



CAMIRAL

GOLF & WELLNESS



WELLNESS CENTRE

Holistic, personalised wellness
where natural healing is accelerated
by high-tech therapy.

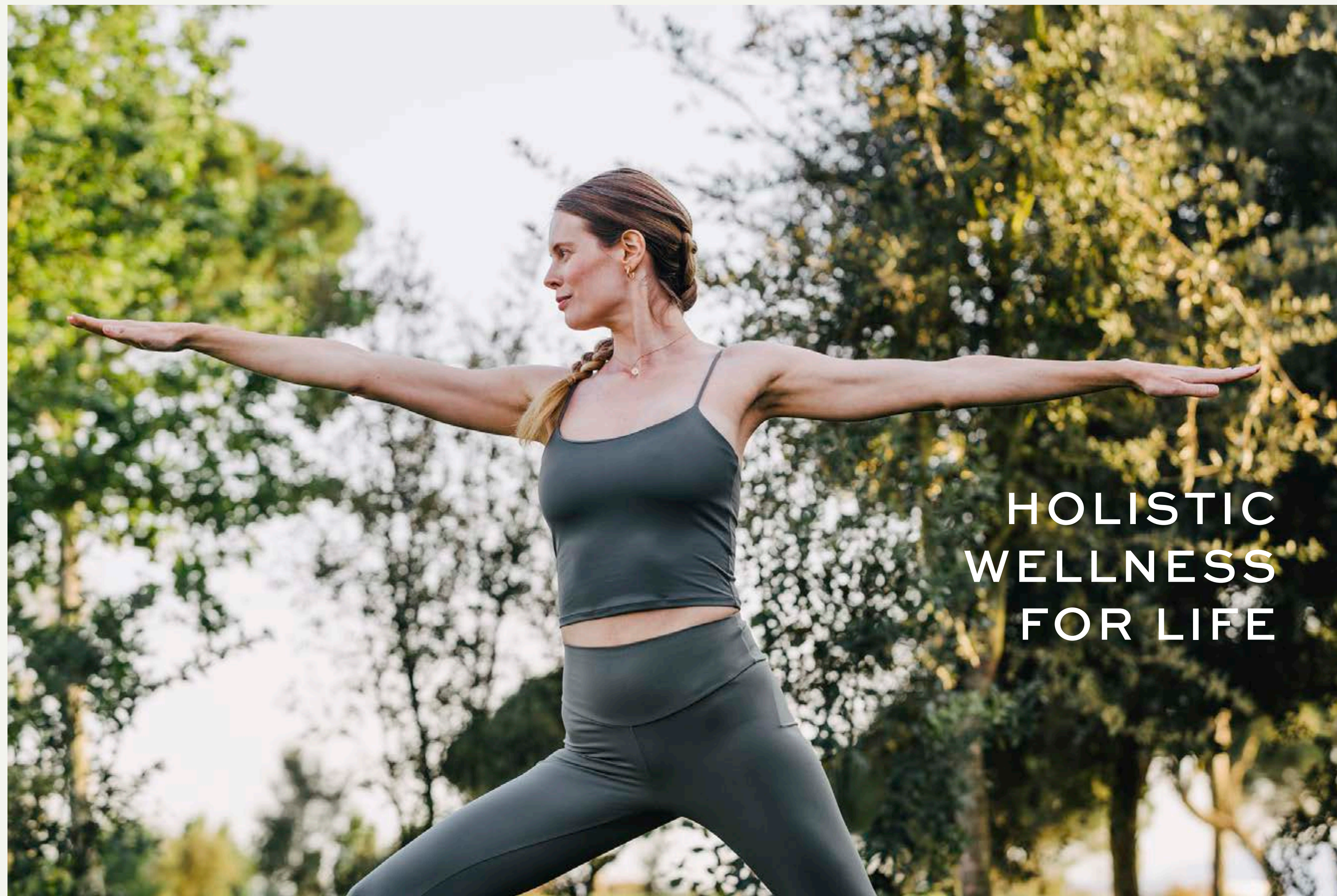


WELLNESS CENTRE

Our philosophy reflects the overarching wellness ethos at Camiral Golf & Wellness.

We put guests at the centre of a holistic sphere that embraces movement, recovery, relaxation, traditional and cutting-edge therapies and expertise in nutrition.

We aim to meet our guests' needs in a holistic and personalised way, whether they are seeking an escape from the stresses of everyday life, or looking to make a conscious shift towards a healthier lifestyle.



WELLNESS CENTRE

Wellness Centre is located beside the hotel, in a 1,000 sq m building designed by the renowned Lagula Architects with a light, bright indoor-outdoor feel that invites the natural surroundings in.

- Reception & waiting area
- Consultation areas
- Cryotherapy, oxygen & Photobiomodulation chambers
- Gym & yoga studio
- Full-facility treatment rooms - 8 single, one double
- Hammam
- Relaxation & recovery areas
- Thermal pavilion with steam & sauna
- Hot & cold plunge pools
- Changing facilities
- Boutique



SPACE TO UNWIND

WELLNESS CENTRE

At the Wellness Centre next-generation therapies, backed by the latest technology, work in synergy with traditional, natural treatments and rituals to accelerate and maximise the beneficial effects of taking time for yourself.

This integrated approach is rare to find in a relaxed resort setting.



AN INTEGRATED APPROACH

WELLNESS CENTRE

Normally only accessible at residential wellness clinics or elite athlete facilities, these therapies are an integral part of our offering at Wellness Centre, offering a low-touch approach and instantly-felt benefits.

- Whole-body cryotherapy at -110C
- Oxygen chamber therapy
- Photobiomodulation



WELLNESS CENTRE

Our essential treatments that bring tangible physical and emotional benefits.

Body treatments

- Signature hammam experience
- Essential oil holistic massages
- Miracle mother-to-be massage
- Hands & feet treatments
- Bioline Body Concept
- Icoone

Facials

- State-of-the-art science-based, by Biologique Recherche
- Bioline nourishing facials

Rituals

A choice of three two-hour mini retreats to take guests on a physical and emotional journey of the senses, reconnecting to the self for optimum revitalisation.



TRADITIONAL, NATURAL
TREATMENTS & RITUALS

WELLNESS CENTRE

We offer a variety of one- and two-day programmes, focused around Celebration and Vitality concepts and thoughtfully crafted to reflect guests' needs, interests and time.

Our programmes are designed to maximise the effects of cutting-edge, high-tech therapies working in synergy with traditional, natural treatments - all within a relaxed, spacious environment where guests can take as much time as they need to feel the benefits.



