

Hotel

★★★★
San Ramón

del Somontano

SPA:

Bithermal Shower Spray with scents.

Scottish thermal shower.

Dry Sauna aromas.

Turkish bath.

Colour Therapy Relaxation room, soothing waterfall, thermal heated loungers.

3 cabins for different types of massage and aromatherapy.

Cromoterapia pool, Jets, and Geiser massage, waterfall cervical massage, counter-current swimming system, and all accompanied by music from different environments.

Costumes.

Hats, Slippers and Bathrobe

Bi-thermal showers

The bi-thermal showers Feelings are a traditional element in any resort and spa centers.

Reactive blood circulation, refreshes, relaxes, perfume, skin tones of our body, and helps us find the balance between body and mind.

Thermal shower (hot and cold water).

Cycles combines hot and cold water upward beginning in the feet, passing through the waist and shoulders to get to the head. After a massage balances the circulatory system. Recommended for unavoidable finish after heat treatment, and to provide the best welfare.

Bithermal Shower Spray - Mist Flavoured with essential oils.

Cycles combines hot and cold water with the exception that at the time of receiving cold water soluble aromatic oils also contributes. The oils were diluted with cold water does not alter its main benefit is intended to improve the circulatory system to provide the best welfare.

TURKISH BATH

The Turkish bath or steam, also called Hamman (bath, in Arabic), has been practiced for millennia. This is a moist heat bath where the temperature is not uniform in the room between 20 and 25 degrees, five feet about 40 degrees and 50 degrees at the height of the head. It also has a relative humidity of 99%, which causes the classic "fog."

In these habitats the heat is generated due to the hot water flowing through pipes and radiators in the walls of the rooms.

Benefits

- Heat is subjected to body forces you to accelerate your metabolic functions, increased ventilation, acceleration of blood circulation and stimulation of the nervous and hormonal systems, resulting in an overall improvement of health.
- Allows for greater oxygenation and regeneration of tissues. Helps slow the aging process of the skin.
 - The steam produces a balanced expansion of the pores and gives a profuse perspiration, in addition to eliminating toxins and impurities, stimulates blood circulation.
- With the expansion of the pores of the skin, the steam makes cleaning deep and lasting that leaves the skin smooth and velvety.
 - From a therapeutic view of the Turkish bath moisturizing the airways, an expectorant for cold, cough and hoarseness. It also helps to combat bronchitis, sinusitis and other respiratory ailments.
 - The lungs and his entire bronchial system increase their ability to exchange oxygen and general ventilation.
- Relaxes the nervous system., Therefore, is very beneficial results for all people who suffer from stress, anxiety, depression, etc.
- Suitable for teens with acne. and for men, because smooths and softens skin, making it easier shaving.
- It is less stressful to the body as the sauna, despite the psychological effect of 'burden' to produce the 'fog'.

STEAM SAUNA

The sauna is characterized by a dry heat ranging from 80 ° C to 90 ° C and a relative humidity very low, which is only 15%. Sauna baths are taken in the quarter sealed timber, with steps to rest, the higher, more heat-, in which the temperature is obtained by heating in a place of no sandstone rocks, fed by electrical heating, reaching the filament.

Benefits

- Exercises the cardiovascular system. The high temperature causes increased metabolism and strengthens the heart muscle due to the heat dilates blood vessels and increases heart rate.
- Eliminates toxins. Opens the pores and cleanse the skin of impurities. Through perspiration, the body eliminates, among other "waste products, heavy metals (lead, mercury, zinc, nickel, cadmium ...), alcohol, nicotine and sodium.
- Improves breathing. Helps clear the airways. More fluid mucus that may exist in

the bronchi. In case of colds or cold, after a session you will notice a big improvement. It is proven that patients with obstructive lung disease transiently improve pulmonary function.

- Improved joint diseases. The combination of body heat, improve circulation, releases endorphins and warm up stiff joints relieves pain and discomfort. A hot body is less sensitive to pain. Has a positive effect on the locomotor system and the psycho-emotional state, in addition to relieving arthritic pain.
- Prepare the body for other therapeutic and beauty treatments. After a sauna, state of the skin and muscles is ideal to submit to a massage or any treatment involving the application of any product (cellulitis, obesity, hydration of the skin deep)
- Other applications. It helps muscles recover after exercise the body, reduce cellulite and fat deposits. It is also beneficial in case of sprains, neuralgia, muscle spasms, joint stiffness and overall musculoskeletal disorders.

RELAX ROOM - THERAPY

Heated loungers - THERAPY

The finishing touch to relax after applying a treatment.

It has a temperature of 38 ° to the surface.

They are perfect to combine with other treatments such as saunas, steam baths and other baths as part of the resting phase in which the property is enhanced from the previous step.