

# The opening of A Quinta da Auga Spa

Submitted by: pr-sending-enterprises (Madrid)

Friday, 20 November 2009

---

All shades of green can be found in this elegant boutique hotel in Santiago de Compostela. Not only the lush greenery which surrounds it, it is also the respect with which the environment is treated that makes it the first eco luxurious hotel of this area. A family's enthusiasm and effort have transformed an 18th paper factory into an eco-friendly haven in which to rest and relax and where the attention to details and a personalized service constitute the pillars of the recently opened A Quinta da Auga Spa.

Being a fusion between well-being philosophies, the Spa takes the most of western aromatherapy and hydrotherapy combined with a wide range of traditional eastern manual therapies and consequently, it offers a holistic and profound approach to all its treatments. Every visitor is guided by the Spa's professional team so that they can relax, release tensions and maintain their emotional balance. This Spa in Santiago de Compostela (<http://www.aquintadaauga.com/en/spa>) is also a hotel which needs to be discovered; a retirement in which you can rediscover yourself enjoying the scents, colours, sounds and harmony of nature.

## A Spa with Western and Eastern roots

Water, a vital and therapeutic element, flows through the yard in the winding River Sar, and is also present in the Spa indoor heated swimming pool, with its unique sights and natural lighting. It follows its course in the sauna, the hydro massage, the sensation shower and the ice cabin and reaches the flotarium, where the lack of gravity caused by salt provides a deep relaxing experience.

The aromatherapy based on elements ranging from water to essential oils, is present in the A Quinta da Auga Spa, aiming to arouse incredible emotions and moods by using the best aromas. The essential oil shower, a superb combination of water and plants' "soul", will uplift your emotions to the extreme, while aromatic drops are ceaselessly running down your skin.

In the Quinta da Auga Spa it is thought that people's health and beauty reflect their inside world through their body. This is the reason why the A Quinta da Auga's therapies are based on scientific evidence-based principles which greatly differs from the approach followed by ordinary spas. In this way, with the thousand-year-old Ayurveda Medicine, "the science of life" in the Indian healing procedure, therapies can be personalized according to each individual's circumstances through tension relieving massages which harmonize body, mind & spirit. The Spa's holistic approach to wellbeing continues with the Chinese Traditional Medicine which tries to find a balance between "Yin" and "Yang" and provides therapies such as acupuncture and invigorating massages. Among its most outstanding therapies it is worth mentioning A Quinta da Auga journey, which includes 90 minutes' flotarium, invigorating body exfoliation with bamboo and relaxing and a revitalizing crystal massage. Although this journey starts in the spa, it will be remembered for ever.

## The magic provided by details

In order to assure an absolute calm ambiance, there is a private spa suite with sauna, Turkish bath, shower of essential oils, and hydrotherapy swimming pool which can hold six people and which offers a

good alternative to enjoy an original and relaxing spa session.

Besides, A Quinta da Auga (<http://www.aquintadaauga.com>) offers a new service consisting of therapies meant at pregnant and recent Mothers which provide pregnant women with the a-thousand-year-old body self-massage techniques to be performed before and after giving birth.

Although our services are not only for women, in fact the Spa has designed several treatments aimed at men such as the Equilibrante de espalda (“back balancing”) , a therapy based on corn extracts, jojoba and a mud face mask which cleans, refreshes and rejuvenates the back.

We also have some services for both sexes, especially for those who like flirting. Therefore, the basic beauty salon provides men and women with the necessary services so that they can feel gorgeous. These services include testing the PH of the hair, revitalizing hair from the inside out or carrying out a combination of therapies to treat hair, nails and feet at the same time, as a way to optimize time.

Surrender to Galician charm

A bucolic environment where this hotel with great charm is situated, a spa that aims to be the best of its kind in the region, and a professional team working to offer the peaceful and quiet feeling that visitors have been long time trying to find. A Quinta da Auga houses 45 bedrooms, all of which are different in their decor although they share a single goal: comfort and the gift of sleep. The hotel also counts with the restaurant Filigrana for those who enjoy traditionally-served high-quality gastronomy. Filigrana caters for exquisite Atlantic cuisine being served in an extremely warm atmosphere offering typical dishes such as Turnip tops au gratin “San Simon“(special Galician cheese) with a Galician potato base.

Besides, it is worth to mention the two sitting rooms full of magic and the Q Café Bar decorated in a French bistrot style and thought to be the ideal place to have a home-made croissant for breakfast, read the daily press or have a snack in the dim Galician sunlight. It shows that, this is a unique hotel in Santiago de Compostela (<http://www.aquintadaauga.com/en>) which establishes close links with nature and with every single visitor. It only needed the A Quinta da Auga Spa to be considered a touristic destination in itself.

Jasmín Rovira / Gala Marr  
press contact  
A QUINTA DA AUGA  
93-272 22 21  
[jrovira@ims-consulting.net](mailto:jrovira@ims-consulting.net)