

The MELIÁ  
COLLECTION

# MIM | SPA

BAQUEIRA

Well-Being at Altitude  
A renewed concept of health, beauty, and balance





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# WELL-BEING AT ALTITUDE

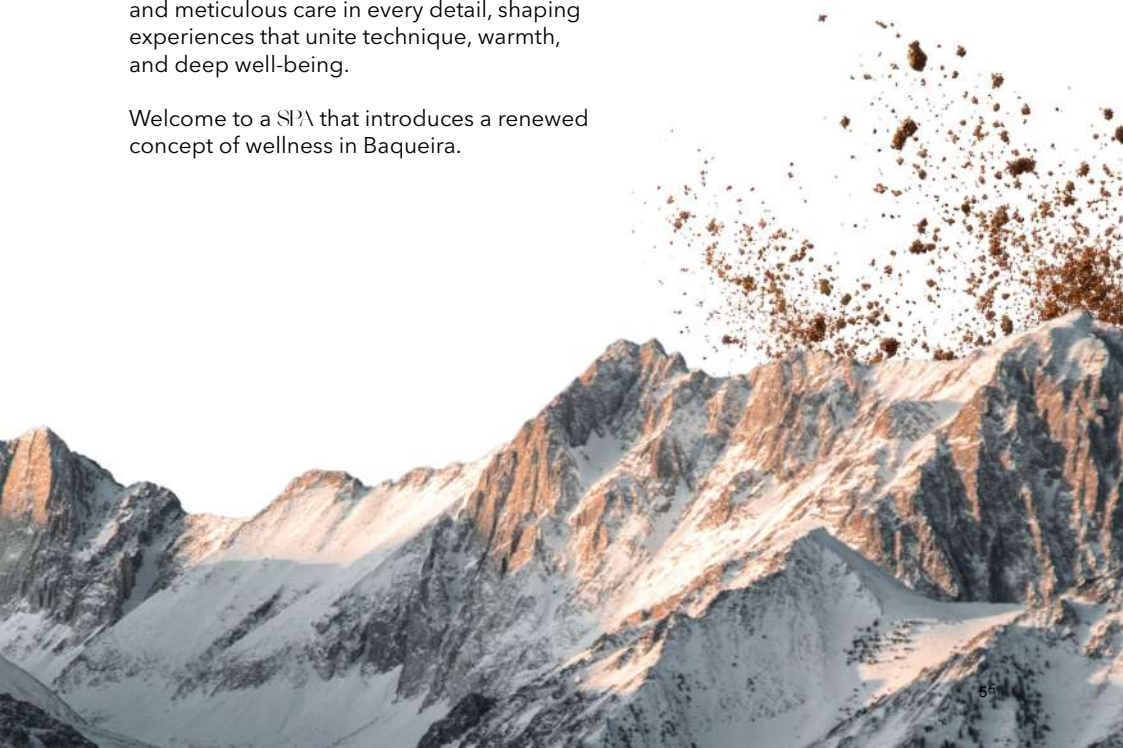
Recently renewed, MIM SPA Baqueira unveils a wellness philosophy inspired by the essential elements of high mountains.

A place where cold activates, heat releases, light revitalizes, and serenity restores—guiding each person toward a natural and conscious balance.

In this new stage, the SPA blends contrasts, textures, and sensations that invite you to reconnect with yourself, following the authentic pulse of the mountain and the essence of the surrounding environment.

MIM SPA brings together precision, sensitivity, and meticulous care in every detail, shaping experiences that unite technique, warmth, and deep well-being.

Welcome to a SPA that introduces a renewed concept of wellness in Baqueira.





# THE EXPERIENCE

At MIM SPA Baqueira, well-being is lived in a renewed environment that blends calm, precision, and the inspiring energy of the mountain. The space has been designed to guide each person through an authentic sensory experience, marked by the signature excellence that defines MIM.





# FAMILY WELLNESS SPACE

## HEATED INDOOR POOL AREA

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### Children (0-16 years)

