

BRACH

LA CAPSULE

TREATMENT MENU

La Capsule is a unique space dedicated to the treatment of the body, the face and the mind. An intimate and luxurious urban sanctuary that enables visitors not only to slow down but also to reconnect with their body to take better care of it, to gain headspace and to expand. Offering a mindful and spiritual journey, La Capsule is a space conducive to self-reflection, allowing you to be aware of your physical limitations and emotional blockages, where well-being and longevity, tradition and scientific innovation cohabit to create a heightened wellness experience. Unique and inspired by biohacking, the selection of treatments combines traditional methods with cutting-edge technologies to offer a novel approach to wellness and a new art of living.

“The unifying element is poetry, the dream, which transports us,
changes us and teaches us.”

— PHILIPPE STARCK

A blend of mystical and futuristic, La Capsule is decorated in shades of white with touches of gold. It houses a 20-metre long swimming pool, two treatment suites, a hyperbaric oxygen chamber, a floating bath, an infrared sauna, a steam room, a gym, a consultation room, a recuperation room, and a number of intimate spaces for its holistic practices. Decor and technologies complement each other to create a unique well-being experience for the body and the mind.

“While the overall feel of the hotel is one of calmness as reflected in the choice of materials such as wood and terracotta, I designed La Capsule as a cloud: a pure, ethereal space with flow. When we float, relativity changes, our bodies feel weightless, and we gain clarity of mind.”

— PHILIPPE STARCK

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MENU

A treatment menu orchestrated around four complementary pillars: wellness technologies, traditional holistic practices, face and body treatments, and movement. Four separate care approaches that can be combined based on your needs and desires to compose your personalised treatment programme to transform your well-being.

WELLNESS CONSULTATION

€70

An essential preliminary step to understanding needs and creating a suitable personalised programme, this consultation with an expert involves a discussion about personal habits and goals along with a wellness screening. We use non-invasive technology to assess around thirty wellness markers and indicators that can be used to accurately define an individual's profile as well as to better meet specific needs.

WELLNESS TECHNOLOGIES

La Capsule is a futuristic exploratory space that offers a choice of powerful and regenerative immersive experiences for the body and the mind. Backed by technology to complement traditional practices, these experiences open new avenues when it comes to holistic well-being management.

HYPERBARIC OXYGEN THERAPY

30 min - €60 / 60 min - €110

Recovery package 5-session: 60 min - €495

The ultimate regenerative experience based on the essential role of oxygen in energy levels, healing and cellular renewal. The Airpod Hyperbaric Chamber increases the amount of oxygen available for cells and tissues by 35% to alleviate the effects of a stressful active life, jet lag, fatigue and other events significantly impacting the body.

Benefits:

- performance: improves mental clarity and concentration, boosts energy and endurance
- recuperation: reduces inflammation, speeds up tissue regeneration
- overall well-being: promotes deep and restorative sleep, helps with stress management, reduces fatigue
- prevention: slows cellular ageing, boosts the immune system

SENSORY ISOLATION FLOATING SESSION

60 min - €85

5-session package - €380

Allowing the mind and body to disconnect from the outside world, the sensory isolation float tank isolates the body from all external stimuli and renders it weightless through immersion in a capsule filled with Epsom salts. Time stands still in this body-temperature water. This silent, meditative experience offers complete disconnection from external sensations and stresses to facilitate interoceptive awareness, listening only to the sound of your breathing and the beating of your heart. The muscles relax, tension dissipates and total relaxation ensues. A natural method known to reduce symptoms of stress by activating the parasympathetic nervous system and lowering cortisol levels.

GUIDED ICE BATH & BREATHWORK

80 min - €150

5-session package - €495

When the power of breathing meets the power of the cold. More than a simple immersion in an ice bath, this experience is about discovering the power of the mind and the body's capacity for resilience. Guided by a certified coach, the experience starts with a powerful and transformative breathing exercise. Your mind grows stronger and your self-confidence grows to enable you to calmly sink into an ice bath. Combining the physiological and biochemical benefits of breathing and exposure to intense cold, the guided ice bath session promotes muscle recovery, reduces inflammation, raises energy levels, improves sleep, and strengthens the mind and the immune system. An invitation to push back your limits to better relish your power.

