BRACH

SPA & SPORTS CLUB

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CLARINS

TREATMENT MENU

A UNIQUE SPACE

In the heart of Madrid, Brach Spa & Sports Club is a contemporary sanctuary dedicated to absolute well-being. A pure design in soft whites and golden accents creates a serene and elegant atmosphere, suspended in time. An exceptional wellness universe featuring a 20-meter swimming pool, treatment suites, hammam, infrared sauna and an ultimate gym.

A refined retreat dedicated to discovering Clarins, the embodiment of French skincare excellence, and its personalized treatments, combining the extraordinary power of plants with the art and expertise of touch.

Advanced technologies such as hyperbaric oxygen therapy, sensory-isolation flotation and cold plunge elevate the experience into deep regeneration. A sanctuary where well-being and longevity, ancestral traditions and innovation come together to deliver a unique and transformative experience.

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MENU

A treatment menu orchestrated around four complementary pillars : facial and body treatments by Clarins, wellness technologies, traditional holistic practices and sport. Four complementary approaches to well-being that can be combined based on your needs and desires to compose your personalised treatment program and transform your well-being.

CLARINS FACIAL TREATMENTS

EXPERT HANDS. PROVEN RESULTS.

Clarins personalized treatments subtly combine ultra-performing formulas enriched with plant-based actives and the Clarins Touch, backed by more than 70 years of Institute expertise.

BESPOKE WITH HIGH PRECISION & TECHNICAL PROWESS.

The secret of Clarins protocols lies in a unique method — the Clarins Touch — inspired by women, their skin needs and the evolution of massage techniques. From the selection of expert treatments grounded in the superpowers of plants to the precisely weighted draining pressures, each treatment is created, tailored and measured just for you. An unparalleled sensory experience, delivering immediately visible results whose benefits continue over time.

THE CLARINS TOUCH : A UNIQUE METHOD

The science of touch is at the very heart of the Clarins story. For us, every movement counts. Unique and 100% manual, the Clarins method today comprises 450 movements. They continually evolve and are constantly enriched. The Spa experience is founded on the perfect synergy between this science of touch and Clarins skin care.

CLARINS PRECIOUS TREATMENTS

PRECIOUS MOMENTS OF LONGEVITY

SIGNATURE TREATMENT
60 min - 90 min / €240 - €350

A signature protocol blending Clarins' professional method with traditional Asian massage techniques, developed with our facialist Marie Depoulain.
Expert, tailor-made techniques combined with the exceptional key ingredients of Clarins Precious and specific massage tools release micro-tension, redefine contours and revive skin radiance for a genuine lifting and plumping effect.
At the heart of the treatment, a flower as rare as it is precious: Moonlight flower. Its powerful cryo-extract reactivates the skin's longevity proteins and helps neutralize the effects of time.
The result: less visible wrinkles, more defined facial contours, skin plumped and visibly lifted. For timeless beauty.

HIGH-PRECISION TARGETED TREATMENT
60 min - €240

Clarins Precious introduces a bespoke treatment for 3 specific areas: smile, eyes, neck & décolleté. This 60-min High-Precision Targeted Treatment helps release muscle tension, smooth posture wrinkles and revitalize features for more relaxed and harmonious facial expressions. The triple action in these precise areas delivers instant visible results.

CLARINS EXPERT TREATMENTS

YOUTH EXPERT
60 min - €180
Firms - lifts - illuminates

Clarins' iconic age-defying Treatment.
This complete face, neck and décolleté Treatment begins with a detailed diagnostic to assess individual skin needs and select the most suitable products. Fully tailor-made, this treatment is combined with targeted expert techniques, based on the Clarins professional method for draining-pressure movements and the expertise of our iconic lines. Skin is drained, stimulated or relaxed according to the specific needs of each face. The Clarins Facialift manual massage technique "oxygenates" the face and helps eliminate toxins. The remodelling shapes, plumps, boosts and harmonizes facial volumes and features without irritating the skin. Sculpted, as though lifted, with refined contours, the face regains its youthful glow.

Find the treatment that suits you best:
YOUTH EXPERT X MULTI-ACTIVE - Smoother & radiant skin
YOUTH EXPERT X EXTRA-FIRMING - Firmer & smoother skin
YOUTH EXPERT X SUPER-RESTORATIVE - Replenished & plumper skin

POWER HYDRATOR
60 min - €180
Hydrates - plumps - soothes

The perfect Treatment for dry, dehydrated or sensitive skin. It strengthens the skin barrier and offers lasting protection. Intensely hydrating, it soothes and restores comfort to the skin with an instant quenching effect. The skin is hydrated, plumped, visibly smoother and bouncier. The complexion is revived and evened while skin is soft, supple and radiant.