INCLUSIVE, PERSONALISED
PROGRAMMES

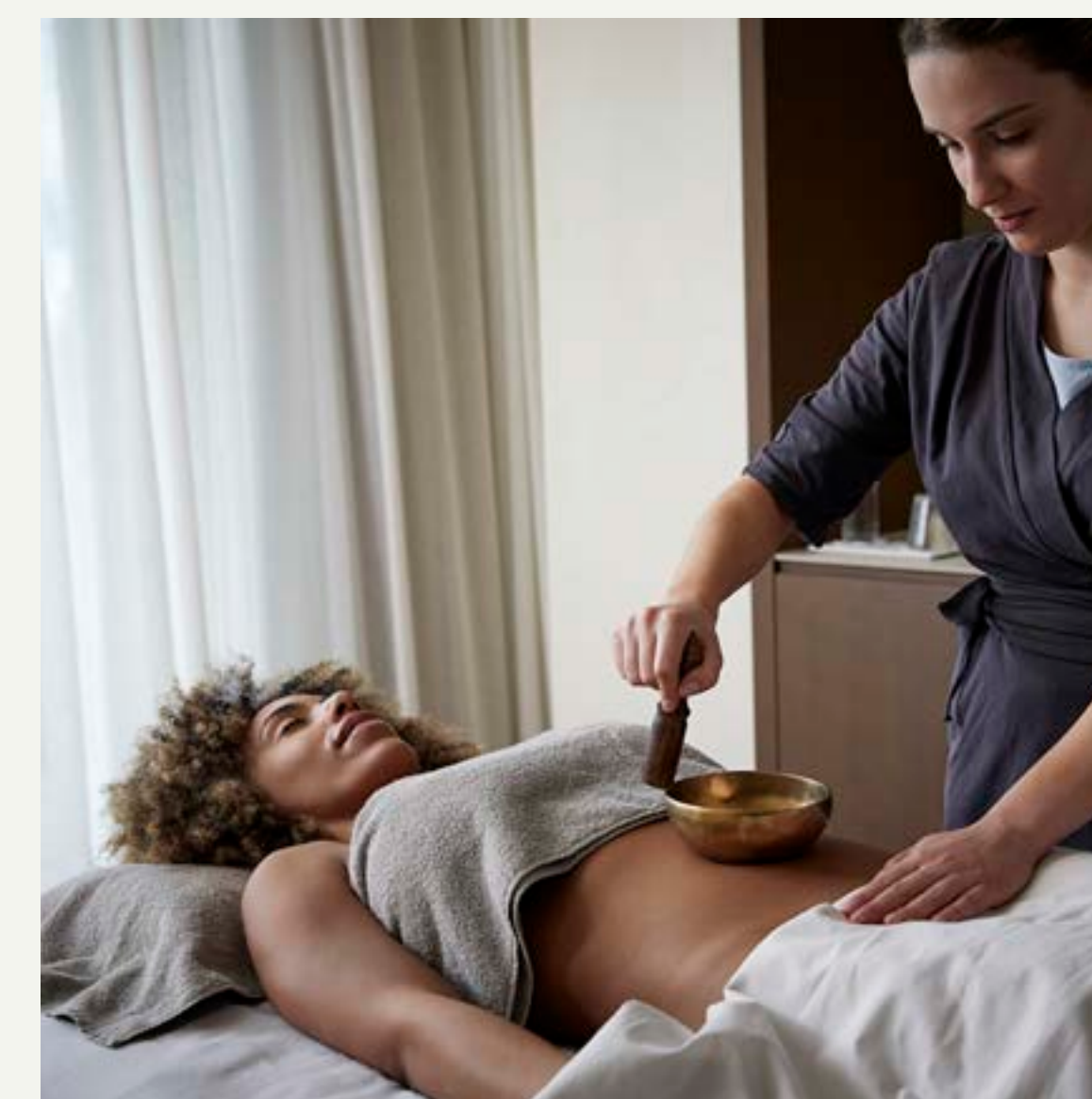
4 NIGHTS DETOX PROGRAM

Personalized Detox Wellness program with the supervision of our nutritionist Mireia Cervera. The program combines holistic treatments and the latest technology in order to purify the body from the inside out.

The program includes per person:

- 4 nights' accommodation at Hotel Camiral 5*
- 3 Bioline Body Treatments
- 1 personalized one-on-one yoga session
- 3 Icoone Body Treatments
- 2 Personal Training
- 1 Bioline 24.7 Facial Treatment
- 5 High Tech treatments (cryotherapy, hyperbaric oxygen chambre, PBM)
- 1 Nutritionist Service
- 1 one-to-one program follow-up
- Special Detox Menu - 4 dinners & 3 lunches
- Healthy breakfast buffet
- Turndown gift

	Low Season	Mid Season	High Season
Deluxe	€2965	€3125	€3325
Superior Deluxe	€3165	€3325	€3525
Junior Suite	€3845	€3925	€4125
Camiral Suite or Duplex	€4365	€4465	€4725
<i>Supplement for 2nd person</i>	€2145		