SELF-GUIDED ICE BATH

€40

5-session package - €180

A self-guided ice bath experience for experts, sportsmen and women in recovery or those used to ice baths.

INFRARED SAUNA

Free station

A moment of complete relaxation. A new sauna experience using infrared light, which directly heats the body and not the ambient air as in a traditional sauna. The heat released is gentler, easier to tolerate for longer periods of time and more beneficial for the body. Promoting relaxation, the infrared sauna also focuses on blood flow, the elimination of toxins, the immune system and sports injury recovery. It improves skin quality, collagen production, cellular renewal, sleep and general well-being. Available to our guests.

TRADITIONAL HOLISTIC PRACTICES

Inspired by ancestral know-how in the art of self-care and the holistic approach to the human body and mind, La Capsule offers a variety of traditional practices to support the quest for harmony and a balanced body and mind.

Chinese medicine consultation	€110
Nutrition consultation	€110
Acupuncture - Auriculotherapy	€110
Aesthetic acupuncture	€110
Emotional freedom technique	€110
Emotional well-being therapy	75 min €125
Hypnotherapy	60 min €110 / 90 min €165
Foot reflexology	€110
Osteopathy	€110
Breathwork	€110
Cupping - add on	€50

BODY AND FACIAL TREATMENTS

La Capsule has partnered with Clarins and myBlend to compose a treatment menu combining the excellence of Clarins treatment rituals for the body and face, in particular the exclusive Clarins Precious Facial, and myBlend facial treatments based on the power of synergies between hands-on know-how and beauty tech (electrostimulation, LED photobiomodulation, cryotherapy).

MYBLEND

Synergistic treatments offering an experience that focuses equally on effectiveness and well-being. At the crossroads of scientific research, technology and the art of touch, myBlend treatments offer an ultimate experience in which effectiveness and sensoriality are combined for visible results on the skin and a sense of deep well-being.

Luxurious treatments using the CellSynergy device, developed by myBlend, which combine a selection of powerful technologies (cryotherapy, radiofrequency, electroporation/electrostimulation) to promote the production of collagen, boost cellular oxygenation, stimulate microcirculation, and help active ingredients to penetrate to the heart of the cells.

Through the association of products, rituals and technology adapted to individual needs, each myBlend treatment becomes a unique experience.

FACIAL TREATMENTS

MY SKIN DIAG

Free consultation

Because you are unique and your needs change at different moments of your life, as well as depending on your mood and your environment, all myBlend treatments are personalised. To ensure optimum understanding of your skin's emotions, the treatments are created based on a digital diagnosis and an in-depth discussion with our experts. Cutting-edge products and technologies are then selected. The treatment is adapted to your skin, and the duration of the treatment is adapted to your available time.

THE EXPRESS

30 min - €90

The targeted Express Treatment is tailored to each individual, making use of powerful technology to produce visible results in just thirty minutes. The treatment begins with a delicate cleanse to prepare your skin. Then, you have the choice between a more sensorial approach combining massage with the regenerative power of the LED mask or a treatment centred on CellSynergy device technology. The perfect choice for those with busy schedules or as a regular intensive regimen to address the evolving emotions of your skin, one by one.

THE ESSENTIAL

60 min - €180

The Essential Treatment is a complete anti-ageing treatment to revitalise and resculpt the face. The technologies offered by the CellSynergy device are combined with manual techniques to lift, firm and sculpt the face. Here, massage is a treatment in and of itself. One hour of ultimate well-being combined with efficacy targeting your specific concerns, for an immediate and visible transformation of your skin.

THE EXPERT

90 min - €220

The Expert Treatment offers a perfect blend of beauty, well-being and results – total osmosis between the myBlend touch, targeted technologies and the choice of tailored Derma formulas. The result on the skin is spectacular; the promise of harmony between body and mind is total. A high-performance treatment for the face, neck and décolleté. After a cleanse and gentle exfoliation, each technology used by the CellSynergy device offers a different way to stimulate the skin's natural regeneration. A sculpting massage helps the muscles contract and extend to lift the facial features and replump any slack areas. The luminous action of the LED mask stimulates cell activity, bringing benefits to the skin in terms of firmness, elasticity and luminosity.

