage for children (suitable for children aged 5 to 16 – Using Just Bio by Caldea range of oil or cream)	30 min	38
☎ Gravitas massage (especially suitable for expecting mothers - Using Just Bio by Caldea range of oil or cream)	45 min	50
Localised massage (back, legs, feet, face or cranium)	20 min	30
Partial massage	45 min	50
General massage	60 min	61
Underwater localised massage	20 min	30
Underwater general massage	30 min	38
Four-handed massage	45 min	75
Aromatic facial massage	45 min	50
Partial body massage with fruit essences	45 min	52
Full body massage with fruit essences	60 min	64
Partial body massage with Bach flowers	45 min	52
Full body massage with Bach flowers	60 min	64
<b>Cosmetic massages</b>		
☎ Doji candle massage (using scented candle oil)	45 min	55
Circulation massage	45 min	55
Hydrating massage	45 min	55
Firming massage	45 min	55
Anti-cellulite massage	45 min	55
Lymphatic drainage massage	60 min	71

## Beauty rituals

	Duration	Euros
<b>Facial</b>		
Customised facial hygiene treatment		
<i>Just for men</i>		
Algue Bleue vitale® based treatment	75 min	75
<i>Just for ladies</i>		
Moisturising, oxygenation, firming, anti aging/ wrinkle prevention, oily/dry/sensitive skin, dermal abrasion or eye contour special	75 min	75
Facial rejuvenating treatment (using natural algae hormones)	75 min	106
<b>Body</b>		
Turkish exfoliation	75 min	71
Localised application of natural herbs	60 min	57
Body scrub	50 min	61
Tired legs treatment	45 min	50
Hair removal		Please ask
Hands and feet beauty treatment		Please ask
Ultrafast high-pressure UVA treatment*	20 min	15
<b>Ayurvedic</b>		
☎ Facial treatment (Mukha)	90 min	85
☎ Facial and body exfoliation (Abhyanga ubtan)	75 min	85
☎ Treatment comprising a four-handed massage using rice husk and milk treatment (Navarakizhi)	75 min	125
<b>Wellness rituals</b>		
☎ Biothermal treatment (using the exclusive range of Just Bio by Caldea product)	90 min	85
Balneoesthetic treatment	75 min	81
Thermal-vitality treatment	75 min	81
Mud application with sea salts or essentials oils	75 min	81
Zen volcanic massage	90 min	81
Indocéane treatment	105 min	132
<b>☎ Novelties 2010</b>		
On page 23 you will find definitions of the main treatments.		

## Chocotherapy

	Duration	Euros
Chocolate wrap treatment	75 min	81
Cocoa-based skin <i>peeling</i>	50 min	61
Cocoa-based wrap treatment and <i>peeling</i>	105 min	111

## Anti-cellulite and slimming treatments

Anti-cellulite treatment - 1 LPG® session	35 min	60
Voucher for 5 LPG® treatment sessions		240
Voucher for 10 LPG® treatment sessions		420
Specific slimming and firming treatment	75 min	77
Voucher for 5 specific treatment sessions		310
Voucher for 10 specific treatment sessions		540

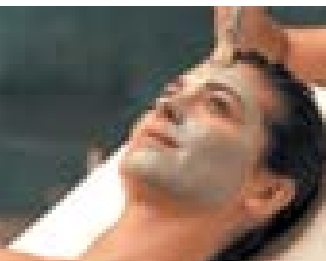
## Hydrothermal and associated treatment services

Individual and customised chromatic aerobaths	15 min	24
<ul style="list-style-type: none"> <li>• Using Just Bio by Caldea oil*</li> <li>• Using milk*</li> <li>• Using citrus, oriental or flower essences*</li> </ul>		
Aromatherapy invigorating shower*	10 min	19
Flotarium (weightless bath)	30 min	29
Hydrojet*	15 min	16
<ul style="list-style-type: none"> <li>• Sonic vibration treatment session*</li> </ul>	30 min	29

\* You can only use the services marked with an asterisk if you are a Wellness Area pass holder.

All forms of admission to the Thermoludic Area entitle you to enjoy the Caldea Treatments. In order to enjoy an additional treatment lasting a minimum of 20 minutes, your visit will last 4 hours instead of 3.

Arrange your bookings at any of the counters at the Centre or, for greater availability, we recommend booking via our Website or Reservation Desk (please refer to page 22).



