



**SPA**

**URSO HOTEL & SPA MADRID**



*Our therapists will be delighted to guide you to treatments of the menu according to your needs and your skin type. Do not hesitate to contact us and we will arrange a personalised in-depth analysis of your requirements.*

## MASSAGE THERAPY

MASSAGES · 60 -90 Min

RELAXING MASSAGE

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Specific movements combined with personalized warm oils and aromas to release the stress and achieve total relaxation of mind and body.

MASSAGES · 60 -90 Min

AYURVEDIC MASSAGE  
OR ABHYANGA MASSAGE

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This experience nourishes your body, strengthens your immune system and revitalizes your mind. The traditional ayurvedic massage techniques along with our essential oils will release the stress, the impurities and energy blocks, taking your mind and body to a complete relaxation. Depending on the selected oils and applied technics, this massage may be relaxing, energizing or therapeutic.

Four-hands massage available upon request.

MASSAGES · 60 -90 Min

DEEP TISSUE MASSAGE

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Combination of long frictions and deep pressure to stimulate the blood and oxygen flow through the whole body, removing toxins from our muscles. The essential oils stimulate the tired muscles and eliminates localized stress.

# MASSAGES

## EXECUTIVE MASSAGE

MASSAGES · 60 -90 Min

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Specially designed to release tension, stretch muscles, relax body and mind and deconstruct back and neck, helping us to regain balance. Ideal to achieve mental disconnection through a mindfulness experience.

## HOT STONES MASSAGE

MASSAGES · 60 -90 Min

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Holistic technique using heated basalt stones in combination with warm essential oils to release muscular tensions. Recommended to relieve chronic muscular pain, fatigue and sleep disorders.

## LOMY-JUMA MASSAGE

MASSAGES · 60 -90 Min

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It liberates the energy flow through the channels of vital energy. It is specially recommended to relief joint and muscle tension, main causes of impeding the flow of energy.

## EXPRESS MASSAGE

MASSAGES · 30 Min

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Specific movements, combined with personalized oils which ease the stress and achieve a total relaxation of mind and body.

## EXCLUSIVE TREATMENTS FOR URSO SPA

### ROYAL OXIGEN RITUAL | NATURA BISSÈ

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FACE & BODY CARE · 120 Min

Oxygenate and purify your entire body and face through a gentle cleansing, a peeling with fruit acids, a facial detox massage and a decongestant mask. The body treatment includes a gentle ultra-moisturizing exfoliation, a detoxifying massage for the body with a dry oil and a firming and toning wrapping mousse.

As a result, your skin will be luminous, nourished and perfect.

### GLOBAL CARE PHYTO-AROMATIC | SISLEY

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FACE & BODY CARE · 120 Min

The sensory texture of the products used in this treatment, its delicate and attractive aromas along with the active ingredients are ideal to re-densify, moisturize, balance and promote all the luminosity and wellbeing to your skin. A full deep treatment, totally customized for the needs of your skin.

## FACE & BODY CARE

### DIAMOND SUBLIME

FACIAL AND BODY CARE · 140 Min

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#### NATURA BISSÈ

Exclusive and romantic treatment with renewing power made with sumptuous oils and effective essences, all of them made of Damask rose. This revolutionary experience provides unparalleled rejuvenating action through the four key biomarkers of skin age. Redefines the facial contour, reducing wrinkles and fine lines in just one session.

### ROYAL CITRUS EXPERIENCE

FACIAL AND BODY CARE · 90 Min

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#### NATURA BISSÈ

Active draining ingredients combined with relaxing massage techniques offer a true dance for the senses. The treatment includes a soft cleansing, a peeling with citric spheres, followed by a facial remodeling massage, a treating mask of bitter oranges and a body massage with warm citric balm.

