

ABaC  
Restaurant  
Hotel

Senses & Beauty SPA

# ABaC

Restaurant  
Hotel

Immerse yourself in the warm waters of the spa, bathed in natural light and aromas that will take you to a new experience. Four simple steps will prepare you physically and spiritually for a unique therapeutic experience where time stops still for your body to enjoy.

All ABaC SPA treatments include a 30-minute SPA circuit to enjoy in an exclusive, private and quiet setting. The SPA's facilities include: a Jacuzzi pool with underwater lounge chairs, a cold pool, two treatment cabins, a hammam, a tatami and Cleopatra hot stone lounge chairs.

The SPA offers the most exclusive treatments and products from **Heaven by Deborah Mitchell** which incorporates the latest aesthetic medicine and anti-aging techniques in harmony with the power of nature. A stay with us will have you renewed inside and out.

For information and reservations, please contact **ABaC Hotel, Restaurante & SPA** reception.



## HEAVEN BEE STING FACIAL

### The most advanced anti-aging facial treatment to date

The main ingredient is the bee venom contained in ABBETOXIN which works by controlling facial muscles to provide an **immediate lifting effect, firming skin and eliminating wrinkles and expression lines**. It enhances blood circulation in the area and increases production of collagen and elastin. It acts as a barrier against free radicals. It has a regenerative and antibacterial capacity that helps repair cells. The skin will not only have a firmer and smoother appearance; it will also look much healthier, softer and brighter.

The Bee Sting Facial treatment is a facial cleansing and massage using specific products for each skin type, including cleansing gel and cream, toner, exfoliator, facial mask, essential oil, moisturising lotion and Bee Venom Mask. The massage consists of a technique created by Deborah Mitchell to relax facial muscle tissue and firm and tighten skin to provide an immediate lifting.

Suitable for all skin types.

Duration : 1 hour

Price : €135



## HEAVEN SLDM (Sliming Lymph Drainage Massage)

### Relaxing and slimming body treatment

The way to eliminate toxins and lose weight while you let your mind relax, moisturising and rejuvenating skin. **Relaxes muscles and reduces localised fat.** Can also help with flu symptoms, allergies, water retention, digestive problems and rheumatism.

With this slimming **lymphatic drainage massage**, you will lose volume and weight. The products used are ylang ylang, sandalwood and patchouli essential oils, vitamin E, organic seaweed and firming moisturisers specific for each skin type (cellulite, stretch marks, flabbiness).

This treatment is ideal to reduce water retention after flights or long periods of sitting.

Duration : 1 hour

Price :€135



## SEN MASSAGE

### Relaxing anti-stress massage Relaxing anti-stress massage

This whole body massage combines several therapeutic techniques to achieve deep relaxation and unlock energy channels by eliminating muscle tension. Thumbs, forearms, palms of the hand and kneading movements are applied to the legs, back, arms, head and face to energise and relax the body, generate profound wellness and strengthen the nervous system.

Through a combination of rhythmical massage, acupressure and reflexology, this treatment stimulates and balances body energy while **boosting self-healing mechanisms**.

Duration : 1 hour

Price :€135



## HEAVEN LIA THERAPY

### Anti-aging facial treatment

LIA therapy, the so-called treatment of the “stars” because it is the most requested. **It is the first spiritual and physical facial treatment**, treating your mind, soul and wellbeing with spectacular results.

LIA stands for Lymph Drainage, Incandescent Massage and Acupressure. The treatment consists of a facial cleansing to clean and eliminate all impurities from the face using specific products for each skin type created especially for this therapy, including cleansing gel and cream, toners, exfoliator, facial mask, moisturising lotion, essential oil and Bee Venom Mask. This is followed by the special massage technique using acupressure points, relaxing, reshaping and sculpting the face.

The results include a sensation of complete relaxation and wellbeing, radiant, more revitalised skin, an immediate lifting effect, reduced swelling of the eyes and elimination of wrinkles and expression lines. Suitable for all skin types.