FACIAL TREATMENTS

PEELING
30 min - €90

The Express Peel Treatment is a sensory experience composed of a powerful mix of four fruit acids specially formulated to effectively exfoliate and renew your skin. With its high concentration of BHA and AHA, it smoothes, soothes and evens out the skin. The skin is like new, its even texture is restored. Fifteen minutes after being applied, the mix is gently rinsed off and followed by a LED mask session to maximise its effects.

MYLEDMASK SESSION
€50

With a duration tailored to your skin type, the session includes a thorough makeup removal and Red LEDs to stimulate collagen production and regenerate the tissues; pulsed near-infrared LEDs to oxygenate the cells. The myBlend mask brings deep anti-ageing action, proven through clinical tests. It boosts radiance, smoothes skin texture and improves the firmness of your face. In addition, it brings an immediate sensation of well-being thanks to the gentle heat generated by the myLEDmask. Ideal for a one-month intensive regimen, with three to four sessions per week.

EXTRAS

myBlend Hydrating Mask €30
to be combined with a hyperbaric oxygen session / a body treatment or a body massage

LED Therapy - myLEDmask €50
to be combined with a body treatment or body massage

CLARINS

Natural know-how, visible results.

Personalised Clarins treatments subtly combine high-performance formulas enriched with plant-based active ingredients and Clarins Touch, a unique application technique that benefits from 70 years of Clarins Institute experience. A sensory experience like no other, with visible results.

EXPERT FACIAL TREATMENTS

EXCEPTIONAL CLARINS PRECIOUS FACIAL

60 min - 90 min / €240 - €350

For the first time, Clarins partners with a facialist, Marie Depoulain, to create an exceptional manual treatment that offers spectacular anti-ageing results. It is the perfect alliance between the expertise of Clarins Professional Touch and that of Marie Depoulain, combining draining pressure techniques and age-old Asian techniques. Smoothing motions, vibrations and percussions are part of the sequences and together they create a series of unique, rhythmical and controlled movements. This targeted action focuses on the needs of each part of the face and can be intensified by using special dedicated tools for instant results on facial micro-tensions, reduced wrinkles and revived radiance. A plumping lift effect and defined facial contours.

ULTRA RELAXING AROMA FACIAL

60 min - €180

This unique Treatment allows you to disconnect from the outside world and focus on yourself. The expert “Ayuroma Touch” combined with the power of plants and Clarins oils, invites you to escape and completely let go. You will experience total and deep relaxation thanks to a massage of the face and scalp. You can see and feel the benefits of the Treatment: skin is soft, satin-smooth, more radiant.

EXPERT BODY CARE

BODY SILHOUETTE

60 min - €180

A customised slimming and firming Treatment which sculpts your silhouette. Based on a skin evaluation carried out prior to the Treatment, the Beauty Therapist adapts the Treatment to concentrate on slimming and the look of spongy skin in order to promote firmer, more youthful skin. The Treatment drains and filters to restore smoother, more comfortable skin and a refined silhouette.

REBALACING MASSAGE

60 min - €180/ 90 min - €240

A massage which releases muscle tension, relaxes the body and restores energy. The massage pressure can be adapted to the degree of muscle tension and to suit individual needs. Customers can choose either a Tonic Treatment Oil to stimulate the body and mind, or Relax Treatment Oil for a sensation of total relaxation.

SPORTS MASSAGE

60 min - €180 / 90 min - €240

A toning and relaxing massage for sportsmen and women. Before exercise, it warms up the muscles and optimises their response time. After exercise, it reduces tension and muscle stiffness, enabling muscles to recover better. Improves the response of the muscles, maintains perfect flexibility and avoids any risk of inflammation of the tendons.

BODY RENEW

60 min – €180

Pamper your body with a “New Skin” effect Treatment. Exfoliation detoxifies and purifies the skin while moisturization brings an incredible feeling of comfort by restoring suppleness and a velvety-smooth feel. Your skin will feel soft and beautiful and you will feel simply heavenly.