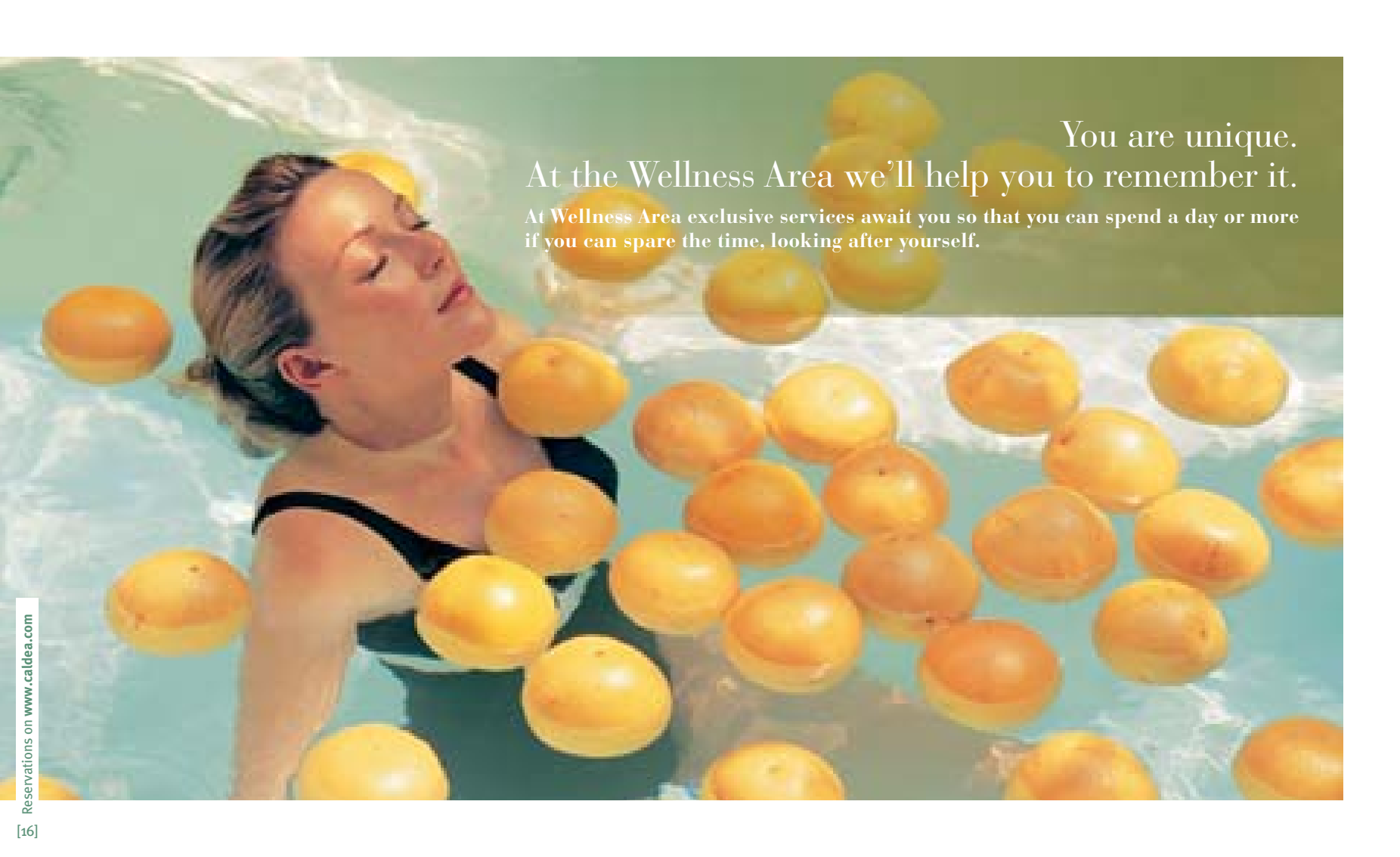




Wellness Area

## Dive into a world of wellness!

Explore the most exclusive area at Caldea's! Discover unique facilities where you can enjoy a customised treatment. Make the most out of your stay, you surely deserve it!



You are unique.

At the Wellness Area we'll help you to remember it.

At Wellness Area exclusive services await you so that you can spend a day or more if you can spare the time, looking after yourself.

## A UNIQUE PLACE

- The Aztec bath with currents, surrounded by a tropical garden
- The grapefruit bath, in a Japanese garden, which exfoliates and softens the skin
- The Hammam to enjoy the purifying action of steam
- The relaxing bath in a Zen atmosphere
- The outdoor Jacuzzis and the private solarium
- The water beds, the real pleasure of relaxation and escape
- The aquatic bar and its Gaudí-inspired terrace

## YOUR VISIT TO THE WELLNESS AREA

*On arrival, you will be received personally, with a welcoming refreshment.*

Each time you use the Wellness Area we will provide bathing materials (towel, bathrobe and flip-flops) and offer you one non-alcoholic drink. You will have free access to the Wellness Area and Thermoludic Area.