RADIANCE BOOSTER
60 min - €180
Refreshes - illuminates - evens

An energizing Treatment to stimulate the skin's vitality for more radiance and freshness: ideal for all skin lacking in energy which looks dull and tired. This Treatment wakes up and reenergizes the skin. Facial features are instantly refreshed and the face appears more relaxed and radiant.

ENERGIZING FACIAL FOR MEN
60 min - €180
Moisturizes - energizes - comforts

Designed for the specific needs of men's skin which is tired, exposed to external aggressions or irritated by daily shaving. This Treatment purifies, moisturizes, reduces the look of wrinkles and dark circles, and energizes the skin. Well-moisturized and reenergized, skin is firm, soft and feels comfortable again. Facial features seem lifted and rested, giving the face a younger, more energized look.

ADD-ON
CLARINS & MYBLEND - MYLEDMASK - €50

The myLEDmask add-on option complements your CLARINS or CLARINS PRECIOUS facial treatment, offering targeted action on the face and neck. Its optimised photobiomodulation technology – 288 red and near-infrared LEDs – boosts collagen production, aids skin cell regeneration and restores your skin's radiance.

CLARINS BODY TREATMENTS

REBALANCING MASSAGE

60 min - €180 / 90 min - €240

Balances - relaxes - oxygenates

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.

DEEP TISSUE

60 min - €180 / 90 min - €240

Releases tension - deeply massages - improves recovery

This deep massage combines all of Clarins expertise with the ancestral techniques of Thai royal massage, to release and loosen deep tension, relax and help revitalize the body. The controlled use of the thumbs, forearms and fists, with total respect for anatomy and physiology, provides all-over drainage of the body. The Treatment creates a feeling of energy, encourages better muscle recovery and helps soothe bodily aches. The result: all muscles, ligaments and joints are relaxed and loosened, body energy is stimulated and fatigue fades away. It's the ideal Treatment for sports lovers and all those looking for a deep, strong massage.

BODY RENEW

60 min – €160

Exfoliates - smoothes - softens

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.

BODY SILHOUETTE

60 min - €180

Smoothes - reshapes - firms

This complete body treatment is based on Clarins expertise to help drain and firm. It begins with a detailed diagnostic that evaluates skin quality and its needs. This ensures a highly personalized experience that incorporates a selection of draining and shaping techniques. This Treatment precisely targets the areas you wish to improve, by combining the Clarins Expert Touch with aesthetic body drainage. Products selected are best adapted to body shape. This personally tailored treatment sculpts, refines and instantly balances the silhouette. It promotes an instant feeling of lightness and overall body comfort. Skin is smoothed, toned and firmed.

MASSAGES

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

PERSONALISED BRACH MASSAGE
60 min - €220 / 90 min - €280

A fully personalised massage tailored to suit your body's needs. A unique choreography of energising or relaxing, deep or gentle techniques designed to restore balance, release tension and bring total harmony. A timeless moment entirely devoted to you.

SHIATSU
60 min - €220

A traditional Japanese practice that restores energetic balance and relieves deep tension. Through precise pressure along the meridian lines, Shiatsu stimulates the flow of vital energy, eases stress and promotes overall well-being.

TUI NA
60 min - €220

A powerful ancestral Chinese massage combining pressure, kneading and friction to restore energetic balance. It relieves muscular and joint pain, releases tension and strengthens the immune system. A regenerative experience to soothe the body and the mind.

CHI NEI TSANG
60 min - €220

Taoist traditional massage technique, Chi Nei Tsang is a holistic abdominal massage, the body's true energy centre. Designed to release blocked emotions and rebalance the internal organs, Chi Nei Tsang stimulates digestion, supports detoxification and releases accumulated tension. Each releasing pressure opens the way to a feeling of lightness and inner calm.

LYMPHATIC DRAINAGE
60 min - €220

Through fluid, precise and gentle movements, this massage stimulates lymphatic circulation, helping the body eliminate toxins and reduce water retention. Each gesture helps improve circulation, reduce tissue swelling and re-energise the body's contours. By activating this precious purification system, lymphatic drainage restores radiance and vitality, while strengthening the body's natural defences.

