

# Roc Blanc

H O T E L S

Welcome to the Wellness

HOTEL ROC BLANC – Andorra

HOTEL TERMES MONTBRIÓ – Costa Daurada



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Welcome to the Wellness

## 1. PRESENTATION

*Thermal water flows anywhere...*

*The real secret of Roc Blanc hotels is to build, to balance, to keep and to fidelity a special staff who are the best professionals of health, thermal, wellness during more than 40 years and who take care of our Customers with the best and special personalized services.*

Alex Armengol Torm

Third generation of Roc Blanc hotels.

It was set up in 1960 and nowadays we have two prestigious establishments, Roc Blanc hotel in Andorra and Termes Montbríó hotel in Costa Daurada.



Sculpture Mr. Torm i Mrs. Babot, founders of Roc Blanc Hotels

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Our hotels

## ROC BLANC hotel : Classic and innovative hotel

It was set up in 1960. Roc Blanc hotel is the first hotel of the Andorran group and the first one which offered the benefits of thermal water in the Principality .

Located in the heart of the Pyrenean , in the city center and only 5 min from Caldea. Roc Blanc hotel is the classic one and really an excellent option for discovering the Pyrenean country.. It has all the conveniences and services of a great hotel.

Hotel with thermalism experience. Its thermal spa was inaugurated more than 40 years ago. It is known in the international market , due to the features and quality of the thermal, nature and miner medicinal water.

We wish to emphasize the gastronomy. The hotel has always bet for a modern , innovate gastronomy , the XXI century "cuisine" .

We always renovate and innovate the whole rooms, the thermal spa, meeting rooms, etc...

High standing hotel with a experience, staff, nice activity programs .... We assure you the success in your healthy stays.



## 4.- THERMAL SPA by ROC BLANC HOTELS



The Roc Blanc thermal spa and Termes Montbrió thermal spa are really a temples of thermalism and wellness.

The therapists and programs combine the medicine properties with the knowledge of ancient civilisations and the experience of our human staff in all the specialities.

We have the experience of more than 40 years taking care of the Roc Blanc hotels customs.

**HEALTH PROGRAMS** to prevent and improve the vital functions and the possibility to follow the low fat diet under the medical Manager specialised in preventive medicine.

**RELAX PROGRAMS**, to balance the mind and body. Its combine traditional balneotherapies programs and the new therapies to maintain the energy balance with a deep wellness.

