



*Wellness*  
EXPERIENCES



**PALLADIO**  
HOTEL MGALLERY BUENOS AIRES

[www.palladiohotelbuenosaires.com](http://www.palladiohotelbuenosaires.com)



Enjoy a unique, peaceful and relaxing experience.

*We invite you to discover Secret Spa, a space designed to relax and get away from all tensions.*

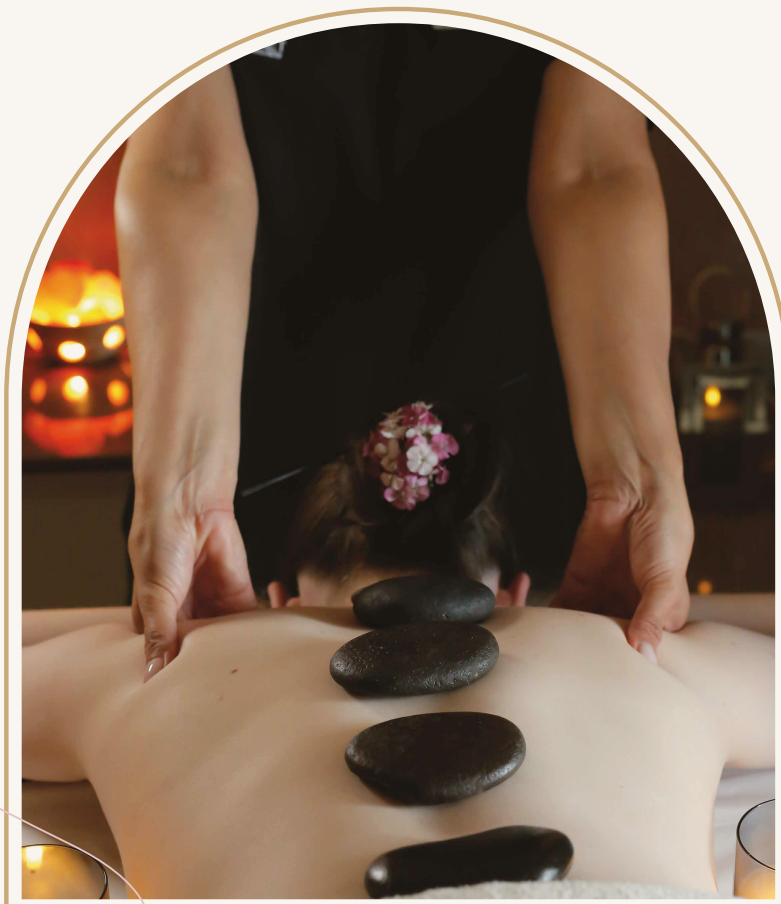
From the very first moment, our guests are plunged into a sensory circuit, through the harmonization of sounds, giving way to a special ritual of therapeutic colored lights in the tepidarium, based on chromotherapy.

The body slowly prepares to flush out toxins in the dry sauna, which makes the skin softer through clear notes of heat, and then purifies the body and improves circulation with a water bath in the Scottish shower. This shower functions due to the combination of high temperatures, which are applied at high pressure in specific areas of the body.

Continue this journey of sensations with any of our body and facial treatments, and discover the benefits of the exclusive creams from the Germaine de Capuccini Professional Cosmetics line, committed to the protection of the environment, and which provide elegance, serenity, beauty and purity to the skin.

Treatments and massages are offered in our rooms, delicately and comfortably decorated, with warm natural light, creating an ideal environment for complete relaxation. Our rooms also lavish our guests with an exclusive view of the magnificent Rodríguez Peña square gardens.

A true moment of peace and renovation for your body and mind.



## Pure Energy C+

  
GERMAINE DE CAPUCCINI

2 hours

Antioxidant treatment with pure vitamin C. Vitamin C is an essential daily supplement, with high antioxidant power, very effective against stress, dehydration and skin aging.

Its components act on all the layers of the skin, stimulating cellular metabolism and proving extraordinary hydration levels. It also helps improving damages caused by sun exposure. Upon contact with the skin, it has an energizing as well as brightening action, leaving the skin radiant and relaxed, and improving skin texture.

### *Benefits:*

- Wellness Circuit with dry sauna, tepidarium, scottish shower, relaxation room (60 minutos)
- Antioxidant treatment with pure vitamin C (50 minutes)
- Parking

*Price per person AR\$ 240.000 (Price per person)*

## Only for You

  
GERMAINE DE CAPUCCINI

2 hours

Re-energizing and detoxification treatment. It helps prevent skin fatigue, reducing the signs of premature aging, improving facial skin elasticity and tightness.

### *Benefits:*

- Wellness Circuit with dry sauna, tepidarium, scottish shower, relaxation room (60 minutos)
- Re-energizing and detoxification treatment (50 minutes)
- Parking

*Price per person AR\$ 240.000 (Price per person)*

## Harmony day

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4 hours

Enjoy a moment of relaxation through the senses.

Aromatic essences and bowl music will allow you to balance your chakras and flow into a state of total serenity.

Continue this renovating experience with a geothermal massage of hot stones and essential oils, a therapy that will allow energy to flow and relieve muscle pain.

