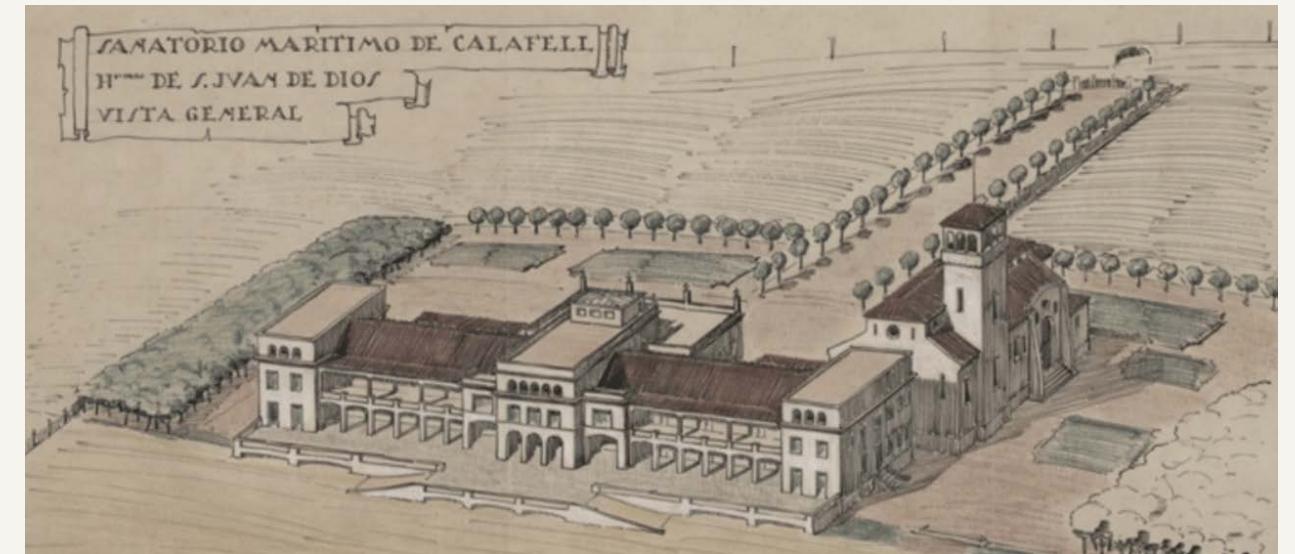


EXPLORE SPA DE
LE MERIDIEN RA

COSTA DORADA



Le Meridien Ra Beach Hotel&Spa holds an esteemed history as one of Spain's earliest purpose-built sanctuaries for healing. From the 1920's guests harnessed the fresh seaside air, natural light, botanical riches and mineral-rich seawater to fortify their bodies and minds. Today, Explore Spa re-establishes its presence as a modern destination for health affirming wellness practices.

Our program is mindfully structured around nurturing
our guests circadian rhythms.

We believe that well-being occurs when we align our energies to the natural solar and lunar rhythms present in each 24-hour cycle.

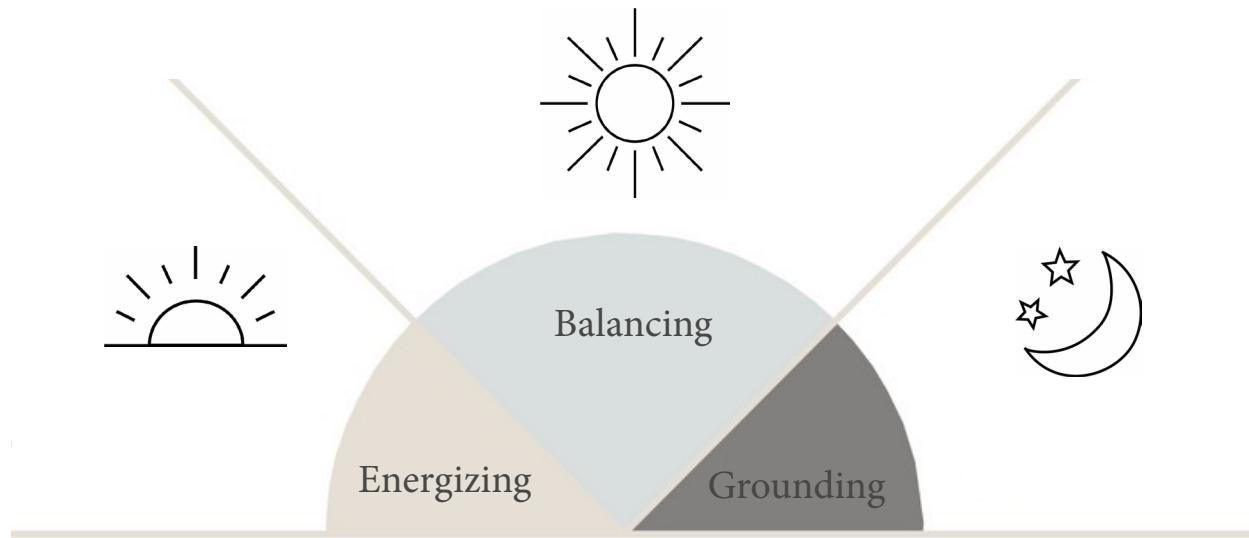
Within this menu, you will discover a range of personalised face and body treatments, thalassotherapy bathing circuits and slow Mediterranean rituals.