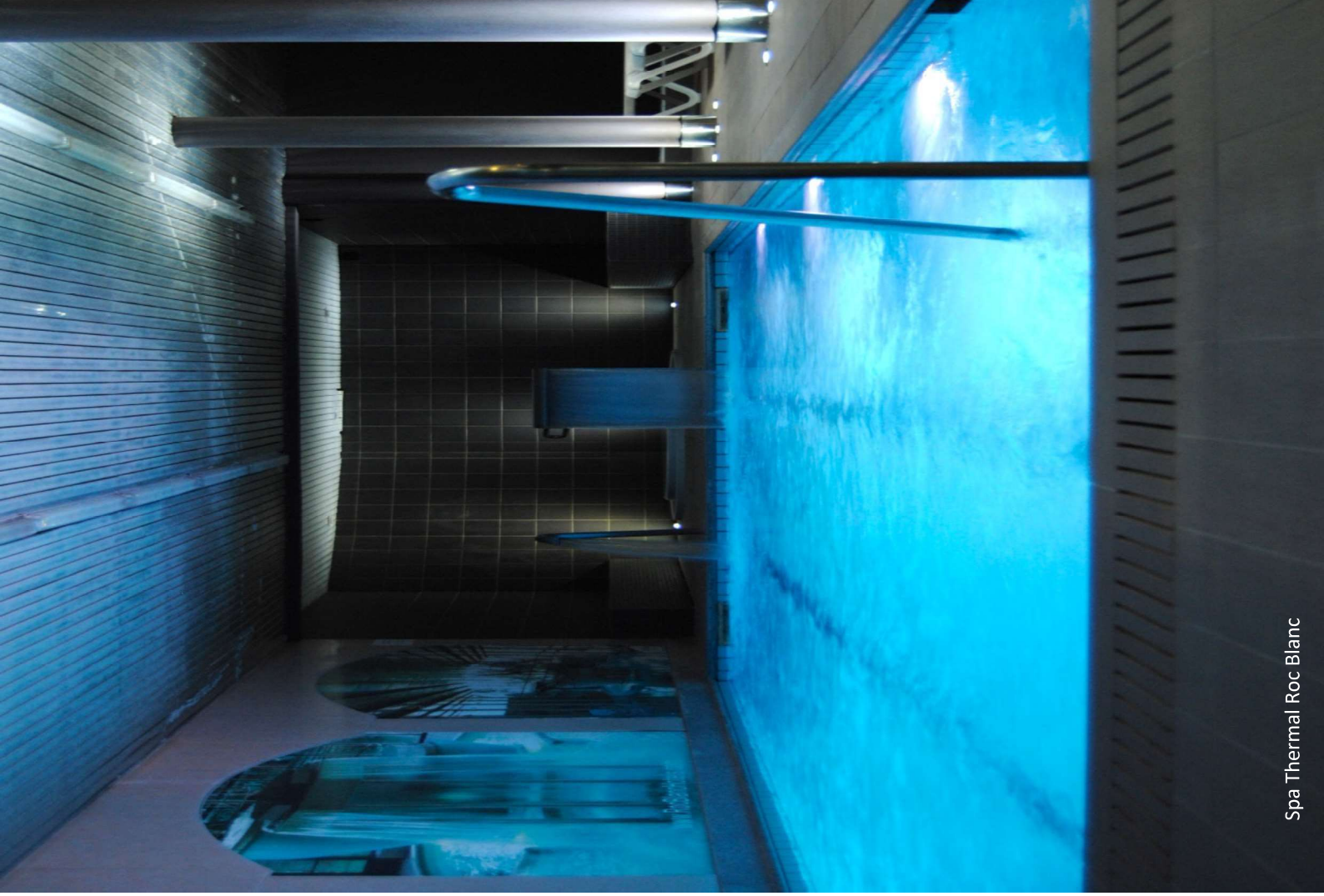
**BEAUTY PROGRAMS.** To improve the image with aesthetic facial and body treatments. The Termes Montbrió thermal spa has modern and advanced technologies in aesthetic face like anti wrinkles , facial mesotherapy, or and healthy face´s treatments.

## 5.- Why thermal water are so healthy?

The thermalism is a healthy spring and with ancient and pure style, a meeting with the nature and it let us to know all the properties of our thermal water. All the mineral and chemist ingredients are very important for the customers . So , you come back again to visit us.

A baptism in our thermal and natural water , help to prevent and to balance the daily life . We can find the harmony and necessary energy for having the life's quality.

Roc Blanc hotels know that health is more than a business , is our engagement.



SPA TERMAL	TEMPERATURE	COMPOSITION	INDICATIONS
Roc Blanc	Hyperthermal water 70C	Sulphurated sodium and discreetly radioactive (for the radon)	<u>Ion sulfur</u> : improving processes rheumatic, secretory function, stimulates metabolism, acting on chronic dermatitis. <u>Radon</u> : indicated in states of nervousness and anxiety
Termes Montbrío	Mesothermal and hypothermal waters Springs : 41°C a 81 °C	Sodium chloride, containing bicarbonate ions, sulphate, calcium, magnesium, lithium and potassium	<u>Sodium Chloride</u> : help to cleanse the organism <u>Calcium-Bicarbonate</u> : indicated for skin diseases, rheumatism, neuralgia, gynaecological conditions <u>Sulphate</u> some illness from digestive function. <u>Magnesium</u> : regulatory system neuromuscular and activator enzyme systems <u>Lithium</u> : mood stabilizer, sedative stimulation of diuresis and rebalancing system action autonomic nervousfor nervous function,