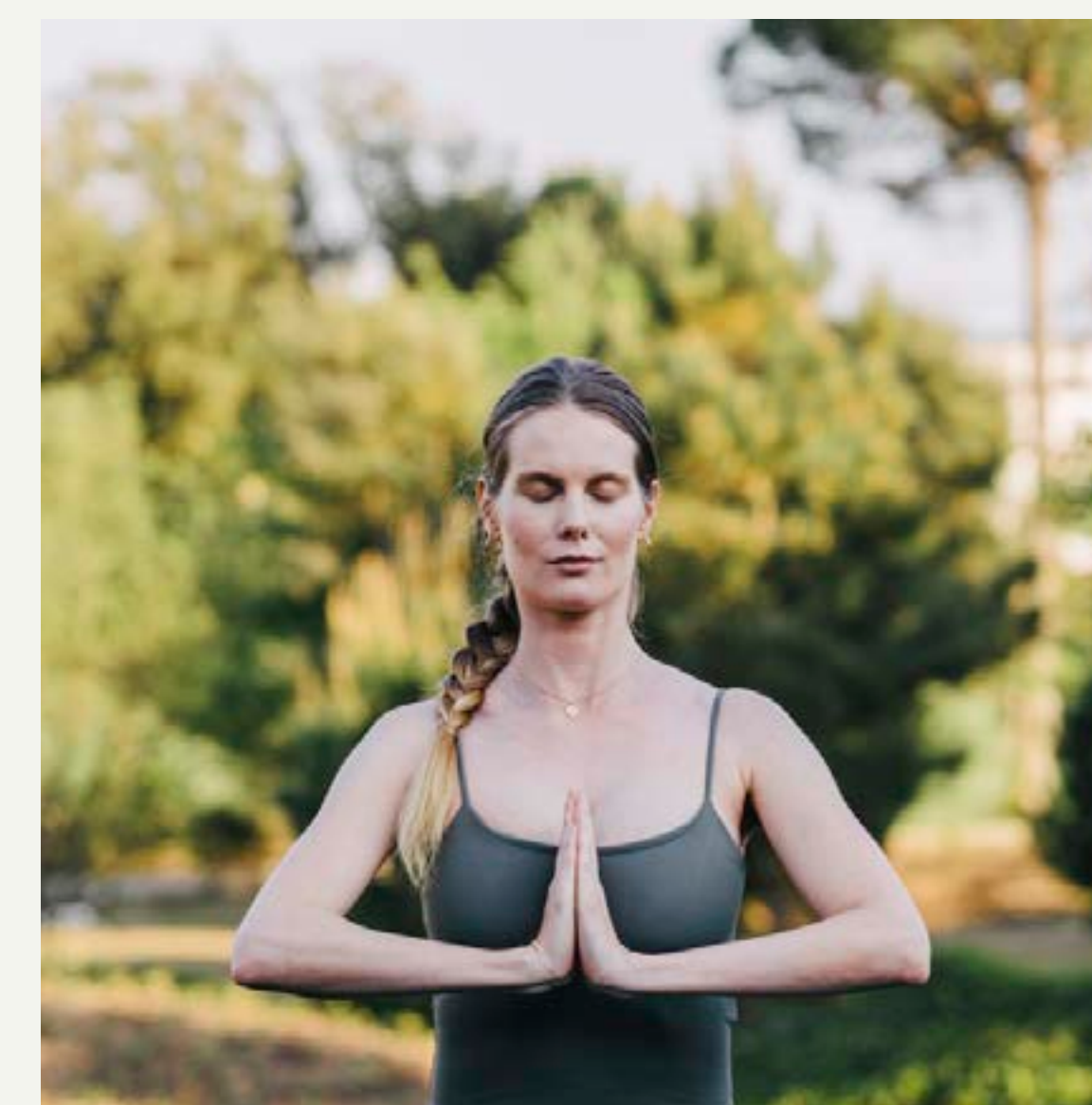


7 NIGHTS DETOX PROGRAM

The program includes per person:

- 7 nights' accommodation at Hotel Camiral 5*
- 3 Bioline Body Treatments
- 2 Pilates or Yoga sessions
- 1 Bioline 24.7 Facial Treatment
- 4 Icoone Body Treatments
- 3 Personal Training
- 1 Revive Massage 60-min
- 7 High Tech treatments (cryotherapy, hyperbaric oxygen chambre, PBM)
- 2 Nutritionist Service
- 3 one-to-one program follow-up
- Special Detox Menu - 7 dinners & 6 lunches
- Healthy breakfast buffet
- Turndown gift

	Low Season	Mid Season	High Season
Deluxe	€4581	€4861	€5211
Superior Deluxe	€4931	€5211	€5561
Junior Suite	€6121	€6261	€6611
Camiral Suite or Duplex	€7031	€7206	€7661
<i>Supplement for 2nd person</i>	€3146		



9 NIGHTS DETOX PROGRAM

The program includes per person:

- 9 nights' accommodation at Hotel Camiral 5*
- 3 Bioline Body Treatments
- 2 Pilates Mat Class
- 2 personalized one-on-one yoga sessions
- 1 purifying Hammam massage
- 1 Bioline 24.7 Facial Treatment
- 5 Icoone Body Treatments
- 3 Personal Training
- 1 Revive Massage 60-min
- 1 Holistic Personalized Massage 60-min
- 11 High Tech treatments (cryotherapy, hyperbaric oxygen chambre, PBM)
- 3 Nutritionist Service
- 3 one-to-one program follow-up
- Special Detox Menu - 9 dinners & 8 lunches
- Healthy breakfast buffet
- Turndown gift

	Low Season	Mid Season	High Season
Deluxe	€6087	€6447	€6897
Superior Deluxe	€6537	€6897	€7347
Junior Suite	€8067	€8247	€8697
Camiral Suite or Duplex	€9237	€9462	€10047
<i>Supplement for 2nd person</i>	€4242		