(See page 7 for details of the Thermoludic Area facilities).





## ACCESS LEVELS TO THE WELLNESS AREA

You may choose among a wide range of access levels and remember that there is no need to leave Caldea's premises in order to enjoy an excellent meal.

### 1. ACCESS TO THE WELLNESS AREA + TREATMENT\*

Ideal for your first-time at the Wellness Area.

\*individual aerobath, hydrojet, flotarium or sonic vibration treatment € 85/person

### 2. ACCESS TO THE WELLNESS AREA + TREATMENT PROGRAMME

Just look after yourself!

#### MODULAR PROGRAMMES

##### DE-STRESSING

• 1 day admission	Duration
• Thermal circuit	
• Individual chromatic aerobath with citrus essences	15 min
• Just Bio by Caldea general massage	60 min

##### BEAUTY FOR HIM

• 1 day admission	Duration
• Thermal circuit	
• Algue Bleue Vitale® facial hygiene treatment	75 min
• Back massage	20 min

##### HARMONY

• 1 day admission	Duration
• Thermal circuit	
• Aromatic facial massage	30 min
• Doji candle massage	45 min

##### ORIENTAL RELAXATION

• 1 day admission	Duration
• Thermal circuit	
• Traditional Thai massage	60 min
• Hindu head and scalp massage (Shiroabhyanga)	20 min

##### BEAUTY FOR HER

• 1 day admission	Duration
• Thermal circuit	
• Customised facial hygiene treatment	75 min
• Circulation massage	20 min

##### JUST BIO BY CALDEA WELLNESS

• 1 day admission	Duration
• Thermal circuit	
• Partial body massage	45 min
• Reflexology foot massage	30 min
• Aromatherapy invigorating shower	10 min

(Different module combinations can be chosen for stays longer than one day)

€135/person/programme

## 2 DAYS PROGRAMMES

### RELAXATION

- 2 days admission
- Thermal circuit
- Full body massage with Bach flowers
- Massage with scented sachets
- Underwater massage
- Amma massage

Duration

60 min  
60 min  
30 min  
20 min

### SILHOUETTE

- 2 days admission
- Thermal circuit
- Balneoesthetic treatment
- Aesthetic massage
- Customised facial treatment

Duration

75 min  
45 min  
75 min

### MASSAGES OF THE WORLD

- 2 days admission
- Thermal circuit
- Yuthai
- Traditional Thai massage
- Facial ayurvedic massage (Mukhabhyanga)
- Hindu foot massage (Padabhyanga)

Duration

30 min  
60 min  
45 min  
30 min

€ 255/person/programme

## “À LA CARTE” PROGRAMMES

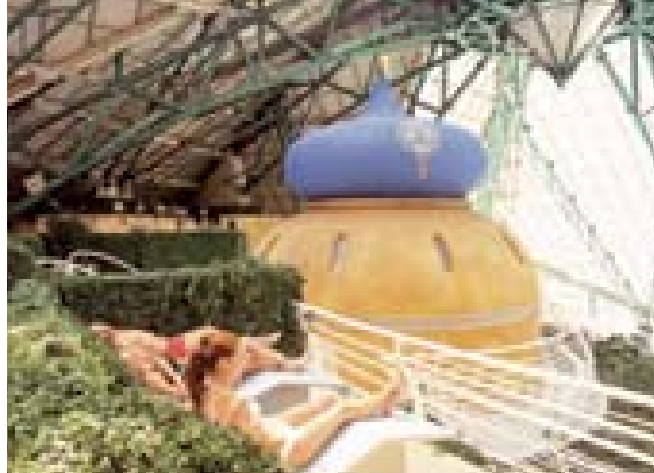
We can also draft an “à la carte” programme to suit the number of days and treatments of your choice (please refer to pages 12 and 13). We can either send you an estimate or you may work it out by yourself.

Admission fee/person/day: €56 + the price of the chosen treatment/s

If you choose a day's admission, the treatment must last a minimum of 20 minutes.

All services require a compulsory prior reservation.

We recommend booking a few days in advance via our web page or Reservation Desk (please refer to page 22).





## Restaurants

Experience unique sensations even for the most demanding tastes.

Because eating is also a pleasure! At Caldea, we are proud to offer a comprehensive menu to suit everybody's needs and pockets. Whether you are planning or not to dive in the thermal waters, you will still have the chance to enjoy the best gastronomy for only €12.40 per person.





## Other services

### Much more than water.

#### Boutique Caldea

Make sure you do not miss our “Boutique”, as it is an ideal place to make the most out of your resting time. There you may wish to rent towels (€2.75) and a hooded bathrobe (€4.20), and let’s not forget the latest trends in swimwear. You will have the opportunity to acquire every kind of exclusive products and take home with you all the wellness found at Caldea... and much more!