WELLNESS TECHNOLOGIES

Brach Spa & Sports Club 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
5-session package - 60 min - €495

The ultimate regenerative experience based on the essential role of oxygen in energy levels and cellular renewal. The Airpod Hyperbaric Chamber increases the amount of oxygen available by 35% to alleviate the effects of a stressful active life, jet lag, fatigue and other events significantly impacting the body balance.
Benefits:
- performance: improves mental clarity and concentration, boosts energy and endurance
- recuperation : speeds up regeneration to improve the post work out recovery
- overall well-being: promotes deep and restorative sleep, helps with stress management, reduces fatigue

SENSORY ISOLATION FLOATING SESSION

30 min - €50 / 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 knowledge in the art of care and the holistic approach to the human body and mind, Brach Spa & Sports Club offers a variety of traditional practices to support the quest for harmony and a balanced body and mind.

Acupuncture	€110
Foot reflexology	€110
Osteopathy	€110
Cupping - add-on	€50
Bach Flowers - add-on	€75

SPORT

Because well-being is also achieved through movement, Brach Spa & Sports Club features a gym equipped with state-of-the-art facilities. The space combines technology and comfort to offer a fully tailored exercise experience. Whether you are looking for an intense workout or a lighter fitness session, every piece of equipment has been carefully selected to optimise performance, combining ergonomics with efficiency. Enjoy a comprehensive range of facilities, from cardio equipment to strength training areas, available for independent use or with the guidance of a personal trainer.

ONE-TO-ONE TRAINING SESSION
60 min - €95
10-session 60 min package - €800

WELLNESS RITUALS

Our Wellness Rituals offer a unique combination of Clarins facial treatments, massages and advanced wellness technologies to support your journey toward optimal well-being. Whether your goal is to regulate stress, detoxify the body, or enhance natural regeneration processes, our Wellness experts guide you through these transformative experiences.

STRESS RELIEF
2h - €240

1 sensory isolation floating session
1 Clarins rebalancing massage or a Traditional massage
(Chi Nei Tsang, Tui na, Shiatsu)
1 wellness drink

BODY DETOX
2h - €240

1 hyperbaric oxygen therapy 30 min
1 infrared sauna
1 Clarins Body silhouette,
Clarins Body renew or lympathic drainage
1 wellness drink

WELL AGEING
2h - €250

1 hyperbaric oxygen therapy 30 min
1 Clarins Youth Expert 60 min + myLEDmask
1 wellness drink

MEMBERSHIP

ENTRY - 1 MONTH

Access included
Pool, Infrared Sauna, Steam Room, Fitness

Benefits
- 10% on treatments (excluding traditional holistic practices)
- One 30-minute "Discovery" session (with a choice between: Self-guided Ice Bath, Hyperbaric Oxygen Therapy, Sensory isolation floating)
- Wellness drink

€250

WELLNESS - 3 MONTHS

Access included
Pool, Infrared Sauna, Steam Room, Fitness

Benefits
- 10% on treatments (excluding traditional holistic practices)
- One 30-minute "Discovery" session per month (choose between Self-guided Ice Bath, Hyperbaric Oxygen Therapy, Sensory isolation floating)
- Wellness drink
- 5% on Food & Beverage spend (excluding event and special menus)
- 1 guest per month
- Welcome pack

€660

PRIVILEGE - 6 MONTHS

Access included
Pool, Infrared Sauna, Steam Room, Fitness

Benefits
- 10% on treatments (excluding traditional holistic practices)
- One 30-minute "Discovery" session per month (chose between Self-guided Ice Bath, Hyperbaric Oxygen Therapy, Sensory isolation floating)
- One 60-minute massage (during the membership)
- Wellness drink
- 10% on Food & Beverage spend (excluding event and special menus)
- 2 guests per month
- Welcome pack

€1 200

ACCESS & PACKAGE

90 MINUTES ACCESS

STANDARD

90 min : Pool + Infrared Sauna + Steam Room

€75

PREMIUM

90 min : Pool + Infrared Sauna + Steam Room
+ gym or LED Therapy

€90

TREATMENT PACKAGE

5 body or facial treatments of 60 minutes
(excluding Precious)
+ 30 minutes of access to the facilities

€720

TERMS AND CONDITIONS

OPENING HOURS
10am to 8pm

RESERVATION
Tel. +34 915 463 639
WhatsApp : +34 608 433 942
spasportsclub@brachmadrid.com
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 Brach Spa & Sports Club, our gift cards are available at our reception, from the hotel reception desk and from the Evok eshop.

SHOP
To extend your experience at Brach Spa & Sports Club, 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. Guests who are not staying at the hotel will be required to make a prepayment to guarantee the reservation.

CANCELLATION POLICY
Kindly note that we have a 24-hour cancellation policy. Brach Spa & Sports Club will charge 100% of the treatment cost and consider gift vouchers redeemed for cancellations made with less than 24 hours' notice or in case of no-shows.

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
Brach Spa & Sports Club 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 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. Only available in Suites.

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CLARINS

PARIS MADRID ROMA