



ENGLISH

Mercure HOTEL



Welcome

In the heart of the liveliest part of Bilbao, there is an oasis removed from noise and stress called **Spa Jardines de Albia**, a temple where you can rest your body and mind, a place where time stands still. You will find a space designed to improve your health through water, massages and hydrothermal treatments, suggesting a new type of relaxation and well-being.

Spa Jardines de Albia is located in the **Hotel Mercure Jardines de Albia**, in the heart of the commercial and administrative district of the city. In a strategic location, only 10 minutes from the Guggenheim Museum, the Museum of Fine Arts, and the Old Town, the hotel is a key establishment in the city and provides ideal accommodation for both business travellers and for people who wish to visit the most emblematic places in the city.



ALBIA CIRCUIT

ALBIA CIRCUIT (1h. 30')

30 €

Water, source of health, well-being and wealth

- **Steam Area:** Turkish bath + Hot bath + Bi-thermic shower.
- **Thermal Area:** Thermal pool with pressure jets + Cold water basin + Foot bath + Jacuzzi.
- **Relaxation Area:** Thermal beds.
- **Tea Area:** Teas.

RELAXING CIRCUIT (1h. 50')

62 €

Albia Circuit + Local relaxing massage (20')

TRANQUILLITY CIRCUIT (2h.)

65 €

Albia Circuit + Local Tranquillity massage (25')

Advance booking required.

Minimum age limit: **14** (Id. Document) accompanied by an adult.

Required: **swimsuit, swimming cap, flip-flops and towel.**

Essential to arrive **15 minutes before** the starting time.

RELAXING MESSAGES

VICHY SHOWER (25') 40 €
Relaxing water massage.

RELAXING MASSAGE (local 25') 38 € (general 55') 48 €

FUTURE MOM MASSAGE (55') 49 €
Relaxing full body massage of back, legs and lumbar region, combined with a scalp and face massage to alleviate headaches.

SPA ALBIA MASSAGE (1h. 30') 75 €
Relax from head to toes.

SLEEP RITUAL (1h.) 80 €
A special osteopathic massage. Accompanied by hypnotic music, this treatment relieves tiredness, stress and anxiety, providing an intense feeling of well-being.

ORIENTAL MESSAGES

LONG BAO MASSAGE (35') 43 €
Oriental massage that will awaken the most pleasant sensations.

HAWAIIAN MASSAGE (55') 52 €

SHIATSU MASSAGE (55') 52 €

HOT STONE MASSAGE (1h. 30') 66 €
Facial and body geothermal massage using volcanic stones.





THERAPEUTIC MASSAGES

LYMPHATIC DRAINAGE (55')		48 €
THERAPEUTIC MASSAGE	(local 25') 42 €	(general 55') 52 €

FACIAL & BODY TREATMENTS

OCEAN SPA MEN (2 h.)		78 €
<i>Because he also want to look after himself</i>		
Turkish bath + Marine salt rub + Moisturising massage + OCEAN marine facial treatment.		
OCEAN SPA WOMEN (2 h.)		78 €
<i>Beauty and well-being for her</i>		
Turkish bath + Marine salt rub + Neuro-relaxing massage + OCEAN marine facial treatment.		
GREEN BILBAO (2 h.)		82 €
<i>100% Natural biological treatment</i>		
Bamboo body peeling + Relaxing massage + Facial bio.		
SPECIAL FOR PREGNANT WOMEN (1h.30')		82 €
<i>Beauty ritual for the future mother</i>		
Facial moisturizing treatment + Special relaxing massage for pregnant women.		
THE 5 SECRETS OF BEAUTY (2 h.30')		87 €
<i>Balance through traditional chinese medicine and the 5 elements: wood, fire, metal, earth and water</i>		
Facial and body peeling + Colour clay wrap + Energy regulation + Moisturising facial and body massage.		

FACIAL & BODY TREATMENTS

ORANGE CURE (2 h. 30')

95 €

The wealth of vitamin C on your skin

Marine salt rub + Citrus wrap +
Invigorating massage with orange + Facial vitamin C.

ORCHID FLOWER (2 h. 30')

99 €

The flower of longevity anti-age par excellence

Bamboo and lotus peeling + Restorative and nutritious wrap +
Moisturising massage + GOLD ORCHID facial treatment.