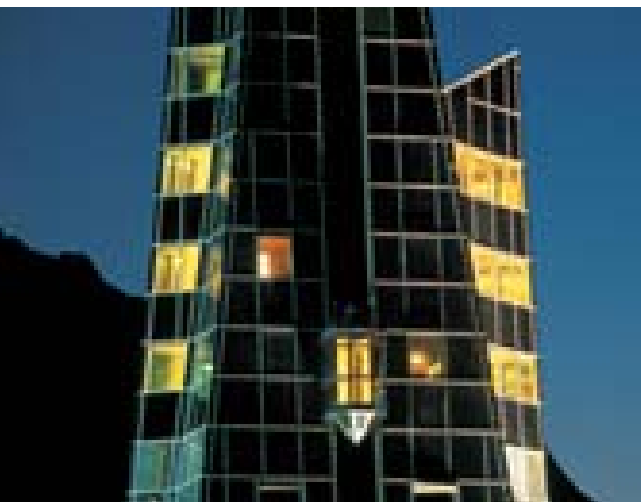
#### Shopping arcade

Give yourself one last treat and go shopping ‘til you drop at our shopping arcade. You will be delighted with the wide range of shops that can be found at Caldea.

#### Sírius

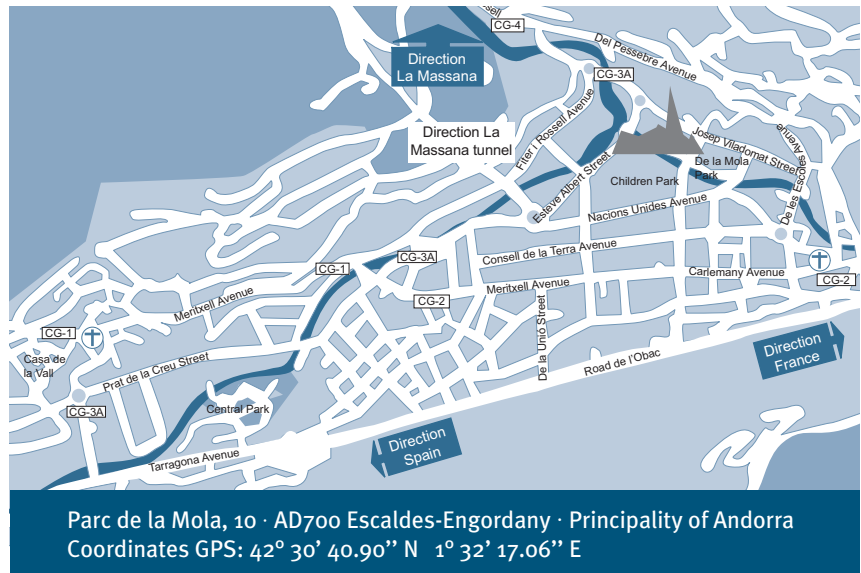
Take the panoramic-view lift leading to the top of the Caldea tower and you will be captivated by the breathtaking view over the valley that can be admired from the viewpoint bar.

Also not to be missed is the screening of “The Legacy of water”, a journey through the history of water as seen by different cultures. You will travel in time via a cutting-edge audiovisual system equipped with touch screens through which you will discover that there is much more to water than just three physical states. Let yourself be carried away by the liquid element and its symbolism, legends and healing properties.



# Useful information

## How to get to Caldea



## SWIMWEAR PROTOCOL

Ladies can access the premises wearing a swimsuit or a bikini while gentlemen may use swimming trunks or swim briefs. The use of beach or outdoor-type flip-flops is not allowed. You may walk barefoot or use the disposable latex slippers available from the Caldea Boutique (€2.75). The use of a swim cap is not compulsory.

## ADMISSION

For safety reasons, children under 5 are not admitted. For children aged between 5 and 12 years a document must be presented to prove their age and they must be accompanied by an adult (there must be one adult for every three children). All people below the height of 1.30m must wear arm bands. For hygiene reasons, people with surface wounds or bandages or plaster casts on any part of their body will not be admitted.

## RULES AND REGULATIONS

For your enjoyment and safety, please respect the rules.

- To avoid slipping, you must walk very carefully as the floor is wet.
- Do not run into the premises.
- Using the steps and handrail on entering and leaving the lagoons is recommended.
- Jumping into the baths or diving into the water is prohibited.
- Access to the facilities is only allowed either barefoot or using the disposable latex slippers available from the Caldea Boutique.

- Remain silent so that everybody can enjoy relaxation and comfort.