MASSAGES

A range of traditional massages to be combined as required to relax the muscles, improve energy, and optimise the body's natural stress resistance mechanisms.

PERSONALISED LA CAPSULE MASSAGE

60 min - €180 / 90 min - €240

Tailored to suit your desires and the subtle perception of the needs of your body, the personalised massage is a unique blend of stimulating or relaxing techniques, deep or more subtle, to promote relaxation and balance. A moment where time stands still and only you matter.

SHIATSU

60 min - €180

Delve into the ancestral art of Shiatsu, a Japanese practice that restores balance to the body and mind by harmonising energy flows. Through alternating gentle and deep pressure applied with the fingers, the palms or the elbows, this massage stimulates the acupressure points along the meridians to relieve built-up tension. A subtle choreography that draws out inner vitality and promotes deep relaxation. By revitalising energy flow, Shiatsu helps to calm stress, relieve muscle pain and restore a feeling of overall well-being.

TUI NA

60 min - €180

A traditional Chinese medicine massage, the Tui Na technique combines strength and gentle pressure to restore the body's balance. The combination of pressure movements, kneading and stroking acts deep down in the muscles and meridians, stimulating the flow of vital energy. A true therapeutic treatment, Tui Na relieves articular and muscular pain, calms nervous stress and strengthens the immune system. Each calculated and powerful movement releases energy blockages, offering lasting comfort and restored serenity. A regenerative experience to soothe the body and the mind.

CHI NEI TSANG

60 min - €180

An ancient technique based on Taoist tradition, Chi Nei Tsang is a holistic abdominal massage that targets the body's energy centre. It aims to release blocked emotions and to rebalance the internal organs. Using precise and deep movements, the practitioner stimulates digestion, promotes detoxification and alleviates stress. By harmonising the "Chi" (vital energy), Chi Nei Tsang calms the mind and revitalises the body. As pressure is released, the body feels lighter and the mind feels calmer.

LYMPHATIC DRAINAGE

60 min - €180

Float away as the benefits of a lymphatic drainage envelope you. Using smooth, targeted and delicate movements, this massage stimulates the lymphatic circulation, releasing toxins from the body and promoting gentle regeneration. Each movement helps to optimise the circulation, reduce tissue swelling, and resculpt the body's lines. By activating this precious source of purification, lymphatic drainage restores radiance and vitality, while strengthening the body's natural defences.

MOVEMENT

Because well-being is also achieved through movement of which it is an essential pillar, La Capsule houses a gym fitted out with cutting-edge equipment along with a recuperation room. The gym allies technology and comfort to offer a tailored exercise experience. Whether you are looking for intense training or a keep-fit session, every piece of equipment has been carefully selected to optimise your results, allying ergonomics with effectiveness. Benefit from a range of options, from cardio machines to weight training areas that you can use independently or with the guidance of a personal trainer.

Our team of expert personal trainers is available upon request to adapt your programme to your needs and to strengthen your body while respecting your well-being. For those used to gentler exercise, the recuperation room offers a set of equipment for use during one-to-one yoga, pilates or stretching training sessions.

One-to-one training session (fitness, yoga, pilates, meditation) 60 min - €95
10-session package - €800

WELLNESS RETREATS

La Capsule Wellness Retreats offer a unique combination of traditional therapies, technologies and treatments to cover all quests for well-being. Whether it is about better understanding your needs to put new Wellness practices into place, to alleviate excess stress or weight, or to rebalance the body or the mind, our Wellness experts will guide you through these new well-being experiences.

EXPLORE

1 wellness consultation

2 hours - €235

1 infrared sauna session 30 minutes

1 body massage of your choice 60 minutes

1 wellness drink

RECOVER

STRESS RELIEF

3 hours - €340

1 holistic practice
(acupuncture, EFT, hypnosis)