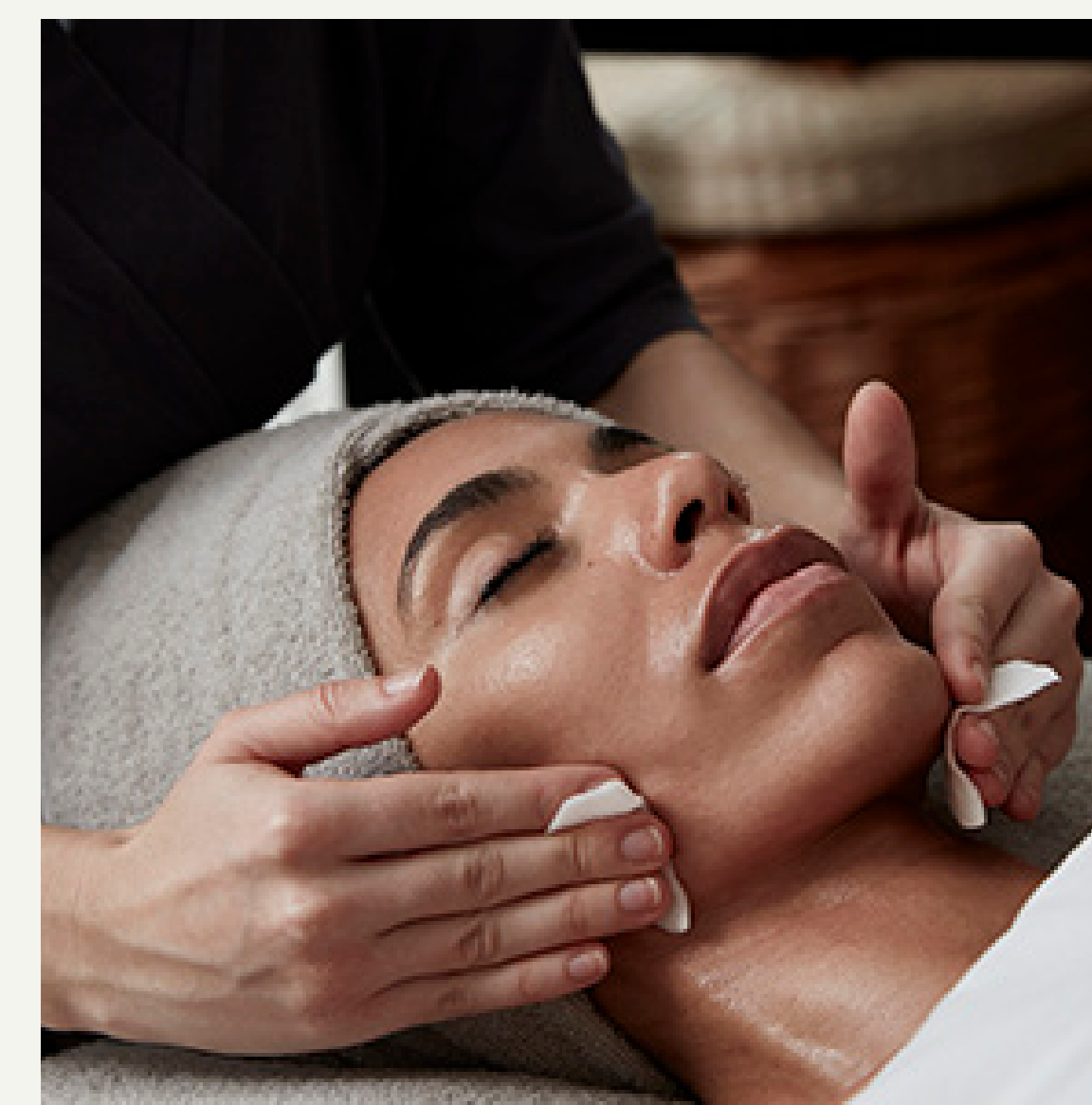
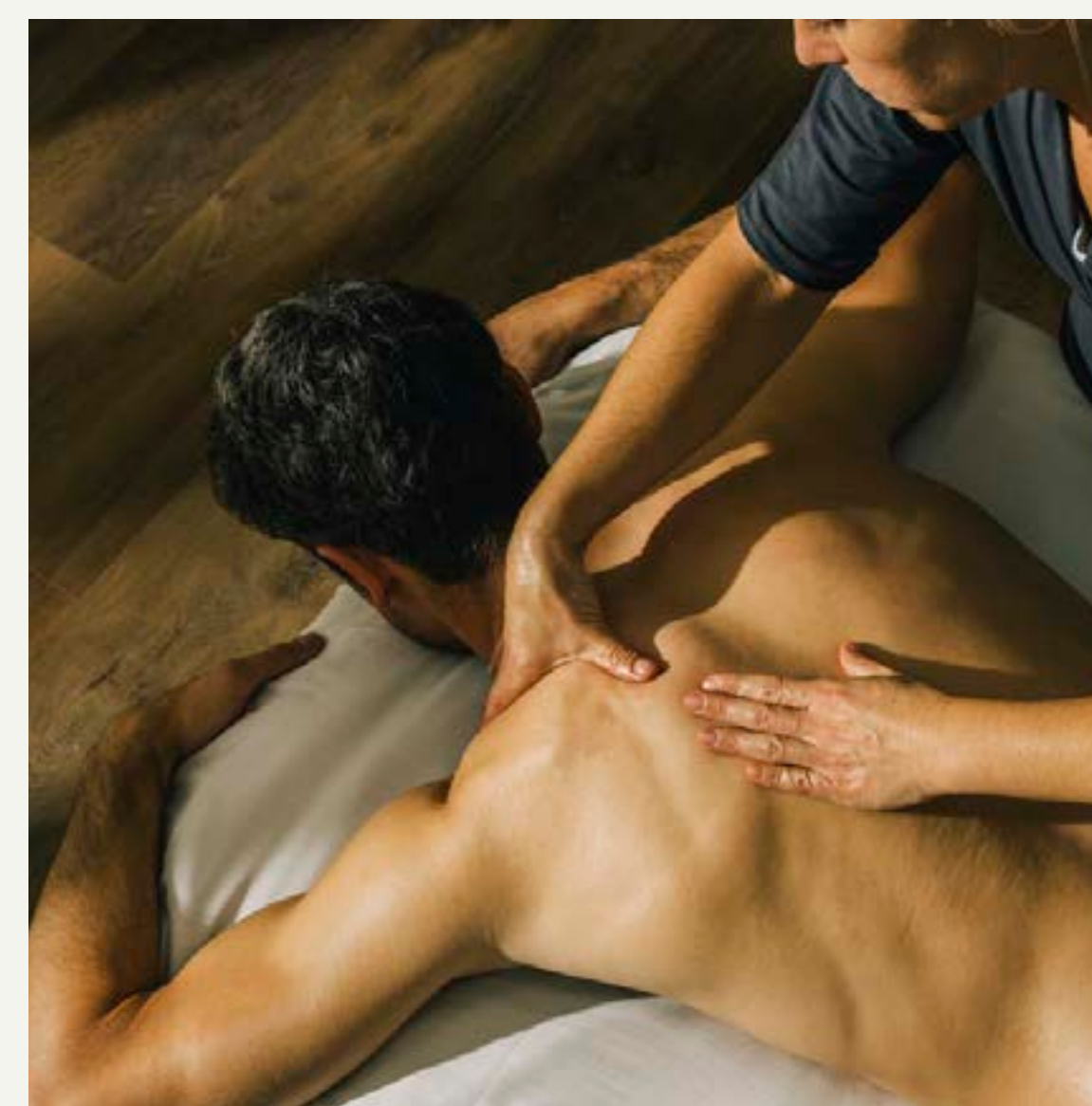
4 NIGHTS AGEING WELL PROGRAM

Our approach to ageing well combines high-tech therapy with hands-on, natural treatments aimed at oxygenating cells and improving their quality.

The program includes per person:

- 4 nights' accommodation at Hotel Camiral 5*
- 1 Bioline Body Treatment
- 2 Icoone Facial Treatments
- 3 Icoone Body Treatments
- 4 High Tech treatments (cryotherapy, hyperbaric oxygen chambre, PBM)
- 1 Holistic Personalized Massage 60-min
- 1 Pilates or Yoga session
- 1 Miriam Quevedo hair treatment
- 1 Biologique Recherche Facial 90-min
- 1 one-to-one program follow-up
- Special Ageing Well Menu - 4 dinners & 3 lunches
- Healthy breakfast buffet
- Turndown gift

	Low Season	Mid Season	High Season
Deluxe	€2813	€2973	€3173
Superior Deluxe	€3013	€3173	€3373
Junior Suite	€3693	€3773	€3973
Camiral Suite or Duplex	€4213	€4313	€4573
<i>Supplement for 2nd person</i>	€1993		