## RESPONSIBILITIES

Caldea will not accept responsibility for any incidents arising from a failure to comply with the centre's rules or incorrect use of the facilities and services. Accidents which occur due to slipping are the customer's responsibility. Failure to follow the rules correctly will lead to the immediate cancellation of your admission. Caldea is not a medical centre. Consult your doctor if you have health problems.

## CARD LOSSES

A payment of €3 will be required for the loss of the Caldea card.

## RATES

Rates valid from 1 December 2009 to 30 November 2010.  
All prices include indirect taxes.

## PARKING FACILITIES

Public parking non-dependent from Caldea, open 24 hours. Tel: (+376) 822 886

Check centre's timetables and closing dates for improvement works at [www.caldea.com](http://www.caldea.com)

# Caldea Reservation Desk

Tel. (+376) 800 995 · Fax (+376) 865 656 · Email: [booking@caldea.ad](mailto:booking@caldea.ad)

On-line entrance, Wellness Area and treatment reservations on [WWW.CALDEA.COM](http://WWW.CALDEA.COM)

Our Reservation Desk will kindly inform you of the days when the Centre is less crowded.

## ARYUVEDIC MESSAGES AND TREATMENTS

Massages and treatments based in the thousand-year-old Hindu philosophy. Original massaging techniques and specific natural products from India are being used.

### MASSAGES

**AMMA MESSAGE:** Traditional Japanese energetic massage whilst sat on an ergonomically designed chair. Manipulations, pressure, stretching and percussions are used along the body meridians in order to rebalance energy circulation and release tension.

**GEOTHERMAL MESSAGE:** Gentle and rhythmic massage using hot stones to reach physical, mental and spiritual harmony. Indian and Hindu traditions are combined in a colourful setting.

**MESSAGE WITH SCENTED SACHETS:** Inspired by traditional Thai massage, its goal is well-being and relaxation. It is performed using scented sachets - cloth bags filled with aromatic herbs - impregnated with hot vapour which are applied all over the body. The customer can choose between Thai or Hindu hushs.

**TRADITIONAL THAI MESSAGE:** Ancient massage using gentle swings, pressure and stretching. Relieves tired muscles and improves blood flow, inducing a feeling of calm and inner peace.

**KOREAN RELAXATION:** Chinese art of passive stretching and complete relaxation. This technique requires a connection between the masseur and the customer in order to reharmonise the energy lines.

**SHIATSU:** Oriental manual massage technique which involves applying pressure with the thumbs and palms to the energy points and channels used in acupuncture in order to harmonise the body's energy.

**YUTHAI:** Massage in water comprising a set of exercises and swaying movements that simulate a dance. The person receiving this massage enjoys a profound state of relaxation and balance.

**MESSAGE FOR CHILDREN:** Highly relaxing full body massage especially suitable for the young ones at home (between 5 and 16 years old). Minors must be accompanied by an adult (mother, father or guardian) during the treatment.

**GRAVITAS MESSAGE:** Highly relaxing massage especially conceived for expecting mothers. Massage is applied to legs and back using a blood circulation enhancing gel.

**FULL, PARTIAL AND LOCAL MESSAGES:** Manual massages using neutral moisturising cream. In full body massage all of the body is worked on: arms, stomach, chest, legs and back, but not the face. In partial massage, two areas of the body are worked on: the back of the legs and back, and in local massage a single area is chosen from legs, back, feet, face, head, etc.

**UNDERWATER MESSAGE:** Manual massage using essential oils on a massage table under soft thermal rain. This technique stimulates the blood flow and soothes the nervous system.

**FOUR-HANDED MESSAGE:** Full body massage with essential oils given by two synchronised masseurs.

**AROMATIC FACIAL MESSAGE:** Make-up removal, peeling, toning, relaxing massage and cream mask application.

**MESSAGE WITH FRUIT ESSENCES:** A manual massage performed with dried fruit, to be chosen from the selection offered by Caldea. The fruit provides the vitamins and mineral salts necessary to revitalize, oxygenate and regenerate the epithelial cells. In the 60 minute massage the whole body is worked on, except for the face, while the 45 minute massage works on the back of the legs and the back.

**MESSAGE WITH BACH FLOWERS:** A few drops of Bach flower essence are added to the massage lotion. A specific essence will be used depending on the person's emotional state.

**DOJI CANDLE MESSAGE:** Partial massage using scented candles oil applied under the candle light. At the treatment room, the customer chooses between three different scents, all of which have highly relaxing and moisturising properties.

### BEAUTY RITUALS

**CUSTOMISED FACIAL HYGIENE TREATMENT:** Deep cleansing including make-up removal, scrubbing, steam, black head removal, hair removal, etc., and a customised treatment depending on skin type and/or needs.