Select intentional treatments to support your well-being:

Energizing, Balancing and Grounding.

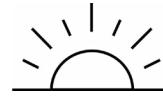


CONCEPT

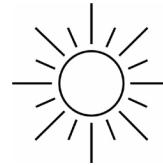


EXPLORE SPA BY
LE MÉRIDIEN RA

COSTA DORADA



Treatments and Experiences to awaken and energize the body and mind for a full and vibrant day ahead.
Recommended in the morning.



Treatments and Experiences that nourish the whole body and ensure balanced and sustainable energy.
Recommended from noon to late afternoon.



Treatments and Experiences to settle the nervous system and envelop you with a sense of peace and well-being in support of the sweetest slumber.
Recommended in the late afternoon and evening.

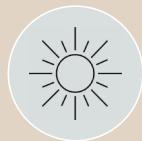
SIGNATURE TREATMENTS

by Explore Spa



Epicurean Body Wrap

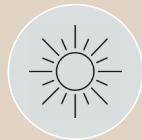
90 min · Natura Bissé · 190 €



An illuminating body ritual that begins with a renewing exfoliation and continues with a hydrating wrap rich in vitamin C. It concludes with a moisturising treatment that visibly improve the skin's texture, leaving it soft, firm, and with a healthy glow.

Four Hands

50 min · 200 €



An immersive experience where two therapists work in unison in perfect harmony. Synchronised movements, flowing rhythm, and balanced pressure guide you into a deep state of relaxation and help you to completely unwind.

Chakra Art

90 min · 170 €



An energising massage that combines hot basalt stones with carefully selected essential oils. Designed to release deep tension, relieve joint discomfort, and restore the body's energy balance.

Discovery: Luna Stones

75 min · SeaSkin Life · 150 €



A deeply relaxing massage using quartz stones energetically charged under the moonlight. Slow, enveloping movements combined with essential oils induce complete relaxation of both body and mind.

Limitless Facial

90 min · Natura Bissé · 200 €



An anti-ageing facial treatment that combines collagen with rejuvenating massage techniques. Provides an immediate lifting effect, improves firmness, and restores radiance to the skin.



FACIALS



Express Facial

30 min · Natura Bissé · 60 €

An immediate boost of freshness and vitality. Includes a gentle exfoliation, purifying mask and deep hydration for renewed skin in record time.



Facial Energy

50 min · SeaSkin Life · 120 €

A nourishing, radiance-enhancing facial inspired by the Mediterranean. Ideal for dull or mature skin, it combines energizing mask and thermal spring water to restore radiance, luminosity, firmness, and a radiant appearance.



Personalised Facial

75 min · Natura Bissé · 150 €

A tailor-made treatment that begins with a skin analysis. Each session is adapted according to three essential principles: hydrate, nourish, and restore, using a carefully selected range of high-end skincare products.