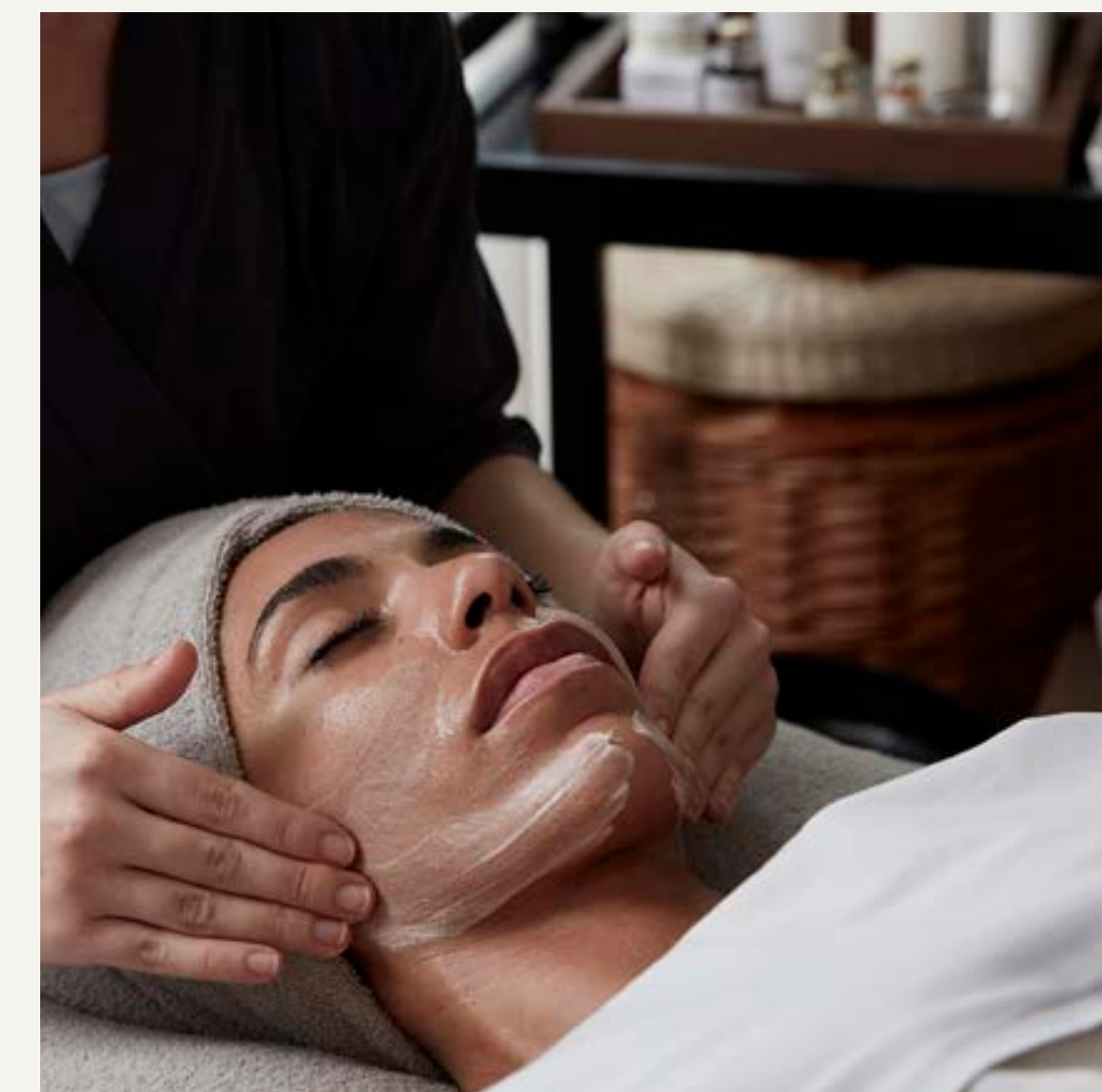
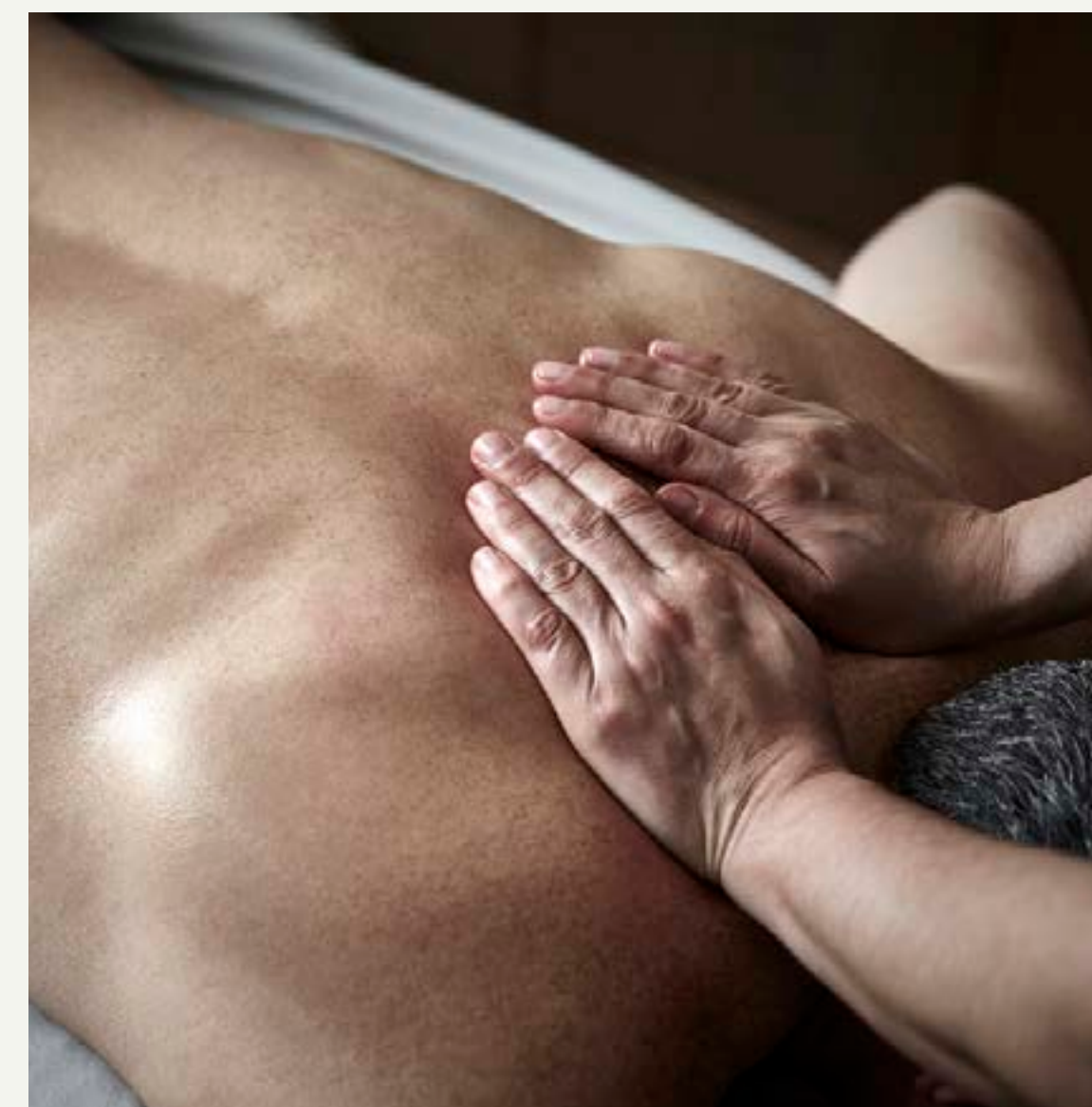


7 NIGHTS AGEING WELL PROGRAM

The program includes per person:

- 7 nights' accommodation at Hotel Camiral 5*
- 3 Bioline Body Treatments
- 3 Icoone Facial Treatments
- 3 Icoone Body Treatments
- 9 High Tech treatments (cryotherapy, hyperbaric oxygen chambre, PBM)
- 1 Pilates Mat Class
- 2 personalized one-on-one yoga sessions
- 1 Miriam Quevedo hair treatment
- 1 Biologique Recherche Facial 90-min
- 1 Collagen sheet
- 1 Nutritionist Service
- 2 one-to-one program follow-up
- Special Ageing Well Menu - 7 dinners & 6 lunches
- Healthy breakfast buffet
- Turndown gift

	Low Season	Mid Season	High Season
Deluxe	€4830	€5110	€5460
Superior Deluxe	€5180	€5460	€5810
Junior Suite	€6370	€6510	€6860
Camiral Suite or Duplex	€7280	€7455	€7910
<i>Supplement for 2nd person</i>	€3395		