*\*Accompanied by an adult*

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11:00 - 17:00

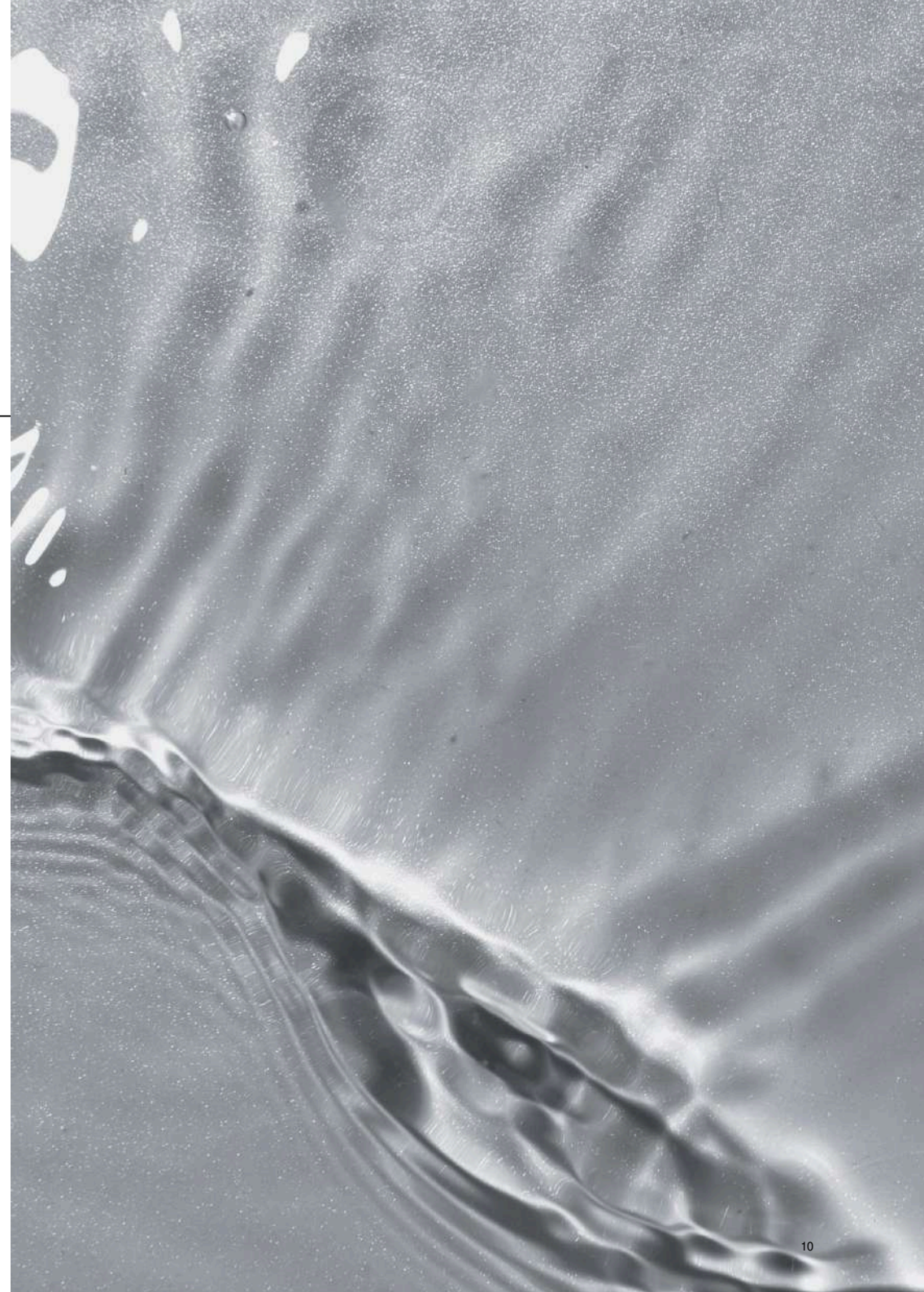
### Adults

16+ years

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11:00 - 21:00

A serene environment to enjoy as a family.  
A heated pool designed to offer a gentle  
and relaxing bath, free from intense stimuli.  
A place to rest, share, and let calm set the  
rhythm.





# SPACE OF CALM & SILENCE

Adults  
16 +years

11:00 - 21:00

A circuit that invites you to activate, release, and restore the body through gentle contrasts and moments of silence.

## Kneipp Showers

Activate circulation, revitalize the legs, and create an immediate feeling of lightness.  
(Cold + Heat Elements)

## Ice Fountain

Promotes muscle recovery, reduces fatigue, and helps prevent injuries.  
(Cold Element)

## Finnish Sauna with Views

Dry heat that purifies, releases tension, and supports deep relaxation. Mountain views elevate the experience to an exceptional level.  
(Hot Element)

## Steam Bath (Hammam)

Enveloping moist heat that cleanses, softens, and opens the airways. Relaxes the muscles and supports toxin elimination.  
(Heat Element)

## Indoor Jacuzzi

A gentle aquatic massage that releases tension and provides immediate well-being.  
(Heat Element + Serenity)

## Heated Indoor Pool

Complete your experience with a gentle, relaxing bath, with mountain views and the warmth of a designer fireplace.  
(Serenity Pillar)