Eternal Youth Facial

50 min · Alqvimia · 120 €

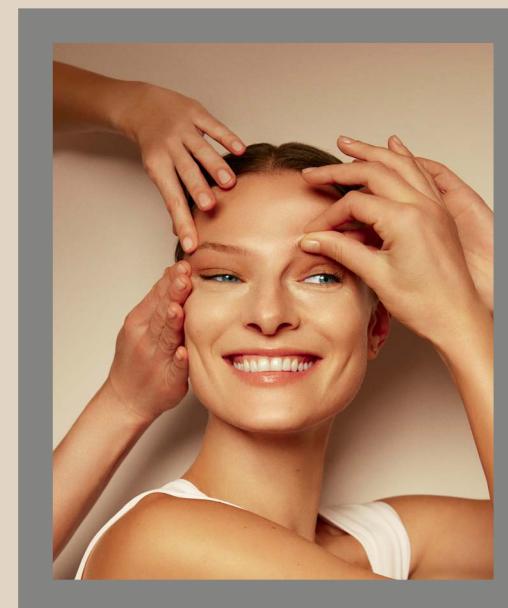
A pro-ageing, antioxidant facial formulated with retinol/retinal, hyaluronic acid, collagen, and red fruit extracts. Stimulates cell regeneration, reduces wrinkles and restores firmness and radiance.



Vitamin C Vitality

50 min · Natura Bissé · 120 €

A revitalising treatment that brightens and energises the skin thanks to a potent vitamin C elixir. Includes cleansing, exfoliation, and a nourishing mask for a fresh, luminous complexion.



FACIAL UPGRADES

Gua Sha	10€
Cryo Sticks	10€

FACIAL ADD-ON:

Kobido facial massage	30 min	50€
Theraface	30 min	50€
Massage	30 min	50€
Reflexology	30 min	50€

MASSAGES



Circadian Aromatherapy

Alqvimia
50 min · 110 €
75 min · 150 €

A personalised sensory massage tailored to your circadian rhythm: energising, balancing, or relaxing. Carefully selected essential oils to accompany the body's needs at every moment of the day..



Energy Boost: Deep Tissue

Natura Bissé
50 min · 120 €
75 min · 160 €

A deep tissue massage designed to release muscle tension, stimulate circulation, and revitalise the body.



Recovery Massage

Natura Bissé
50 min · 110 €
75 min · 150 €

A restorative massage with mint and eucalyptus essences. Relieves muscle fatigue, refreshes the body, and helps restore tone and energy.



Balance Your Rhythm

150 min · 290 €

A holistic experience combining three 50-minute massages, adapted to your circadian rhythms. Includes Energy Boost, Abhyanga and Circadian Aromatherapy. Can be enjoyed on separate days to prolong the benefits.



MASSAGE UPGRADES

Wood Therapy
Theragun
Quartz Stones

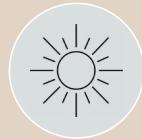
10€
15€
15€

MASSAGE ADD-ONS

Theraboots	30min	50€
Massage Extension	30min	50€
Reflexology	30min	50€

SUITE TREATMENTS

AYURVEDA, THAI & ORIENTAL



Himalayan Lymph Ritual

50 min · 120 €

Much more than a lymphatic drainage treatment. This ritual combines specific manual techniques with the therapeutic benefits of a heated Himalayan salt bed, promoting detoxification and a profound feeling of lightness.



Himalayan Salt Therapy

50 min · 125 € · 90 min · 175 €

SeaSkin Life

A thalassotherapy ritual performed on a Himalayan salt bed, combined with sound vibrations that induce a state of physical and mental balance. Includes 30 minutes of salt inhalation therapy. In the 90-minute version, the massage is extended to the head and feet for a more complete experience.

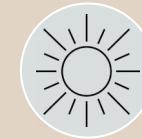


Hamмам Suite for Two

60 min · 180 €

120 min · 360 €

A detox journey in a private space. It begins with a 20-minute steam bath, followed by a body exfoliation and final hydration. The 120-minute option also includes a personalised full-body massage, creating a unique experience to share as a couple.



Abhyangam

50 min · 120 €

An Ayurvedic treatment using warm herbal oil applied on a traditional wooden bed.

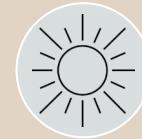
Improves circulation, balances energy, and provides a profound sense of well-being.



Shirodhara

75 min · 170 €

A deeply relaxing ritual in which a continuous stream of warm medicinal oil is poured over the third eye. Ideal for combating insomnia, anxiety, and emotional stress.