4 NIGHTS IMMUNE BOOSTER PROGRAM

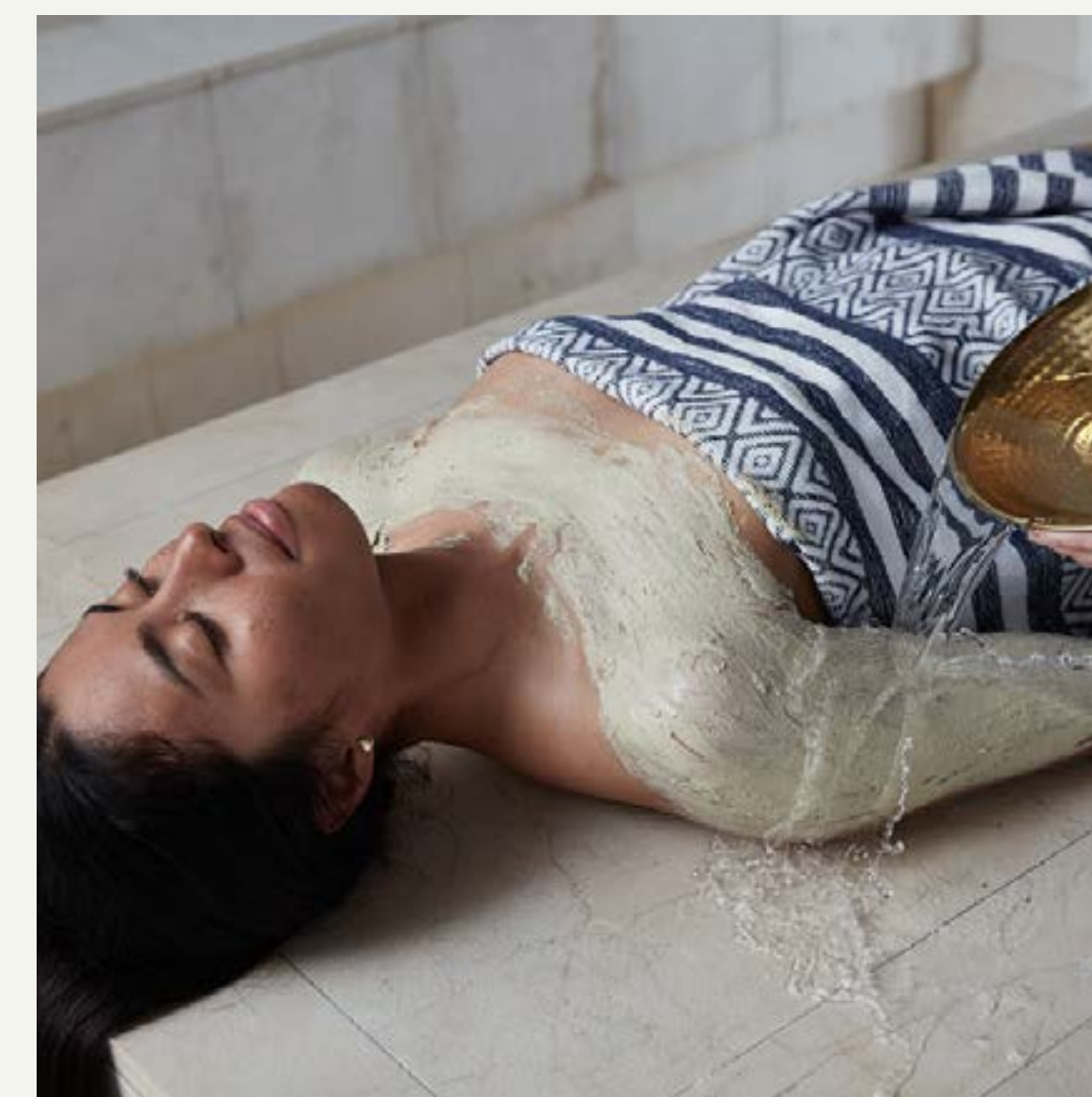
Support your immune system, by boosting the circulation and delivering vitamins and minerals at a cellular level.

The program includes per person:

- 4 nights' accommodation at Hotel Camiral 5*
- 1 Purifying Hammam massage
- 2 Support Massage 60-min
- 5 High Tech treatments (cryotherapy, hyperbaric oxygen chambre, PBM)
- 2 personalized one-on-one yoga sessions
- 1 Nutritionist Service
- 1 one-to-one program follow-up
- Special Immunity Menu - 4 dinners & 3 lunches
- Healthy breakfast buffet
- Turndown gift

Low Season Mid Season High Season

Deluxe	€2296	€2456	€2656
Superior Deluxe	€2496	€2656	€2856
Junior Suite	€3176	€3256	€3456
Camiral Suite or Duplex	€3696	€3796	€4056
<i>Supplement for 2nd person</i>	€1476		



7 NIGHTS IMMUNE BOOSTER PROGRAM

The program includes per person:

- 7 nights' accommodation at Hotel Camiral 5*
- 1 Purifying Hammam massage
- 3 Support Massage 60-min
- 1 Reflexology treatment
- 7 High Tech treatments (cryotherapy, hyperbaric oxygen chambre, PBM)
- 3 personalized one-on-one yoga sessions
- 1 Pilates Mat Class
- 1 Bioline 24.7 Facial Treatment
- 1 Miriam Quevedo hair treatment
- 1 Nutritionist Service
- 2 one-to-one program follow-up
- Special Immunity Menu - 7 dinners & 6 lunches
- Healthy breakfast buffet
- Turndown gift

	Low Season	Mid Season	High Season
Deluxe	€4052	€4332	€4682
Superior Deluxe	€4402	€4682	€5032
Junior Suite	€5592	€5732	€6082
Camiral Suite or Duplex	€6502	€6677	€7132
Supplement for 2nd person	€2617		



RENEW & HARMONISE PROGRAM

This five-day retreat is exclusively tailored for small groups, starting from 6 participants. Reconnect, nourish, and grow through menopause or perimenopause with a unique blend of naturopathic and holistic therapies, along with cutting-edge technologies designed to alleviate symptoms ranging from anxiety to sleep issues. Discover how we can customize this experience for your specific group needs.



4 NIGHTS RENEW & HARMONISE PROGRAM

RECONNECT – DAY ONE

Prepare the body and mind: connect with the here and now.

ENERGISE – DAY TWO

Embrace movement to strengthen and connect with the body, cultivate confidence and alleviate menopausal symptoms.

NOURISH – DAY THREE

Transform the way you nourish your body, to maximise bone density and heart health.

RECOVER – DAY FOUR

Practice mindfulness and relaxation to promote positivity and diminish stress.

GROW – DAY FIVE

Accept life's natural next chapter and adapt with confidence and energy.