**TURKISH EXFOLIATION:** Procedure used to remove dead cells from the body. It consists of a steam bath to open the skin's pores, a body buff with a horsehair glove and moisturising lotion. The result is oxygenated, healthy and moisturised skin.

**LOCALISED APPLICATION (BACK) OF NATURAL HERBS:** Detoxifying treatment by means of scrubbing. Hot pure wool towels previously soaked in thermal water containing cleansing natural herbs are placed on the face or body. A moisturising cream massage will follow to activate circulation and relieve muscle tension.

**BODY SCRUB:** Body exfoliation to remove all dead cells and have smoother and softer skin.

**TIRED LEGS TREATMENT:** Leg and abdomen wrap using cotton bandages soaked in cryogenic liquid (cold), which has a toning effect and stimulates circulation. After 20 minutes' exposure to the cold, a stimulating massage is given to restore normal blood circulation and eliminate toxins.

### WELLNESS RITUALS

**BIOHERMAL TREATMENT:** Full body and face treatment. It includes an exfoliation process followed by a moisturising treatment using 100% biological product especially conceived by Caldea (from Just Bio by Caldea range).

**BALNEOESTHETIC TREATMENT:** After a body scrub the treatment continues in a bath containing seaweed with nourishing properties. Finally moisturising lotion is applied.

**THERMAL-VITALITY TREATMENT:** Combines different types of honey, royal jelly and mineral salts that nourish the skin, eliminating dead cells and activating circulation. It has a calming and protective effect and leaves your skin feeling silky. It comprises an enzymatic scrubbing, an application of specific cream, a body mask with honey and moisturising lotion.

**MUD APPLICATION WITH SEA SALTS OR ESSENTIAL OILS:** Body treatment with a slimming, relaxation, toning and drainage effect. After 20 minutes being wrapped in an isothermic blanket and a shower, a massage is given using the most suitable cream for the specific treatment.

**ZEN VOLCANIC MESSAGE:** This consists of a facial scrub, after which you receive a massage and a face mask is applied, and a body scrub with seaweed salts, followed by a shower and a massage with cold and hot volcanic stones and essential oils. Whilst the face mask is on you will also receive a foot massage with volcanic stones.

**INDOCÉANE TREATMENT:** Essential relaxation treatment based on different relaxation techniques represented in 4 stages:

- Mediterranean stage: Sweet and salted body scrub with citrus essences.
- Egyptian stage: Milk bath.
- Hindu stage: Massage using different techniques from all over the world.
- Chinese stage: Relaxing and regenerating creamy wrap.

### CHOCOTHERAPY

**CHOCOLATE WRAP TREATMENT:** Full body chocolate application with an antioxidant, anticellulitis and de-stressing effect. The result is a warm, smooth and soft skin.

### HYDROTHERMAL AND ASSOCIATED TREATMENT SERVICES

**INDIVIDUAL CHROMATIC AEROBATHS:** Carried out in a bath with air and/or water outlets producing a full body massage. Can be done with milk, herbs or essence.

**INVIGORATING SHOWER:** Stimulating and relaxing. It offers adjustable pressure directed at different parts of the body. The shower produces a massaging effect that stimulates the muscles and increases blood flow.

**FLORIUM OR WEIGHTLESS BATH:** This refers to a capsule that the customer may leave open or shut, and in which it is possible to float effortlessly due to its high magnesium salt contents. It is indeed deeply relaxing both mentally and physically, as it helps reducing stress, muscle tension and tiredness. Just half an hour spent in the floatation tank amount to two-hour sleep.

**HYDROJET:** Mixture of classic massage and thermotherapy. Helps to combat backache, strained muscles, anxiety and stress. Carried out on a massage table using water jets along the back of the body.

**SONIC VIBRATION TREATMENT SESSION:** Dry application on a special stretcher generating pure vertical vibrations similar to that produced by the Earth gravity. According to the selected program, the objectives of the session may range from relaxation, blood and lymphatic circulation enhancement or muscle mass stimulation.

# Definitions

## Добро пожаловать в рай термальных вод

Кальдеа – это самый большой в Европе расположенный в горах Терморазвлекательный Центр, который находится в Эскальдес-Энгордань (Андорра) в окружении идиллического горного пейзажа. Самый настоящий рай, где посетители могут насладиться всеми преимуществами термальной воды.

Терморазвлекательная зона

### Пусть испарятся все проблемы или как минимум заморозятся

Погрузитесь в большую лагуну и совершите незабываемое путешествие по уникальным установкам, задуманным так, чтобы Вы наслаждались преимуществами термальной воды во всех её состояниях: от пара до льда.