Reflexologia

50 min · 90 €

An ancient technique that stimulates reflex points on the feet to balance the body, release tension, and promote overall relaxation. Begins with a foot peeling, followed by reflexology.



Thai

90 min · 170 €

Traditional Thai massage performed on a futon. Combines assisted stretches and rhythmic pressure to increase flexibility, release tension, and reactivate vital energy.

RITUALS



Silhouette

90 min · Alqvimia · 170 €



A body ritual combining exfoliation, a wrap and draining massage with wood therapy, enhanced by Alqvimia's active ingredients to redefine the silhouette and revitalise the body.

Queen of Egypt

90 min · Alqvimia · 170 €



A tribute to Cleopatra's beauty. A revitalising ritual with Dead Sea salts, mud, and the enveloping fragrance of incense and myrrh, offering a unique sensory experience

Eternal Youth

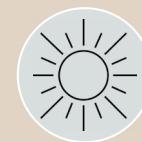
120 min · Alqvimia · 250 €



A fusion of massages and a pro-ageing facial that delivers intense hydration, antioxidant protection, and a profound sense of overall well-being.

Posidonia Ritual

90 min · SeaSkin Life · 170 €



A body exfoliation using Menorca's Posidonia sea salt, followed by an aromatherapy massage with botanical oils. Restores softness, smoothness and comfort to the skin.

Oasis of Serenity

120 min · Alqvimia · 250 €



A holistic ritual that harmonises body, mind, and spirit. Combines a nourishing facial with a body ritual designed to reduce stress and restore inner balance. Includes exfoliation, a wrap and massage.

Aloe Sun

90 min · SeaSkin Life · 170 €



A soothing and regenerating ritual, ideal after sun exposure. Includes exfoliation (if recommended by the therapist), and/or a body wrap and massage to deeply hydrate and restore the skin.

SPA ETIQUETTE

CANCELLATION

Should a cancellation be necessary, Explore Spa requests that this takes place at least 24 hours prior to the scheduled time of the treatment. Failure to do so will incur a charge of 100% of the treatment price.

ARRIVAL TIME

We recommend arriving at least 15 minutes prior to the scheduled treatment time. This will enable you to calmly check-in at the spa arrival area, change clothes in a relaxed way and perhaps enjoy an infusion or tea whilst waiting for your therapist. We recommend you be ready for your therapist 5-10 minutes before the treatment time.

LATE ARRIVALS

In the event of a late arrival at the spa, your spa therapist will do their best to accommodate you fully; however, we cannot guarantee you will receive the full duration of your scheduled service. If your spa therapist is fully committed, they will need to close the service at the originally designated time in order to serve the next scheduled guests. No service discounts are extended for late arrivals.

MINIMUM AGE

Guests under the age of 16 are not permitted to receive treatments. They may access the spa facilities during the first two hours of opening, accompanied by an adult at all times.

SPECIAL HEALTH CONSIDERATIONS

Should you suffer from any health condition or should you be pregnant, please advise our staff of this when booking your treatment. Our spa concierges can advise you on which treatments would be most beneficial and which you should avoid due to health conditions.

THERAPIST GENDER

Please, feel free to request a male or female therapist at the moment you make your appointment.

SUITABLE CLOTHING

On arrival at Explore Spa, we provide for you a bath robe and slippers for your use during your visit. Disposable under garments are to be worn during all treatments. Our therapists are trained professionals who ensure appropriate level of comfort by using draping to cover those areas of the body not being treated. We advise you to not use swimwear during treatments as it may become stained by oils.

FOOD & BEVERAGE

Should you wish to add a light lunch or beverage to your spa experience or retreat, please inquire at the time of booking. Our spa concierge will be happy to assist.

VALUABLE ITEMS

Despite all the lockers having keys, we recommend that you leave your personal items in the safe in your room. Explore Spa does not accept responsibility for items placed in lockers.

PAYMENT METHOD

We recommend paying by credit card, gift vouchers or, if you are staying at the hotel, charging the spa services to your room. A service tip for your therapist or the spa team is at your election.

GIFT VOUCHER

Explore Spa vouchers are a great way to surprise or delight a friend or loved one. Spa vouchers can be purchased for a specific experience or for a selected amount. They are available from spa reception.

SHARE YOUR EXPERIENCE WITH US

We welcome your feedback and can be reached at ra.explorespa@lemeridien.com