THE AWAKENING OF THE SENSES (2 h. 30')

99 €

When the sea combines with aromatherapy

Peeling with flower petals and warm draining wrap +
Aromatherapy massage with hot oils + Facial with phytotherapy.

SPA SUBLIME SKIN (1 h. 30')

105 €

Light for your skin - Tensor effect

Body scrub and massage with Chia seeds +
Facial lift express.

MERCURE BILBAO DELUXE (3 h. 30')

125 €

A trip to the French Provence

Albia Circuit + Body scrub + Sea silt wrap +
Massage with oils from Provence + Facial treatment with hot towels.





BODY TREATMENTS

ANTI-STRESS CURE (1 h. 15') **65 €**

Invitation to relax

Afusion shower + Marine clay wrap +
Relaxing back massage.

CHOCOLATE ALBIA (1 h. 30') **75 €**

The true pleasure of the gods

Chocolate peeling treatment + Chocolate wrap +
Massage with chocolate mousse.

BACK TO PARADISE (1h. 30') **75 €**

Feel the sway of the waves on your skin

Exfoliation with salts and coco oil + Hawaiian massage.

MEDITERRANEAN DAWN (1 h. 15') **75 €**

Recover your glow

Sugar and salt body peeling treatment + Massage with warm natural oranges.

HIMALAYAS RITUAL - SALT MASSAGE (1 h. 30') **85 €**

Purify your body and your mind

Hot salt stone massage + Body wrap with Himalayan salt crystals +
Scalp - face massage.

TREATMENT FOR COUPLES

DUO SPA ALBIA (1 h. 30')

99 €

A luxury for the senses in good company

Aromatherapy bath in Albia terma + Contrast shower +

Hot beds + Revitalising dead sea wrap +

Massage with warm oils.

DUO WELL-BEING (2 h. 30')

140 €

Rinse your concerns with water

Albia Circuit + Parafango + Local relaxing massage (20')

RELAX CIRCUIT FOR COUPLES (2 h. 30')

150 €

Health and well-being for couples

Albia Circuit + 50' General massage + Two glasses of Champagne +

Chocolate delights.

DUO SLEEP RITUAL (1 h.)

150 €

Health, wellness and beauty for couples

A special osteopathic massage with hypnotic music.

Relieves tiredness, stress and anxiety, providing the couple

with an intense and shared feeling of relaxation and well-being.





FACIAL BEAUTY SPACE

SKIN CLEANSING (1h. 30')

Active hygiene: Traditional skin cleansing (extraction).

60 €

FACIAL LIFT EXPRESS (30')

Smooths and removes the keratinized layer. Stimulates skin cell renewal.
Visibly reduces wrinkles.

65 €

FACIAL LIFT TREATMENT (1h.)

Stimulates an active facelift and enhances face density.
Nurtures, removes and compacts. Large and small wrinkles appear relaxed and attenuated.

85 €

COMPLETE LIFT TREATMENT (1h. 15')

Facelift treatment + Eye contour lift.

100 €

REDUCING TREATMENTS

Effective and personalised programmes aimed at favouring skin firmness and the reduction of accumulated fat and cellulite. Customised budgets. Consult the beautician.

BODY BEAUTY SPACE

SEMI-PERMANENT MANICURE (45') **35 €**

Bring some brightness and colour to your nails

SEMI-PERMANENT SPA MANICURE (1h. 30') **48 €**

A pleasure for your hands

Scrub + Traditional manicure + Massage + Moisturising mask.

ALBIA PEDICURE (1h. 30') **53 €**

Impossible to forget

Exfoliation in warm milk bath + Traditional pedicure +

Foot massage with oils + Moisturising mask.

