

# Capsule day

AR-HOTELS & RESORTS

Take that break that  
so need so much

PLAN S

Choose how you want to spend your day  
of disconnection, let yourself be pampered  
and share it with whoever you want.  
Enjoy the Capsule Day!

THE COOKBOOK  
Gastro Boutique Hotel & Spa



Take that break that you really need  
and make the most of this opportunity  
that you wanted so much

	S/1	30€ individual*	-----	60€ couple*
Spa Circuit 60 min.				

	S/2	65€ individual*	-----	125€ couple*
Massage 60 min.				

	S/3	250€ per couple*	-----	*AitanaMenu + Wine pairing
Audrey's restaurant Lunch 2 pax*				

	S/4	250€ per couple*	-----	*Le Goût Menu + Wine pairing
BEAT Lunch 2 pax*				

	S/5	60€ per couple*	-----	*Capsule Menu
KOMFORT Lunch 2 pax*				

Reservation centre: +34 900 103 798  
[reservas@ar-hotels.com](mailto:reservas@ar-hotels.com) • [www.ar-hotels.com](http://www.ar-hotels.com)

HOTELS &  
RESORTS

CONDITIONS: Prices per person and/or couple. / VAT included. / Wellness centre and restaurants services (with previous reservation and upon availability) / Ask for special prices for groups of minimum 20 people. / Not valid on holidays, Christmas, New Year's Eve, Valentine's Day and Holy Week. / The Capsule Day plans are subject to the opening days of the restaurants and wellness centre. / Capsule Menu in Komfort, for 2 people includes: Starters tasting to share (3 units), one main course per person, one dessert per person and one bottle of wine or 2 craft beers. The services of the wellness centre & spa will be done at The Cookbook Gastro Boutique Hotel & SPA\*\*\*\*.

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+ **B E A T**

Spa Circuit  
60 min.

Per couple

M/1

295€

per couple\*

\*Le Goût Menu  
+ Wine pairing



+ **B E A T**

Massage  
60 min.

Per couple

M/2

370€

per couple\*

\*Le Goût Menu  
+ Wine pairing



+ **Audrey's**

Spa Circuit  
60 min.

Per couple

M/3

295€

per couple\*

\*Aitana Menu  
+ Wine pairing



+ **Audrey's**

Massage  
60 min.

Per couple

M/4

370€

per couple\*

\*Aitana Menu  
+ Wine pairing



+ **KOM FORT**

Spa Circuit  
60 min.

Per couple

M/5

115€

per couple\*

\*Capsule Menu



+ **KOM FORT**

Massage  
60 min.

Per couple

M/6

185€

per couple\*

\*Capsule Menu



+ **Massage**

Spa Circuit  
60 min.

Per couple

M/7

95€

individual\*

-----

185€

per couple\*

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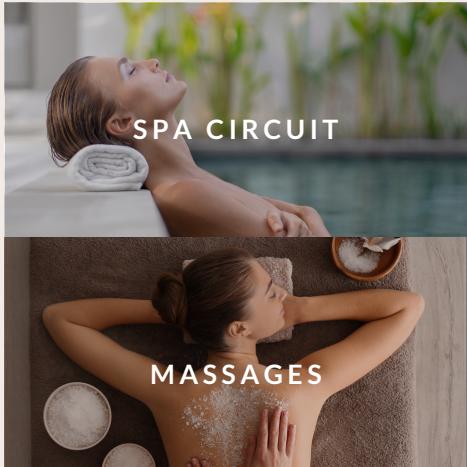
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 +	<b>B E A T</b> Per couple	 +	L/1 415€ per couple* <small>*Le Goût Menu + Wine pairing</small>
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 +	<b>Audrey's</b> restaurant Per couple	 +	L/2 415€ per couple* <small>*Aitana Menu + Wine pairing</small>
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 +	<b>KOM FORT</b> Per couple	 +	L/3 235€ per couple* <small>*Capsule Menu</small>
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