### КУПАЛЬНИ

*Цельный мир водных пространств и ванн с гидромассажем.*

#### Большая внутренняя лагуна

- Термальная вода 32°C-34°C.
- Лебединая шея.
- Джакузи.
- Маски для лица из распыляемой воды.
- Чаши с гидромассажем.

#### Лагуна на свежем воздухе

- Термальная вода 32°C-34°C.
- Вход через ручей, вытекающий из большой внутренней лагуны.
- Глубокое джакузи и ложе с пузырьками.

#### Джакузи на свежем воздухе

#### Индо-римские купальни

- Купальня с термальной водой 36°C и купальня с холодной водой 14°C.

Максимальная глубина купален: 1,30m

### ФИТНЕС

*Стимуляция, регенерация и реактивация циркуляции крови.*

#### Исландская купальня

- Стимулирует циркуляцию крови с головы до ног благодаря снегу или бассейну с холодной водой.

#### Аквамассаж

- Для увеличения тонуса различных частей тела.

#### Сирокко

- Коридор с тёплым расслабляющим воздухом.

#### Сауны с расслабляющим светом

- Сухой пар 85°C и как продолжение бассейн с холодной водой.
- Снимает напряжение мышц.

#### Турецкая баня и обволакивающий пар

- Влажный пар 55°C и освежающая гидратация.
- Способствует общей релаксации и дыханию.

#### Свет Вуда

- Релаксация с помощью отрицательных ионов.

### РЕЛАКСАЦИЯ

*Для получения большей пользы от посещения Кальдеа необходимо отдыхать после купален и зоны фитнес.*

#### Отдых под инфракрасными лучами

- Помогают поддержать комфортную температуру тела после зоны фитнес.
- Обладают расслабляющим эффектом и не вызывают загара.

#### Отдых и солнце на открытых террасах

Эти услуги доступны для всех посетителей

## Внутренняя лагуна превращается в сцену.

С наступлением сумерек вода становится главным действующим лицом удивительного спектакля .

«Мондайгуа» представляет путешествие воды из атмосферы внутрь земли, где она превращается в горячую воду, источник жизни и удовольствия. Эксклюзивное представление COMEDIANTS S.A. для Кальдеа.

Время начала спектакля изменяется в зависимости от времени года. Информация [www.caldea.com](http://www.caldea.com)

### РАЗЛИЧНЫЕ ВИДЫ ВХОДА

Вы сможете находиться в центре четыре часа вместо трёх, если Ваш обед в Оазисе стоит не меньше 10 евро на человека или, если Вы заказали дополнительную процедуру, продолжительность которой не менее 20 минут.

<b>ЦЕНЫ НА ЧЕЛОВЕКА</b>	<b>Евро</b>
Общий вход для взрослого	34
Ночной общий вход*	26.50
Общий вход для детей(от 5 до 12 лет)**	25
Абонемент на 3 дня***	84
Абонемент на 5 дней***	127

<b>СЕМЕЙНЫЙ ТАРИФ</b>	<b>Евро</b>
2 взрослых и 2 ребёнка	100
2 взрослых и 3 ребёнка	115
2 взрослых и 4 ребёнка	128
2 взрослых и 5 детей	138

\*Общий ночной вход действует два последних часа работы центра . Часы работы на сайте [www.caldea.com](http://www.caldea.com)

\*\*Детский тариф действует для детей от 5 до 12 лет (включительно). На одного взрослого разрешается максимум три ребёнка. Для детей является обязательным предъявление документа с датой рождения.

\*\*\*Все абонементы ограничены одним входом в день.

Длительность входа 3 часа (ночной вход 2 часа). Время, проведённое в гардеробе включено в длительность входа)  
Доплата за каждую четверть часа: 2 евро.

Возможен прокат полотенец и халатов (см.стр.21).

## ГРУППЫ

Существуют специальные тарифы для групп минимум 20 человек. Необходимо предварительное бронирование в отделе бронирования Кальдеа (см. стр. 22).

Дополнительные процедуры Кальдеа

**Даже если Вам это кажется невозможным, предлагаем более 80 причин, чтобы выйти из воды.**

В Кальдеа есть более 80 процедур для того, чтобы Ваше пребывание здесь превратилось в нескончаемое удовольствие: массажи Аюрведа, массаж в 4 руки, процедура Термовиталь... (см. список процедур на стр. 12-13).

## Вельнес пространство

**Вы особенны . В Вельнес Пространстве мы напомним Вам об этом.**

Войдите в самое эксклюзивное пространство. Откройте для себя уникальные установки, где Вы встретите внимательное обслуживание.