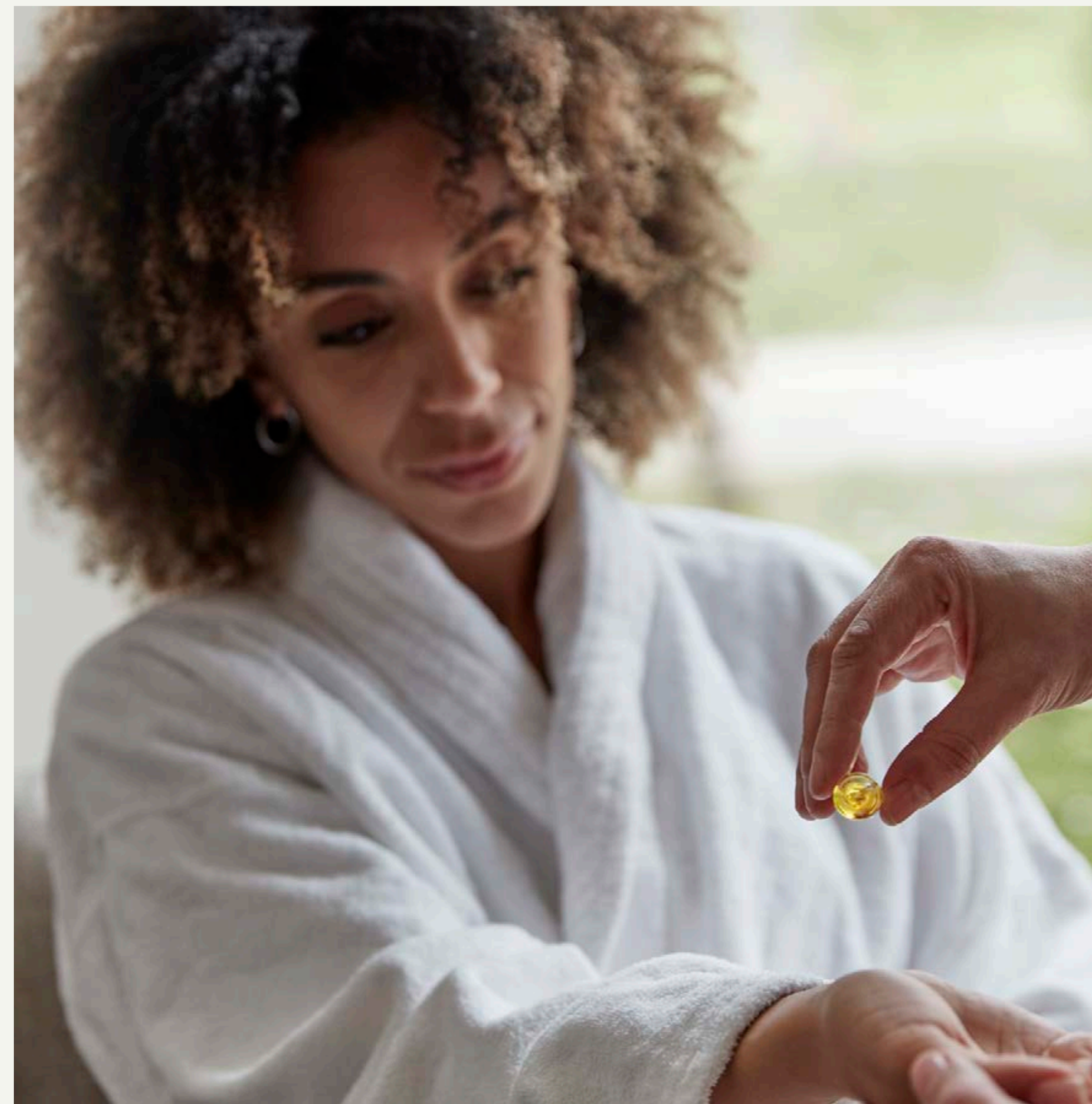
4 NIGHTS RENEW & HARMONISE PROGRAM

This retreat is crafted in collaboration with our experts and world-leading brands. Our integrative programs are not only designed to provide immediate comfort but are also expertly curated to have lasting benefits extending well beyond your stay at the Wellness Centre.

Some of the fundamental treatments and activities that can be incorporated into the retreat based on the group's needs include:

- Mindfulness session
- Nutritionist Workshop
- Pilates Mat or Pilates Reformer
- Pelvic floor muscle workshop led by The Wellness Centre's expert physiotherapist
- Bioline Body treatment to activate the metabolism and drain toxins from our body
- Cooking lesson – learn new recipes to recalibrate hormones and boost bone density
- Cryotherapy, Photobiomodulation and Oxygen Chamber Therapy: high-tech treatments to release endorphins, boost mood and reinvigorate, reducing inflammation and muscle pain
- Miriam Quevedo Hair & Scalp Treatment helps prevent hair loss from hormonal changes
- Pressotherapy for improving circulatory well-being and revitalizing your body
- Recovery personalized Massage with moisturising oils and rose lotion
- Aquatic osteopathy
- Additional sports technology or aesthetic treatments/bodyworks and rituals

Groups on request, contact reservations@camiral.com for quotation.