# FITNESS ROOM

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**Exclusive Access**

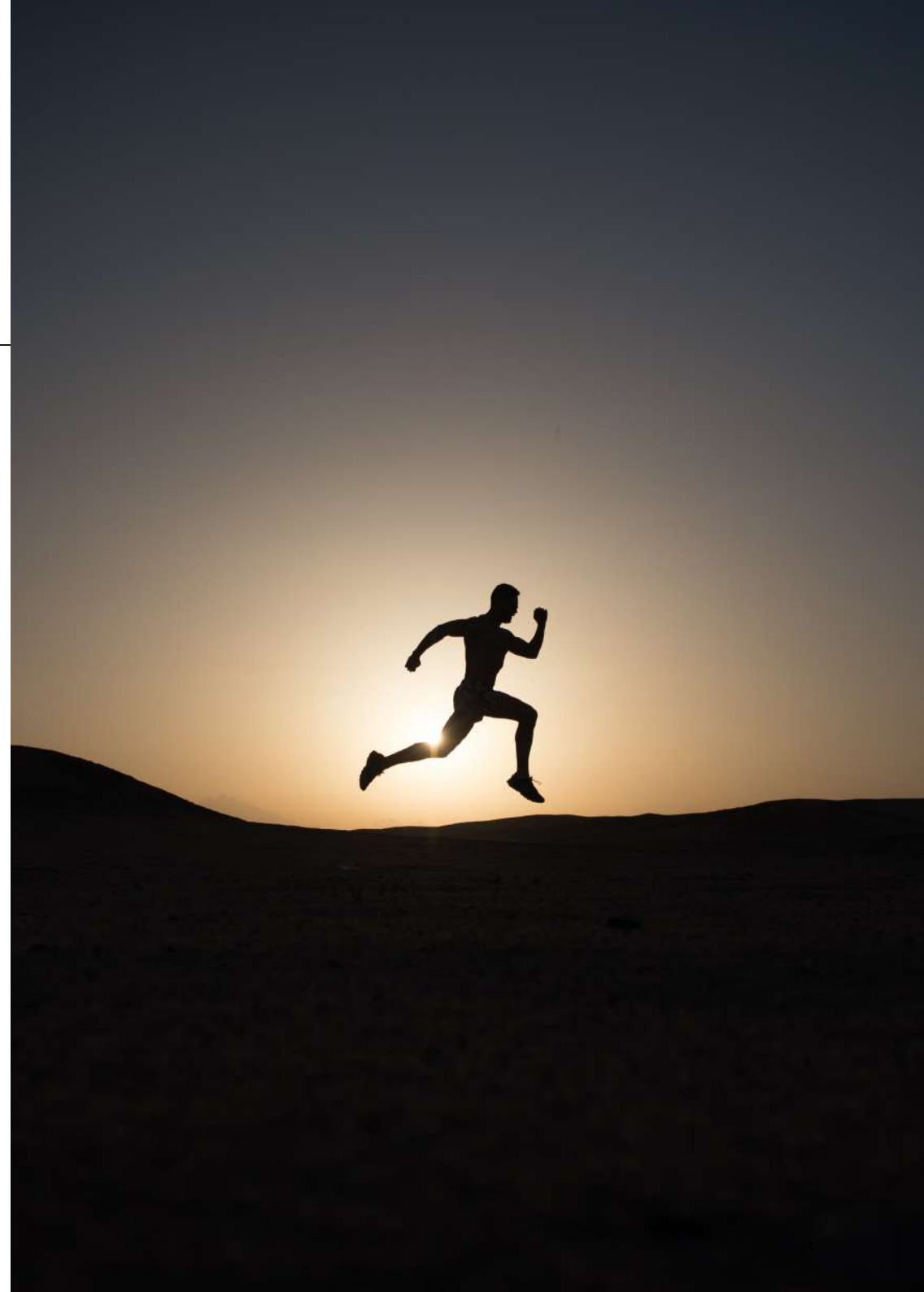
*16+ years*

**24H**

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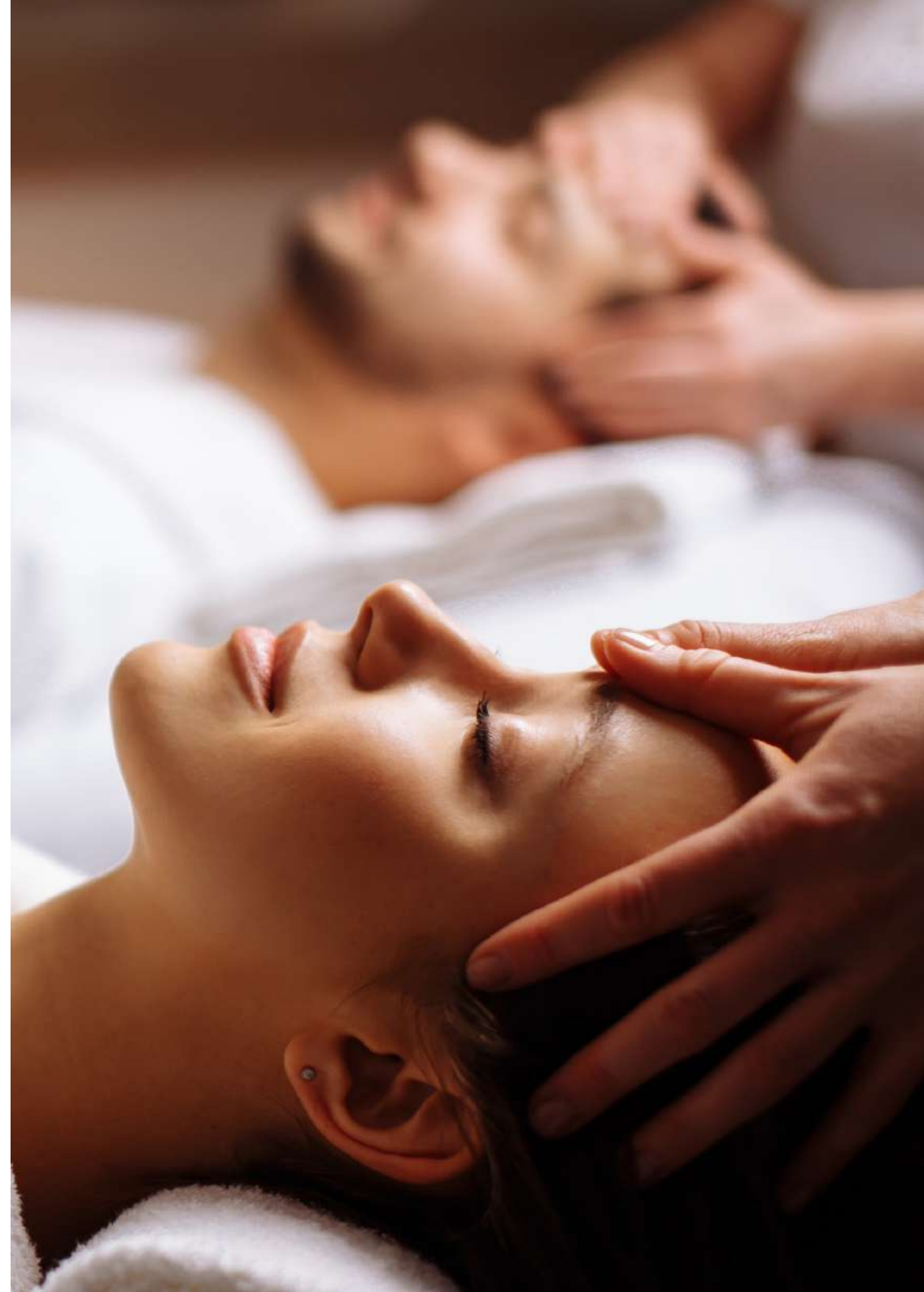
A contemporary space designed to complement mountain activity.

**Technogym** –a world leader in equipment– offers performance, well-being, and precision for those who want to stay active, improve mobility, or support their skiing routine.