## УНИКАЛЬНОЕ МЕСТО

- Купальня ацтеков в окружении тропического сада
- Купальня с грейпфрутами в японском саду с отшелушивающим и смягчающим кожу эффектом
- Купальня для релаксации в окружении ZEN
- Джакузи на свежем воздухе и терраса
- Матрасы с водой
- Акватический бар с террасой в стиле Гауди

## ВАШЕ ПРЕБЫВАНИЕ В ВЕЛЬНЕС ПРОСТРАНСТВЕ

По прибытии Вас ждёт персонализированное обслуживание и безалкогольный напиток .

Для любой программы Вам выдадут купальные принадлежности (полотенце, халат и тапочки), один безалкогольный напиток и у Вас будет свободный доступ ко всем установкам Вельнес Пространства и Терморазвлекательной Зоны (о Терморазвлекательной зоне см.стр.7)

Посвятите себе один или несколько дней.

## ВИДЫ ВХОДА В ВЕЛЬНЕС ПРОСТРАНСТВО

Вы можете выбрать различные типы входа в Вельнес Пространство и не забудьте, что не нужно выходить из Кальдеа для того, чтобы насладиться хорошим обедом.

### 1. ВХОД В ВЕЛЬНЕС ПРОСТРАНСТВО + ПРОЦЕДУРА\*

Идеально подходит для первого знакомства с Вельнес Пространством.

\*индивидуальная ванна с гидромассажем, сухой аквамассаж, флотариум или звуковая вибрация 85 евро на человека.

## ПОЛЕЗНАЯ ИНФОРМАЦИЯ

### КУПАЛЬНЫЕ ПРИНАДЛЕЖНОСТИ

Женщины могут находиться в купальнике цельном или раздельном, мужчины в плавках типа шорт или типа слип. Не возможен вход в шлёпанцах. Возможно находиться босиком или Вы сможете приобрести одноразовые латексовые носочки, в нашем магазине Бутик Кальдеа (2,75 евро). Наличие шапочки не обязательно.

### ДОПУСК В КАЛЬДЕА

В целях безопасности дети до 5 лет не допускаются. Для детей от 5 до 12 лет нужно предъявить документ, подтверждающий их возраст. Дети от 5 до 12 лет должны сопровождаться взрослым (один взрослый на три ребёнка). Лица, ростом менее 1.30м, обязаны пользоваться надувными нарукавниками. По гигиеническим соображениям не допускаются лица с гипсовыми повязками, ранами или с забинтованными частями тела.

### ПРАВИЛА ПОВЕДЕНИЯ

Для Вашей безопасности соблюдайте установленные правила.

- Во избежание падений ходите осторожно, так как пол влажный.
- Не бегайте по центру.
- Рекомендуем пользоваться лесенкой и поручнями, когда Вы заходите и выходите из купален.
- Запрещено прыгать в купальни и находясь в них.
- Соблюдайте тишину для того, чтобы все смогли насладиться отдыхом и комфортом.

- Можно ходить босиком или в одноразовых носочках из латекса, которые можно приобрести за 2,75 евро в магазине Кальдеа.

### ОТВЕТСТВЕННОСТЬ

Кальдеа не несёт ответственность за несчастные случаи, произошедшие по причине нарушения вышеуказанных норм поведения или неправильного использования установок. Поэтому клиенты несут полную ответственность за несчастные случаи, произошедшие из-за скольжения. Невыполнение правил поведения приведёт к немедленному аннулированию допуска в центр. Кальдеа не является медицинским центром. Если у Вас есть проблемы со здоровьем, проконсультируйтесь у врача.

### ПОТЕРЯ КАРТОЧКИ

При потери входной карточки в Кальдеа необходимо заплатить 3 евро.

### ПЕРИОД ДЕЙСТВИЯ ТАРИФОВ

Тарифы действуют с 1 декабря 2009 г. до 30 ноября 2010 г. Во все цены включён непрямой налог.

### ПАРКИНГ

Городской паркинг не зависит от Кальдеа и открыт круглосуточно. Телефон (+376)822 886

Часы работы центра и закрытие на ремонтные работы на сайте [www.caldea.com](http://www.caldea.com)

## Отдел бронирования Кальдеа

Тел. (+376)800995, факс (+376)865656. Электронный

адрес: [booking@caldea.ad](mailto:booking@caldea.ad)

Бронирование входа в Терморазвлекательную зону, в Вельнес Пространство и процедуры на сайте [www.caldea.com](http://www.caldea.com)

Наш отдел бронирования предоставит Вам информацию о днях с большим или меньшим посещением центра.

Parc de la Mola, 10 · AD 700 Escaldes-Engordany · Principat d'Andorra.  
Координаты GPS: 42° 30' 40.32"N – 1° 32' 17.16"E



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