## FACIAL CARE

FACIAL CARE · 60 Min

PHYTO-AROMATIC  
PERFECTING

Activate your senses through aromatherapy and show a perfect skin. Be surrounded by the synergy of plants, essential oils and different manual procedures, which will eliminate the signs of fatigue and aging. Reduces fine lines, purify the skin and reveals its brightness and freshness.

SISLEY

FACIAL CARE · 60 Min

BLACK ROSE  
PHYTO-AROMATIC

All the power of the extracts of the black rose in a unique texture. The exclusive Black Rose flux is transformed into micro-drops of water that penetrate the heart of the epidermis, leaving the skin glowing with beauty.

SISLEY

FACIAL CARE · 60 Min

PHYTO-AROMATIC  
BRIGHTENING

In 60 unforgettable minutes, this treatment offers an immediate remodeling effect on your skin. Your face relaxes, the tone of your skin restores its radiance and the signs of fatigue and stress are smoothed away.

SISLEY

FACIAL CARE · 60 Min

THE CURE

A meticulous cleaning protocol based on the thermos-active enzymatic detox. The cure includes a nano stimulating mask with foaming texture which expands on the skin, liberating its hydrating, calming and revitalizing activity.

NATURA BISSÈ

## FACIAL CARE

### DIAMOND LIFE INFUSION

FACIAL CARE · 90 Min

NATURA BISSÈ

This revolutionary experience will have a rejuvenating action through the 4 skin-age biomarkers, crucial for the age of your skin (preserving the mother cells, control of the cells ageing, protection of Telomeres and balance of the oxidative damage) to leave the skin toned, luminous and young.

### 3D COLLAGEN SHOCK

FACIAL CARE · 60 Min

NATURA BISSÈ

Regenerating treatment based on three types of collagen and designed to increase the firmness of the skin, define the facial oval, improve skin density and maintain hydration with the innovative Active Face Contouring Technique massage with which the facial oval is drawn, remodeling and sculpting the face.

### DIAMOND COCOON

FACIAL CARE · 60 Min

NATURA BISSÈ

Global treatment antipollution, designed to return all the power to your skin. A complete treatment that will help us to release toxins and impurities, repair and fortify. Shielding the skin to protect it from premature aging and other skin damages.

### FLASH EFFECT TREATMENT

FACIAL CARE · 30 Min

NATURA BISSÈ

Perfect flash treatment with enzymatic exfoliation, anti-aging drops, and 8hours flash effect. Look radiant, illuminated and with a perfect skin in just 30 minutes. Ideal before any event.

BODY CARE · 60 Min

PHYTO-AROMATIC  
EXFOLIATION

Your skin will be gently exfoliated with a phyto-aromatic repairing gel, based on essential oils and plant extracts, which foam removes the dead cells. This improves the appearance of the skin, leaving it sparkling. This treatment will finish with a corporal hydration to perfect your skin.

SISLEY

BODY CARE · 60 Min

DIAMOND ROSE

Ultra-nourishing treatment with diamond dust and the sensory experience of aroma of roses which provides dramatic results on the skin, recovering all its glow by combining a massage with rich oil, adding many nutritive ingredients.

NATURA BISSÈ

## FOR HIM

### PHYTO-AROMATIC EXFOLIATION FOR MEN

FACIAL CARE · 60 Min

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SISLEY

Exclusively designed for men, it offers a moment of well-being and relaxation, hydrating and nourishing your skin deeply. You will have the benefits of a well hydrated toned and regenerated skin.

### MEN'S HANDS CARE

SALON TREATMENTS · 30 Min

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Complete hand treatment with exfoliation and relaxing massage. Cuticle removal, cutting and filing of the nail, enhancing the natural shine and a plus of citric vitamins.

### MEN'S PEDICURE

SALON TREATMENTS · 50 Min

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Specific treatment of the hard skin, care and cutting and filing nails, exfoliation, mask and a relaxing massage. Global care for your feet.