# WELLNESS & BEAUTY EXPERIENCES

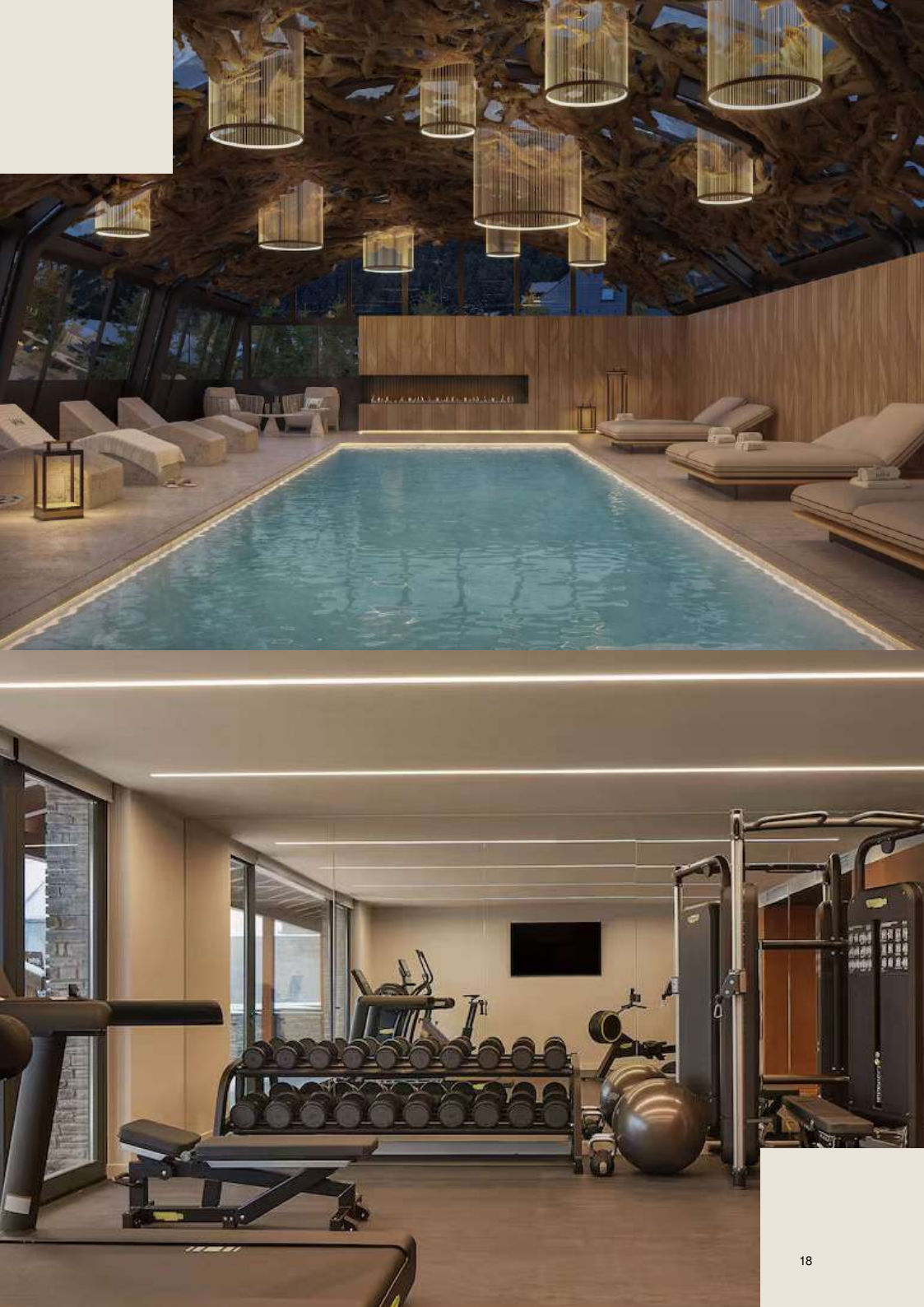
Each experience unfolds in an environment where the mountain sets the pace. We combine specialized technique with prestigious beauty brands, offering treatments that restore, balance, and revitalize with the MIM seal of excellence. They take place in our individual and couples' cabins, with a waiting area that opens to mountain views, creating an atmosphere of serenity that accompanies every wellness ritual.