(* Remove semi-permanent nail polish: please consult price

WAXING

Upper Lip / Eyebrows **7 €**

Armpits **10 €**

Classic Waxing (groin) **15 €**

Brazilian Waxing **18 €**

Legs (half) **18 €**

Half Back / Chest **20 €**

Legs (complete) **25 €**

Back (complete) **30 €**





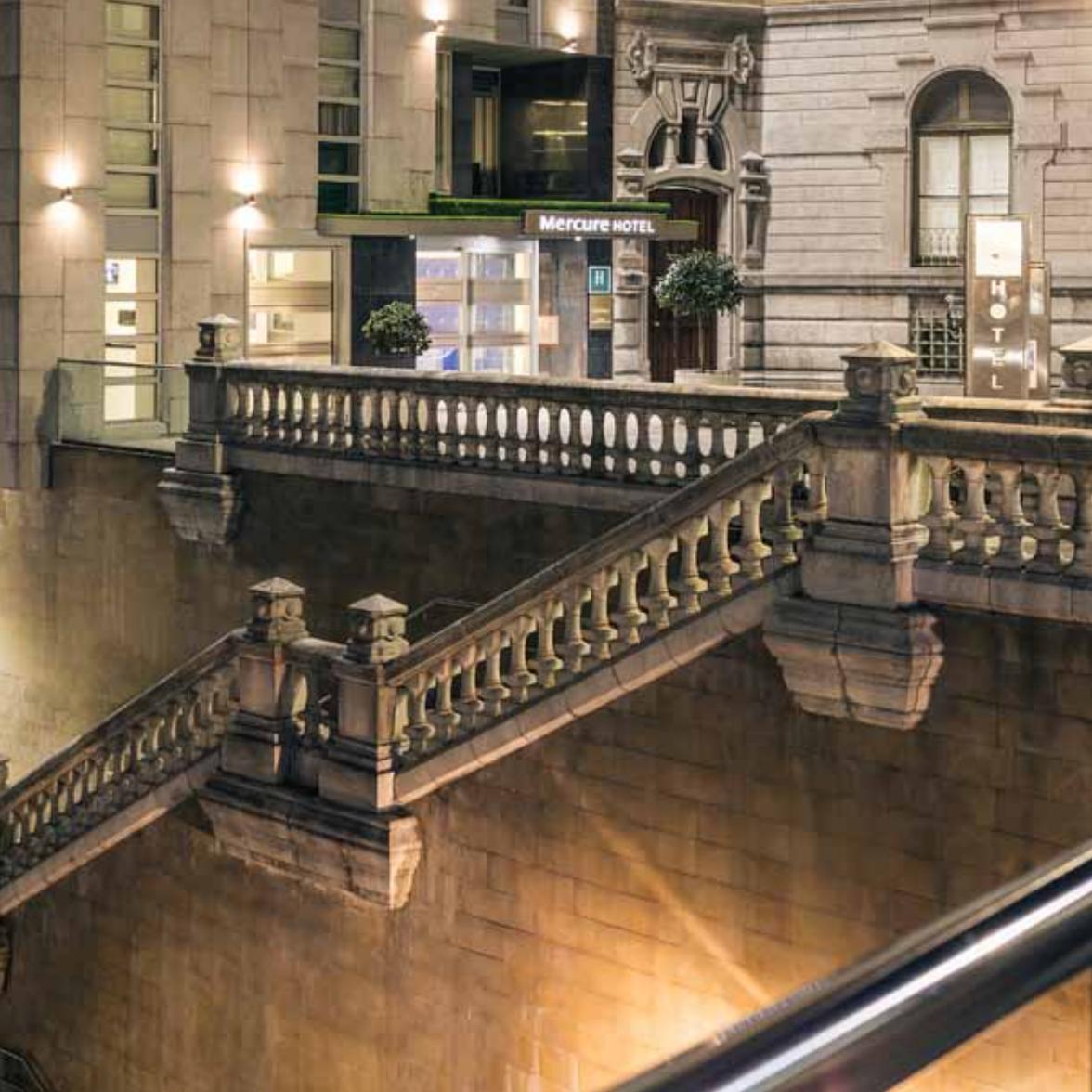
OTHER PROGRAMMES

LOCAL HOT PARAFFIN MUD TREATMENT (25')	19 €
PERSONALISED WRAP (25')	40 €
PRESSOTHERAPY (50') Cellulite, obesity, postpartum care, fluid retention.	45 €
PEELING SPA ALBIA (55') Salt rubs.	50 €
TIRED LEGS (1h.30') <i>Heaviness, swelling, fluid retention...</i> Cold algae wrap + Pressotherapy + Local circulatory massage.	64 €

- Prices include VAT.
- Promotions are not valid with other gift tickets, vouchers or other promotions.
- Spa Jardines de Albia reserves the right to change timetables as required.



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