Duration : 1 hour 15 mins

Price : €150



## HEAVEN SALT GLOW

### Detoxifying body treatment

Massage with Mediterranean salt combined with seaweed that penetrates your body leaf by leaf, **helping it eliminate toxins and fats and leaving skin smooth and soft.**



- Salt Glow massage, a combination of sea salt and seaweed, exfoliates and helps detoxify the body internally and externally, eliminating fats and toxins.
- 10 minutes of Hammam or heat wrap.
- Application of Detox Body Wash, detoxifies, refreshes, restores and tones skin. Contains ylang ylang, sandalwood, juniper, cypress, patchouli, asparagus and silk proteins.
- Massage with Detox Oil, helps eliminate toxins, particularly good for water retention, relaxes the mind, nourishes and rejuvenates skin.

Contains ingredients like patchouli, juniper, ylang ylang and E vitamin.

Duration : 1 hour

Price : €135

## HEAVEN BEE STING FACIAL & SALT GLOW

### Anti-aging facial treatment and detoxifying body treatment

Combination of the anti-aging treatment with **ABEETOXIN** and detoxifying body treatment.

- The Bee Sting Facial treatment is a facial cleansing and massage using specific products for each skin type, including cleansing gel and cream, toner, exfoliator, facial mask, essential oil, moisturising lotion and Bee Venom Mask. The massage consists of a technique created by Deborah Mitchell to relax facial muscle tissue and firm and tighten skin to provide an **immediate lifting**.

- Body massage with Salt Glow and Detox Oil, a combination of sea salt, seaweed and essential oils that exfoliates and helps detoxify the body internally and externally by eliminating fats and toxins. Finished off by applying a moisturising body lotion (specific for each skin type: moisturising, anti-cellulite, toning...).

Skin will not only have a firmer and smoother appearance; it will also look much healthier, softer and brighter.

Duration : 1 hour 30 mins

Price : €175





## DEAD SEA MINERAL MUD

### Facial treatment and body wrap

This treatment contains all 26 minerals from the depths of the Dead Sea known for their therapeutic benefits such as iron, calcium, potassium or sulphur. It also contains magnesium, which fights free radicals and provides greater firmness and elasticity; silica, copper and zinc, which help produce collagen and elastin; cobalt, which gets rid of dead cells; sulphur which maintains skin pigmentation; selenium, an antioxidant that prevents cell degeneration, activates circulation and much more. All these elements slow down the aging process of cells, helping them regenerate and reactivate while balancing the skin's pH and leaving it soft and smooth. This is a great skin renewal and healing treatment.

Aesthetic effects: **deeply cleanses and nourishes the skin** with mineral compounds that help rejuvenate and re-energise it, lessen wrinkles, reduce sebum production, regenerate cells and stimulate blood circulation. Softens expression lines.

Therapeutic effects: immediate, significant improvements with chronic rheumatism, arthrosis, muscle pain, neuralgia, back pain, muscle tears and contractures. **Best results are achieved in the treatment of skin conditions** such as psoriasis, eczema, dermatosis, juvenile acne, rosacea and seborrheic dermatitis.

Duration : 1 hour  
Price : €135



## CHIROMASSAGE TREATMENT, CHIROPRACTIC ADJUSTMENT

### Sports and therapeutic treatment

A chiropractic adjustment is a manual manipulation of vertebrae or joints in order to alleviate compressed nerves, discomfort and pain, strengthen muscles and prevent future injuries or problems. Its benefits, to name just a few, include relieving back pain, muscle contractures, headaches and tendinitis as well as improved body posture.

The treatment is completed by a chiromassage which helps alleviate pain, improves blood circulation, promotes sleep and brings relaxation and wellbeing. If necessary, a **Kinesiotape** may be applied to speed up recovery and maintain the effects of the chiropractic adjustment for longer.

\* As this treatment is highly specialised, it must be booked in advanced in order to make sure the expert therapist is available.

Duration : 1 hour

Price :€135

Duration : 1 hour 30 mins

Price :€175



## EQUIPMENT-BASED BEAUTY TREATMENTS, PRESSOTHERAPY

### **Toning, fluid-draining and detoxifying body treatment**

Pressotherapy reactivates the circulatory system, increases body oxygenation, boosts the immune system, eliminates oedemas, prevents and removes varicose veins, relieves heaviness and muscle fatigue. In addition to these health benefits, pressotherapy has many cosmetic benefits such as cellulite removal, cellulite prevention and leg and buttock firming.