# SPA & FITNESS

<div>HEATED POOL</div> <div>11:00-17:00</div> <div>0-16 years</div>	<div>• CHILD ENTRY - HOSTED GUEST</div> <div>15€</div> <div>• ACCOMPANYING ADULT ENTRY - HOSTED GUEST</div> <div>20€</div>
	<div>• EXTERNAL CHILD ENTRY</div> <div>20€</div> <div>• EXTERNAL ACCOMPANYING ADULT ENTRY</div> <div>35€</div>
<div>SPA</div> <div>11:00-21:00</div> <div>16+ years</div>	<div>• HOSTED CLIENT</div> <div>40€</div> <div>• EXTERNAL CLIENT</div> <div>50€</div>
<div>FITNESS &amp; SPA</div> <div>SPA</div> <div>11:00-21:00</div>	<div>• DAY   GYM &amp; SPA</div> <div>50€</div>
	<div>• FLEXI PASS   FITNESS &amp; SPA - 5 DAYS</div> <div>215€</div> <div>• FLEXI PASS   FITNESS &amp; SPA - 7 DAYS</div> <div>265€</div> <div>• FLEXI PASS   FITNESS &amp; SPA - 10 DAYS</div> <div>325€</div>
<div>FITNESS</div> <div>GYM</div> <div>24h</div>	<div>• DAY   GYM</div> <div>35€</div>
	<div>• FLEXI PASS   FITNESS - 5 DAYS</div> <div>150€</div> <div>• FLEXI PASS   FITNESS - 7 DAYS</div> <div>185€</div> <div>• FLEXI PASS   FITNESS - 10 DAYS</div> <div>230€</div>



# FEATURED TREATMENTS

01

## INSTA GLOW

50'MIN 125€

Facial treatment that provides instant radiance and hydration, combining natural active ingredients with high concentrations of hyaluronic acid.

02

## RECOVERY SKI

50'MIN 125€

Massage designed to relieve tired legs, improve musculature, and enhance circulation. Different intensities, depths, and stretches are applied according to individual needs. Ideal before and after exercise.

03

## KOBIDO

40'MIN 110€

Japanese massage technique known as "the non-surgical lifting." It oxygenates, detoxifies, and strengthens facial musculature. Slows the aging process, leaving the skin toned and radiant.