### *Benefits:*

- Wellness Circuit (includes sauna, tepidarium, Scottish shower, relaxation room and heated outdoor pool)
- Mindfulness session (30 minutes)
- Body massage with hot stones (50 minutes)
- Bowl music
- Loose-leaf Tea Blend by Viveka with hand-made patisserie
- Aromatherapy
- Parking

*Price per person AR\$ AR\$ 185.000 (VAT included)*

## Healthy day

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5 hours

Ideal for those who need to enjoy a moment of peace and calmness. This circuit will allow you to flush out accumulated toxins caused by stress, purifying and harmonizing body and mind.

### *-Benefits:*

- Wellness Circuit (includes sauna, tepidarium, Scottish shower, relaxation room and heated outdoor pool)
- Mindfulness session (30 minutes)
- Detox infusion of fresh vegetables
- Deep tissue massage (50 minutes)
- Reflexology (30 minutes)
- Healthy lunch at Negresco Bistró
- Parking

*Price per person, AR\$ 198.000 (VAT included)*



## Serenity



5 hours

This experience, apart from inviting you to lose yourself in an atmosphere of deep relaxation, offers you the possibility of enjoying a complete skin rejuvenation which, through soft polishing techniques, will eliminate dead cells accumulated in the epidermis.

### *-Benefits:*

- Wellness Circuit (includes sauna, tepidarium, Scottish shower, relaxation room and heated outdoor pool).
- Mindfulness session (30 minutes)
- Body scrub and hydrating body massage with White tea essence by Germaine de Capuccini (50 minutes)
- Facial yoga (30 minutes)
- Ginger & mint lemonade
- Hot Tub Hydration
- Loose-leaf Tea Blend by Viveka with hand-made patisserie
- Parking

*Price per person, AR\$ 200.000 (VAT included)*

## Friends experience



5 hours

Share a circuit carefully designed to enjoy with a person of your choosing. Lose yourself in a holistic experience of harmony and well-being together, fusing deep breathing techniques to achieve body energy balance and facilitate the release of tension.

### *Benefits:*

- Wellness Circuit (includes sauna, tepidarium, Scottish shower, relaxation room and heated outdoor pool)
- Mindfulness session (30 minutes)
- Simultaneous deep tissue or relaxing massage (50 minutes)
- Healthy lunch at Negresco Bistró
- Ginger & mint lemonade
- Parking

*Price for two people, AR\$ 282.000 (VAT included)*

## Love & Health



6 hours

An exclusive experience to enjoy as a couple.

Begin this sensory meditation circuit, in a private environment inspired by romanticism. Relax with deep massage techniques to release emotional tension and generate a feeling of well-being.

### *Benefits:*

- Wellness Circuit (includes sauna, tepidarium, Scottish shower, relaxation room and heated outdoor pool)
- Mindfulness session (30 minutes)
- Simultaneous deep tissue or realxing massage en simultáneo (50 minutos)
- Masaje facial hidratante o reflexología a elección (30 minutos)
- Assorted cheeses with a glass of sparkling wine
- Parking

*Price for two people, AR\$ 290.000 (VAT included)*

## Secret Experience



5 hours

This experience is specially designed for a complete renewal of body and face, where you will enjoy a sensitive massage and a facial hydrating shock, with products from the **Premium Germaine de Capuccini line**.

### *Benefits:*

- Wellness Circuit (includes sauna, tepidarium, Scottish shower, relaxation room and heated outdoor pool)
- Mindfulness session (30 minutes)
- Relaxing or deep tissue body massage (50 minutes)
- Fruit facial mask
- Facial hydrating shock by Germaine de Capuccini (30 minutes)
- Facial yoga (30 minutes)
- Loose-leaf Tea Blend by Viveka with macarons
- Sparkling wine glass)
- Luxury kit de Germaine de Capuccini
- Parking

*Price per person, AR\$ 420.000 (VAT included)*





## Discover our *sensory circuit*

A SENSORY EXPERIENCE TO REGAIN  
THE ENERGY OF THE BODY AND THE MIND

### DRY SAUNA

Ideal for epidermis renovation, leaving the skin softer. Its relaxing effect is immediately perceived as soon as the body comes into contact with the heat. The use of dry sauna helps muscles acquire greater flexibility, as well as opening up the pores, stimulating skin sweating and the elimination of toxins.

### TEPIDARIUM

Chromotherapy is a type of complementary treatment that uses light waves. It has an effect on the body's cell's, improving the balance between body and mind, where every color has a different therapeutic function.

- Red.** It increases the energy in order to help blood circulation. It should not be used in cases of anxiety or emotional distress.
- Orange.** It increases the action of the sacral and solar plexus chakras (energy centers). It is also used to treat energetic disorders of the kidneys.
- Yellow.** Considered a purifying and detoxifying color, it is used to treat all kinds of physical disorders. It also acts as antiseptic.
- Turquoise.** Combined with red, it helps eradicating acute infections of the energy flow.
- Blue.** It is a soothing color; therefore, it helps reduce pain. It can boost spiritual growth and balance sleep patterns.
- Violet.** It is suitable for the eyes and for the blocked energy that causes nervous disorders. It favors inspiration, revelation and the growth of the superior being, although it can also be linked to spiritual accomplishment.

Tepidarium improves physical and mental well-being. It helps to reduce physical weariness and sleep disorders. It is also effective in headache treatments and stimulates the central nervous system.

### SCOTISH SHOWER

It combines hot and cold streams of water, applied at high pressure in specific points of the body. The sessions usually last between 15 and 30 minutes. They are taken after a sauna session, since they help release all the toxins of the skin, as pores are opened.