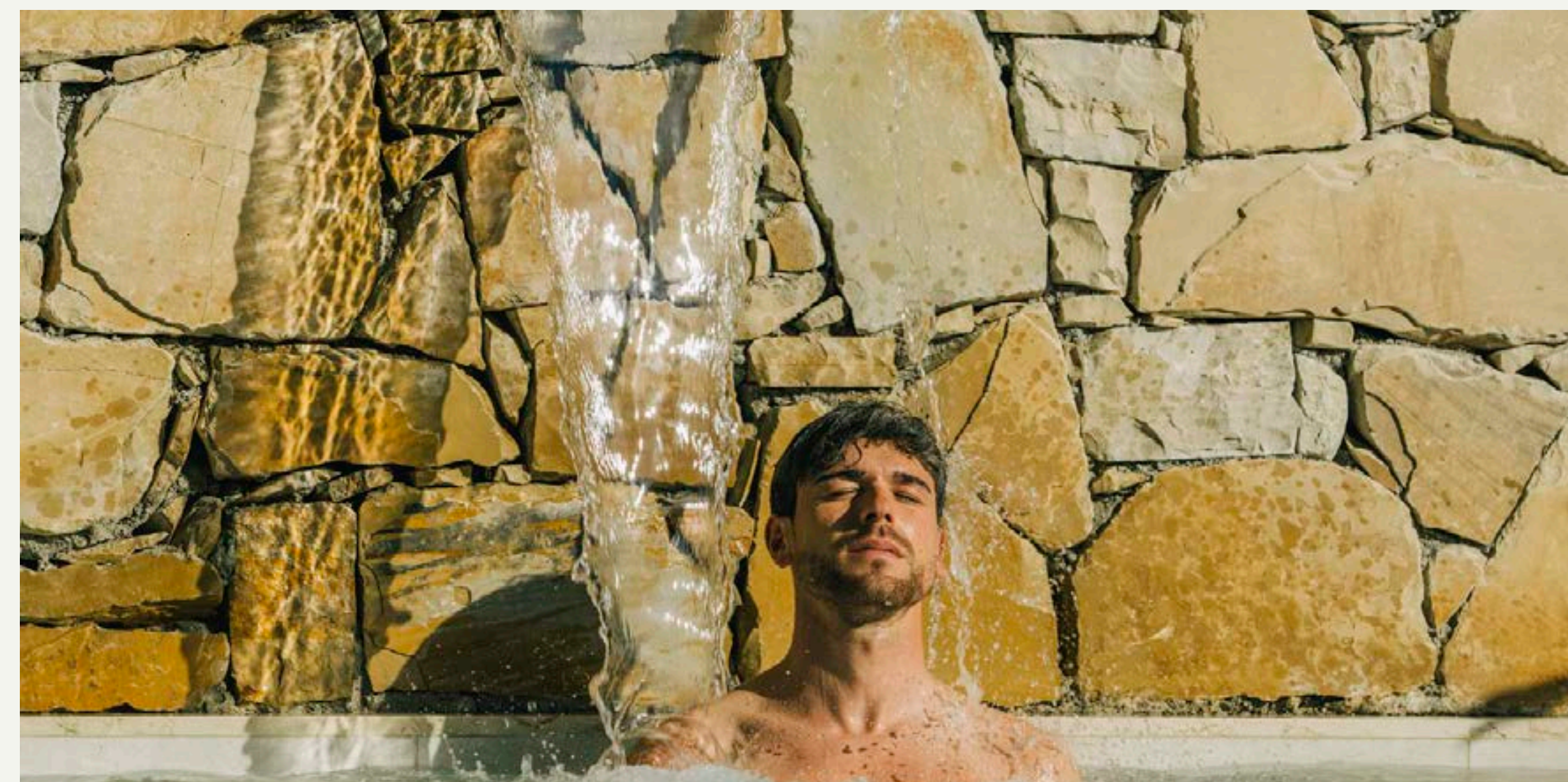


HOW DOES A WELLNESS PROGRAM DAY LOOK LIKE?

Begin your day with a healthy locally-sourced breakfast at Restaurant 1477, just a short stroll from your hotel room at five-star Hotel Camiral. The next stop on your wellness journey gives you the chance to choose between a personal training session, yoga or pilates at the Wellness Studio.

It wouldn't be a day of wellness without sampling one of the many activities we have on offer. At the resort, you can enjoy an ecodiversity tour, hop onto a bike or simply run the trails in our beautiful surroundings. We also offer mindfulness wine tasting – winefulness - at Camiral. If you'd like to go a little further afield, art lovers will be amazed by the Dalí Triangle, food connoisseurs will find everything they need in Girona City and sun seekers can bask in the sunshine on the golden beaches of the Costa Brava.

After working up an appetite, lunch will be served in the Lounge Bar, followed by a moment of relaxation at the Wellness Centre. Indulge in tranquility with a variety of bodyworks, beauty treatments, or state-of-the-art technology-led therapies. Further enhance your relaxation experience in our thermal pavilion, accessible throughout your Wellness program stay. Finish the day off with a delicious feast at Restaurant 1477.



HOTEL CAMIRAL

Located in the centre of Camiral Golf & Wellness, the light-filled and luxurious Hotel offers 5-star sophistication and first-class facilities. Part of The Leading Hotels of the World, the hotel has been designed by Catalan interior designer Lazaro Rosa-Violán, a sleek contemporary exterior contrast with richly textured interiors that blend modern aesthetics with natural furnishings and fabric. The Hotel has recently launched its new Camiral Suites designed by Bryan O’Sullivan Studio. With wellness at the core of the Hotel, Bryan O’Sullivan Studio has created seven timeless and elegant suites reflecting the hotel’s grounding holistic ethos.



A MEMBER OF



THE LEADING HOTELS
OF THE WORLD®



HOTEL CAMIRAL

DELUXE ROOM & SUPERIOR DELUXE ROOM

Prepare for panoramic views

[see more](#)



DUPLEX SUITES

With private balconies and stunning views over the astonishing landscape

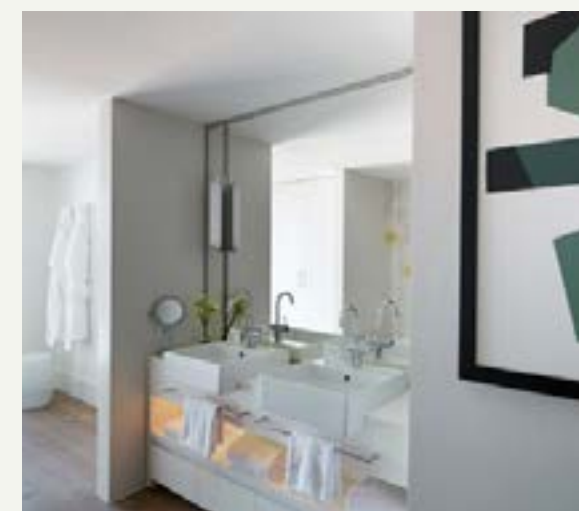
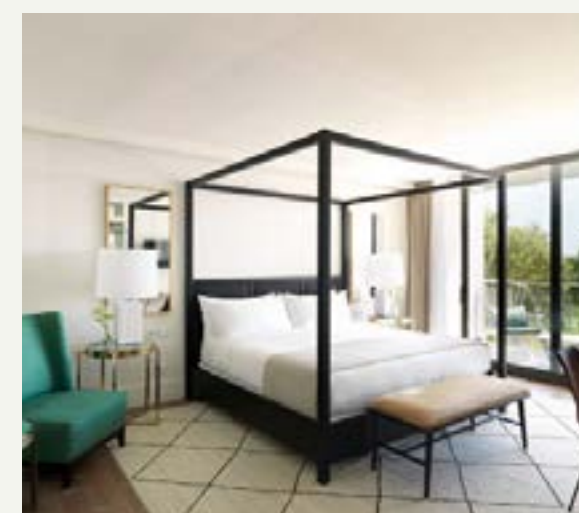
[see more](#)



JUNIOR SUITES

Spacious, luxury and comfort

[see more](#)



CAMIRAL SUITES

Designed to offer a calming feel from the moment you enter

[see more](#)



TERMS AND CONDITIONS

Seasons 2024:

- **Low Season:** From November to March 15th (except from December 28th to January 02nd).
- **Mid Season:** From March 16th to June 30th & From September 1st to October 31st & From December 28th to January 02nd
- **High Season:** July and August

Optional Transfer. Supplement:

- Barcelona Airport – Hotel Camiral – Barcelona Airport Transfer: €434
 - Girona Airport – Hotel Camiral – Girona Airport Transfer: €84
- *Non-commissionable transfer*

Commissionable rates on the package excluding VAT.

CANCELLATION POLICY:

If the client cancels this agreement, they must notify the Hotel in writing, accompanied by payment according to the conditions indicated below:
The parties agree that the amount included in this cancellation clause is a reasonable estimate of losses.

Cancellation conditions:

- For cancellations up to 14 days before the arrival date, no cancellation fees will apply.
- For cancellations from 13 to 7 days before arrival, we will charge 50% of the stay, including room and contracted services as a penalty fee.
- For cancellations with 6 days or less before arrival, we will charge 100% of the stay and all contracted services as a penalty fee (no deductions allowed).

In case of a No Show, 100% of contracted services will be charged.



CAMIRAL

GOLF & WELLNESS