04

## WOOD THERAPY

50'MIN 140€

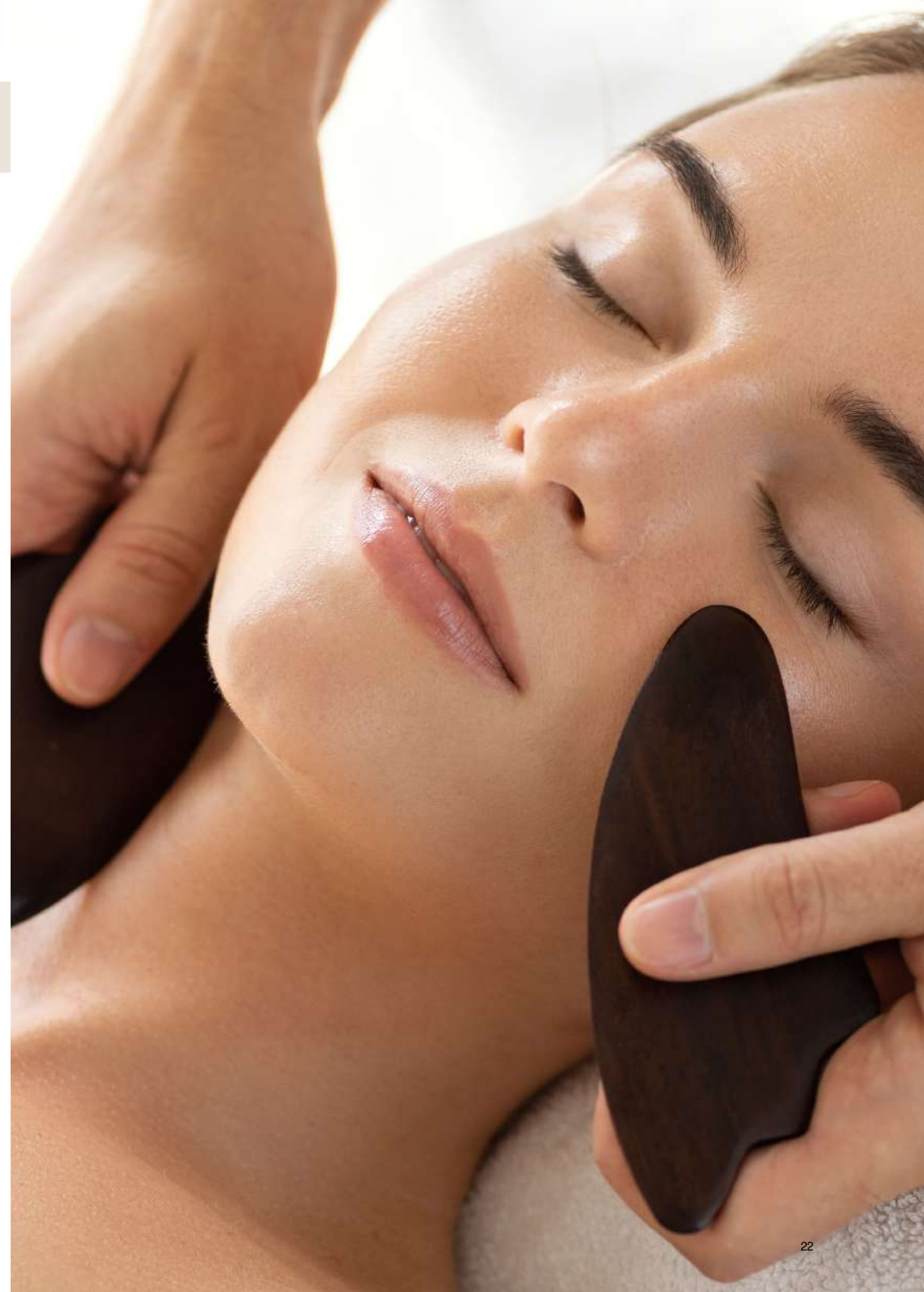
A slimming treatment that combines massage with wooden tools and lymphatic drainage maneuvers. Helps eliminate fluid retention, providing a sense of lightness and well-being.





# FACIAL BEAUTY

01	HIGH-ALTITUDE FACIAL	40'MIN	110€
	Intensive facial treatment providing hydration, nourishment, and protection to restore natural beauty to illuminated and firm skin. Perfect to combine with any body treatment.		
02	DETOX	50'MIN	115€
	Next-generation oxygenating facial cleansing. Deeply purifies the face, delivering oxygen to skin cells. Improves cellular respiration and energizes cutaneous metabolism.		
03	TAILORED FACIAL	75'MIN	150€
	Next-generation oxygenating facial cleansing. Deeply purifies the face, delivering oxygen to skin cells. Improves cellular respiration and energizes cutaneous metabolism.		
04	ANTI-AGING HYALURONIC ACID	75'MIN	170€
	Comprehensive treatment especially recommended to combat signs of cellular aging. The combination of natural actives with a veil of highly concentrated hyaluronic acid penetrates the three layers of the skin. Restores firmness, radiance, and hydration.		
+	SUPPLEMENT		
	Add a quartz massage to any facial.		10€



SERENITY  
*Calm · Wrap · Rest*

# BODY MASSAGES

01

## VITAL RELAX

25'MIN 50'MIN 80'MIN

A gentle experience that leads to deep calm and serene disconnection.

75€ 110€ 140€

02

## MATERNAL RELAXATION

25'MIN 50'MIN

Designed to provide comfort and relaxation during pregnancy, starting from the second trimester.

80€ 115€

03

## CHILDREN'S DREAM

20'MIN

Gentle relaxation that promotes rest and well-being in children (4-12 years). Requires authorization from a responsible adult.





# BODY MASSAGES

01	REFLEXOLOGY	25'MIN 50'MIN
	Stimulation of foot reflex points that promotes the body's overall balance and provides harmony.	75€ 110€
02	LYMPHATIC	50'MIN
	Gentle stimulation of the lymphatic system that facilitates natural drainage, reduces fluid retention, and restores bodily lightness.	120€
03	WOOD THERAPY	50'MIN
	Rhythmic treatment using wooden tools and draining maneuvers that activate circulation, improve adipose tissue texture, and bring a sensation of bodily lightness.	140€



ACTIVATION - RECOVERY  
*Strenght · Depht · Movement*

# BODY MASSAGES

01

## DEEP TISSUE

25'MIN 50'MIN 80'MIN

Massage designed to release deep tension and overworked areas. Ideal for those seeking effective, targeted muscle work.