1 sensory isolation floating session

1 Clarins rebalancing massage or a traditional massage
(Chi Nei Tsang, Tui Na, Shiatsu)

1 wellness drink - with CBD

BODY DETOX

2 hours - €230

1 hyperbaric oxygen therapy session 30 minutes

1 infrared sauna session 30 minutes

1 Clarins Body renew treatment or a lymphatic drainage

1 wellness drink - detox juice

REBOOST

MIND COACHING

2 hours - €185

1 holistic practice

1 sensory isolation floating session

1 wellness drink - Calming drop

BODY RESHAPE

2 hours - €280

1 nutrition consultation

1 Clarins Body Silhouette treatment

1 wellness drink - detox juice

WELL AGEING

3 hours - €350

1 holistic practice

1 hyperbaric oxygen therapy session 30 minutes

1 infrared sauna session 30 minutes

1 myBlend Expert treatment 90 minutes

1 wellness drink – with Collagen

Use of the facilities (pool, infrared sauna, steam room, gym) included in all packages.

MANICURE / PEDICURE

Classic manicure	€95
Classic pedicure	€95

EPILATIONS

Lips, Eyebrows	€35
Underarms	€45
Half arm	€45
Full arm	€65
Classic bikini	€55
Brazilian bikini	€75
Entire bikini area	€85
Half leg	€65
Full leg	€95
Back or Torso	€75

ACCESS TO FACILITIES

For all facial treatment or body treatment bookings of a minimum of one hour, we are pleased to offer access to our facilities (pool, steam room, infrared sauna) for 30 minutes.

MEMBERSHIP

Several membership packages are available to make use of our wellness and fitness facilities. To find out more, please ask at our reception desk or send an e-mail to lacapsule@brachmadrid.com

OPENING HOURS

10am to 8pm

RESERVATION

Tel. +34 915 463 639

lacapsule@brachmadrid.com

ARRIVAL

The indicated durations correspond to your treatment time at the spa. To ensure you fully enjoy your experience, we kindly request that you arrive 15 minutes prior to your scheduled appointment.

GIFT CARDS

If you wish to offer a treatment at La Capsule, our gift cards are available at our reception, from the hotel reception desk and from the Evok eshop.

SHOP

To extend your experience at La Capsule, products used during your treatments and swimwear are available for sale.

RESERVATION

We highly recommend booking your treatment at least one day in advance. For clients who are not staying at the hotel, a credit card will be requested to hold your reservation and your appointment will be confirmed the day before by email or phone.

CANCELLATION POLICY

Any change or cancellation made within 24 hours of your appointment will result in 50% of the cost of the booked

treatment being charged. In the event of cancellation within 12 hours of the appointment or a no-show, the full cost of the treatment(s) will be charged.

LATE ARRIVALS

In the event of late arrival, we will endeavour to provide you with the same service subject to our schedule. Otherwise we will shorten the treatment time but there will be no reduction in price.

HEALTH CONDITION

Our treatments are only suitable for people in good health. Please inform us of any health issue(s), allergies or injuries that could interfere with your treatment. If in doubt, we advise you to consult your doctor before booking. To ensure that we fully meet your needs, we will provide you with a consent questionnaire to inform you of the risks and contraindications associated with certain practices. We are happy to answer any questions you might have. The spa is a non-medical environment and all the treatments it provides are focused solely on your well-being. Our massages, treatments, holistic practices and wellness technologies are neither medical nor paramedical. These wellness and beauty treatments have no therapeutic effects; under no circumstances should they replace or substitute medical treatment.

PREGNANT WOMEN

Some of our wellness treatments and technologies are not suitable for pregnancy. We kindly ask you to complete our consent questionnaires to ensure appropriate care.

ITEMS OF VALUE

La Capsule cannot be held responsible for loss, theft or damage of personal belongings. We recommend that you keep any items of value in the safe in your room if you are staying in the hotel.

POOL

Please observe the pool rules displayed at the entrance of the pool area. Access to the pool is permitted only from 10 am to 8 pm. The hotel cannot be held responsible for any accidents occurring outside of these hours.

MINORS

Minors must be accompanied by their parents or a responsible adult. The minimum age for body treatments is 18, and 16 for facials.

DISCRETION

Please respect the tranquillity of the space and set your mobile phone to silent mode.

ROOM SERVICE AND SERVICES OUTSIDE**OF OPENING HOURS**

Massages, manicures and pedicures can also be provided as an in-room service at an additional cost of €100. A 50% increase per treatment will apply for appointments requested outside of opening hours.

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