### **Pressotherapy benefits:**

Increases cell oxygenation. Reactivates the blood system. Gets rid of cellulite, fat deposits and toxins from the metabolism. Relieves heavy legs and muscle fatigue. Helps prevent and eliminate vein disorders such as varicose veins. Reduces swelling and inflammation in lower extremities. Eliminates oedemas and lymphoedemas. Improves orange-peel skin which can be so unsightly, leaving the skin tight and bright.

### **Counter-indications:**

- DVT (Deep-vein thrombosis).
- Infection in the legs or treated areas.
- Heart disease.

Duration: 1 hour

Price : €135 (includes facial treatment)

Duration: 1 hour

Price : €150 (includes Kobido)



## EQUIPMENT-BASED TREATMENT, RADIOFREQUENCY

### Face lifting and cellulite removal and skin tightening body treatment

What are the effects of facial radiofrequency?

Facial radiofrequency uses electromagnetic waves to rejuvenate facial skin. It tightens the skin and improves contour. Its effects are similar to a facelift but without surgery.

Forehead: tightens the skin and raises the eyebrows. Eyes: tenses and plumps up the skin and helps lift the eyes. Cheeks: closes pores and lightly tenses the skin. Jaw-line and face contour: reduces the double chin and sagging tissue. Neck: softens wrinkles and helps tighten the skin.

### What are the effects of body radiofrequency?

Body radiofrequency eliminates fat deposits in the treated areas, promotes lymphatic drainage which flushes out fluids and toxins, improves blood circulation and boosts collagen production in all layers of the skin.

Duration : 1 hour

Price : €135



## EQUIPMENT-BASED TREATMENT, VACUUM THERAPY WITH RADIOFREQUENCY

### Fat-slimming treatment

Vacuum therapy is one of the most effective, non-invasive body-sculpting treatments. It promotes the elimination of fat and toxins through suction and radiofrequency, correcting skin texture, sagging and volume with a tightening effect visible after the first session.

#### **Vacuum therapy benefits:**

- Effective against localised fat
- Anti-cellulite, slimming and firming
- Improves tissue elasticity
- Fights and eliminates sagging
- Relieves muscle pain
- Cleanses pores and detoxifies the skin
- Helps post-aesthetic surgery recovery
- Lifts breasts and buttocks

Duration : 1 hour

Price :€135

Duration : 75 mins

Price : €150 (includes pressotherapy)



## EQUIPMENT-BASED TREATMENT, CAVITATION

### Localised fat-slimming treatment

Cavitation is a safe, painless and non-invasive technique designed to get rid of fat in localised areas. It uses low-frequency ultrasounds to convert fat molecules into a liquid substance which the body then flushes out naturally. This is why you need to drink at least three litres of water throughout the day to help this process.

This treatment is recommended for slimming and cellulite removal.

### Other benefits:

- Pain-free
- Tackles targeted areas
- Improves blood circulation
- Improves skin elasticity
- Gradually reduces cellulite

Duration : 1 hour

Price :€135

Duration : 75 mins

Price : €150 (includes pressotherapy)



## SPA & GYM

### Keep training

At AbaC SPA, you'll find the best Technogym equipment so that you can stay fit during your stay with us.



#### **Technogym® Bike Forma™**

Bike Forma is the closest you get to cycling on the road. You can use it as a standard bike, a city bike or a racing bike to tone legs and gluteal muscles in a fun and effective way.



#### **Technogym® Kinesis PERSONAL VISION**

Kinesis® Personal is designed to help you regain and improve strength, coordination, flexibility, posture control and breathing control. The in-built mirror allows you to check your posture as you exercise.

#### **Technogym® Cross Personal™**

With a Nordic walking-like movement and no ground impact, Cross Personal allows you to perform intense cardio training with minimal perception of fatigue and no joint stress.



#### **Technogym® Wellness Ball**

With the Wellness Ball, you can have fun while working out all muscle groups: it helps you carry out body weight exercises, develop flexibility, balance and coordination and adopt the correct posture.



# ABaC

Restaurant  
Hotel



Avda. Tibidabo, 1 - 08022 Barcelona (Spain)  
Tel.: +34 93 319 6600 - Fax + 34 933196601  
[info@abacbarcelona.com](mailto:info@abacbarcelona.com) - [www.abacbarcelona.com](http://www.abacbarcelona.com)

“Condé Nast Traveler Hot List Hotels 2009”

NR: HB004321