80€ 120€ 145€

02

## RECOVERY SKI

25'MIN 50'MIN 80'MIN

Massage designed to prepare the muscles before physical activity or to release tension after skiing. Improves mobility and provides an immediate sensation of lightness.

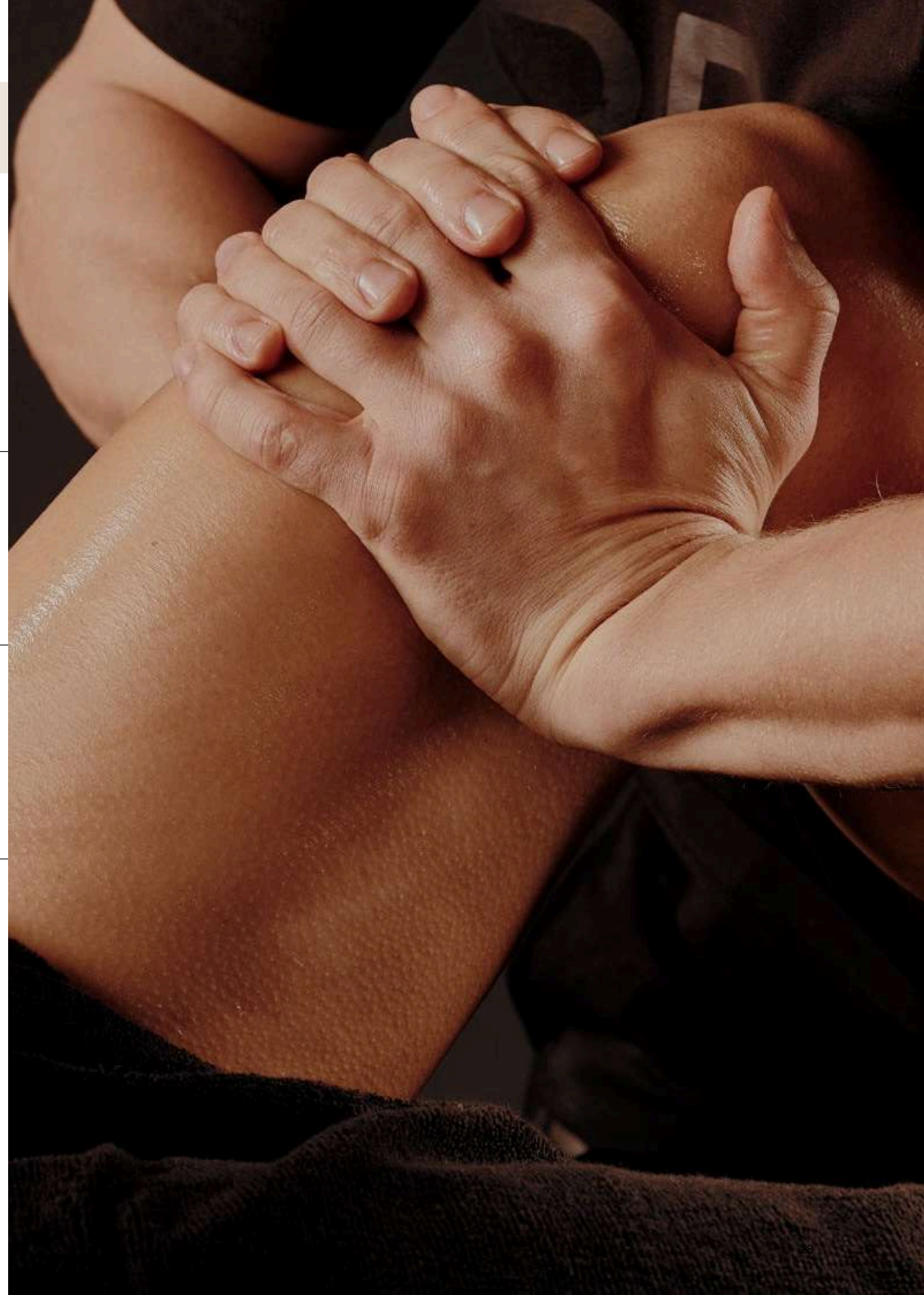
85€ 125€ 150€

03

## HIGH-ALTITUDE BOOST

30€

Combined application of releasing heat and revitalizing cold to intensify muscle recovery.