## SALON TREATMENTS

SALON TREATMENTS · 45-60 Min

MANICURE BEAUTY  
AND CARE

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A full treatment for your hands, exfoliating, cuticle removal, nail shape design, relaxing massage and a nail normal or shellac polish.

SALON TREATMENTS · 50-70 Min

PEDICURE BEAUTY  
CARE

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Exfoliating foot treatment with hydration and relaxing massage. Removal of cuticle, care and beauty of the nail, with the possibility of normal or semi-permanent removal.

SALON TREATMENTS · 10 Min

SHELLAC REMOVAL

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Ask about our exclusive services and personalized private fitness sessions for one or more people.

# WAXING

EYEBROWS DESIGN

Waxing · 20 Min

UPPER LIP

Waxing · 10 Min

UNDERARMS

Waxing · 20 Min

HALF ARM

Waxing · 20 Min

FULL ARM

Waxing · 20 Min

CHEST & ABDOMEN

Waxing · 20 Min

FULL BACK

Waxing · 20 Min

LOWER LEG

Waxing · 20 Min

FULL LEG

Waxing · 20 Min

BIKINI

Waxing · 20 Min

BRAZILIAN

Waxing · 20 Min

## **OPENING HOURS**

From Monday to Thursday from 10:00 am to 21:00

From Friday to Sunday from 10:00 to 22:00

## **RESERVATIONS**

If you need more information or want to make a reservation, please contact Reception dialling 9. If you wish, you can go directly to the spa on the underground floor.

We suggest you book at least 24 hours in advance.

Appointments made outside of our usual hours will have an extra 30% of charge

In-room treatments will have an extra 30% of charge.

## **BEFORE ARRIVING**

For your convenience, we suggest you leave your jewellery and all your personal belongings in your room or spa private locker.

URSO Hotel & Spa will not be held responsible for any lost item during your visit to the Spa.

## **PUNCTUALITY**

Out of respect for other guest's reservations, please note that we will not be able to extend your treatment time in case of delay.

## **DURING YOUR EXPERIENCE**

We appreciate your collaboration in keeping the calm atmosphere that is necessary to enjoy our treatments. Please bear in mind that it is important to moderate your tone of voice and that the use of mobile phones is not permitted.

You can enjoy one hour in the wet area before your treatment and finish your visit with a nice cup of cold tea.

## **CANCELLATIONS**

Should you wish to cancel or reschedule your appointment, please let us know at least 8 hours in advance. Otherwise, we will charge 100% of the treatment. The spa will also charge 100% of the treatment if you do not attend your appointment.

## **PAYMENT METHODS**

Treatments will be charged to your room and a break down of our services will be included in your bill upon departure. In case you are not staying at the hotel, you will be able to pay the treatment with a credit card or cash.

## **GIFT VOUCHER**

Treat someone you care about to a spa treatment. We will help you to select the appropriate treatment for that special person. Ask our team at spa reception or visit our website for more information.

## SPA BOUTIQUE

Spa Boutique · Natura Bissè

DIAMOND

Spa Boutique · Natura Bissè

DIAMOND WHITE

Spa Boutique · Natura Bissè

DIAMOND COCOON

Spa Boutique · Natura Bissè

INHIBIT

Spa Boutique · Natura Bissè

ESSENTIAL SHOCK

Spa Boutique · Natura Bissè

VITAMINA C+C

Spa Boutique · Natura Bissè

OXYGEN

Spa Boutique · Sisley Paris

SISLEÏA

Spa Boutique · Sisley Paris

ROSE NOIRE

Spa Boutique · Sisley Paris

HIDRA GLOBAL

Spa Boutique · Sisley Paris

PARFUMS

Spa Boutique · URSO Hotel & Spa

URSO CANDLE

Spa Boutique · URSO Hotel & Spa

SWIMSUIT FOR HER

Spa Boutique · URSO Hotel & Spa

SWIMSUIT FOR HIM

## **URSO SPA**

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