# MIM RITUALS

- 01 **FUSION** 50'MIN 130€  
Comprehensive experience combining exfoliation and hydration, leaving your skin exceptionally radiant and smooth.
- 02 **HOT STONES** 80'MIN 169€  
Massage using volcanic stones: heat that relaxes, activates circulation, and helps eliminate toxins for complete calm.
- 03 **PULSE & ESSENCE** 90'MIN 195€  
A sensorial ritual with copper vessels and flowers that purifies, activates microcirculation, and balances energy. Includes a foot-washing ceremony, aromatic massage, and an exclusive facial to bring light and balance to face and body.
- 04 **MIM SIGNATURE DELUXE** 140'MIN 265€  
Flagship ritual combining warm shea exfoliation, deep heat with warm tourmalines, and shiatsu and moxa techniques. The experience ends with an exclusive facial inspired by kobido, worked with quartz to illuminate and revitalize the face.



PERSONALIZE  
*Digital gift card*

# GIVE THE GIFT OF MIM SPA

A voucher for an unforgettable experience at Hotel MIM Baqueira.  
Enjoy a moment of relaxation in our MIM SPA.

GIFT VOUCHERS From 75€

VOUCHER VALIDITY April 2026







# Terms & Conditions



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## RECOMMENDATIONS



- We recommend booking your treatment in advance to ensure availability at the desired time.



- Please inform our team of any health-related information that could affect your treatment or access to the hydrotherapy circuit.



- We kindly ask you to arrive 10 minutes before your treatment.
- In case of delay, your treatment will not be extended in order to avoid interfering with the duration of subsequent treatments.



## GENERAL INFORMATION



- All prices shown in this catalogue are per person.



- Please consult our prices for 5- or 10-session packages for facial and body treatments.



- With every treatment lasting more than 50 minutes, we include one hour of spa access at no additional cost.



## FITNESS ROOM

- Open 24h Monday to Sunday.

- Exclusive access for guests aged 16+.



## HYDROTHERAPY CIRCUIT

- Children's hours: 11:00 AM to 5:00 PM.

- Adult hours: 11:00 AM to 9:00 PM, Monday to Sunday.







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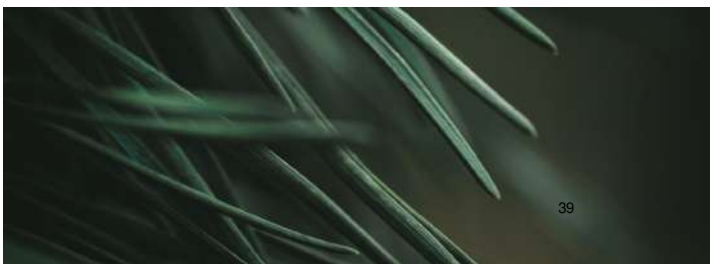


 <ul style="list-style-type: none"> <li>It is mandatory to shower before entering the hydrotherapy area.</li> </ul>	 <ul style="list-style-type: none"> <li>Please notify us of any changes or cancellations at least 12 hours in advance to avoid a charge of 50% of the treatment amount.</li> </ul>
 <ul style="list-style-type: none"> <li>The use of chemical substances (soaps, scents, aromas) is not permitted in common areas.</li> </ul>	 <ul style="list-style-type: none"> <li>Lockers are available for storing personal items; however, we regret to inform you that we cannot be held responsible for the loss or damage of such items.</li> </ul>
 <ul style="list-style-type: none"> <li>Alcoholic drinks, smoking, and food are not allowed inside the facilities.</li> </ul>	 <ul style="list-style-type: none"> <li>Swimsuit, flip-flops, and swim cap are mandatory in the hydrotherapy area. If needed, please consult our retail prices.</li> </ul>
 <ul style="list-style-type: none"> <li>Access for minors under 16 is not permitted outside children's hours. All children must be accompanied by a responsible adult.</li> </ul>	 <ul style="list-style-type: none"> <li>To respect the privacy of all our guests, taking photos inside the facilities is not permitted.</li> </ul>
 <ul style="list-style-type: none"> <li>Please keep your voice low throughout your stay in the wellness area. Respect the space and the relaxation of other guests in common areas and treatment rooms.</li> </ul>	 <p><b>Fitness room</b></p> <ul style="list-style-type: none"> <li>Exclusive access for guests aged 16+.</li> <li>Fees are non-refundable.</li> <li>Membership is personal and non-transferable; in case of fraud, access will be denied for the remainder of the membership period.</li> <li>Please use the fitness equipment responsibly. In case of damage due to improper use, the cost of the repair will be charged.</li> </ul>
 <ul style="list-style-type: none"> <li>Keep your mobile phone on silent mode until you leave the spa.</li> </ul>	

# Terms & Conditions



 <p><b>CONTACT DETAILS</b></p>	
 <ul style="list-style-type: none"> <li>Avda. Perimetrau, s/n Urb. Val de Ruda, 25598, Baqueira · Lleida · Spain. First Floor.</li> </ul>	
 <ul style="list-style-type: none"> <li>Ext. 4000</li> <li>What's App: +34.619.56.13.93</li> <li>Tlf.: +34.913.46.70.68</li> </ul>	
 <ul style="list-style-type: none"> <li>spa.mimbaqueira@melia.com</li> </ul>	



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