WELLNESS FOR LIVING

Architecture of Wellbeing

Body, space and presence

CASA COMALAT · ATMOS · BCN

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Here, massage is an experience:

a way of inhabiting the body with calm and discernment.



Casa Comalat

THE SPACE

A modernist jewel in Barcelona — and the home of the WELLING experience.

A space designed for silence, beauty, and presence.

A premium wellbeing space inside a Barcelona modernist gem — where massage becomes ritual.

Casa Comalat is more than a location: it is the stage for the experience.

Avinguda Diagonal, 442 · Barcelona

Detail from Casa Comalat · Modernist ornament.

Essence

THE FOUNDER



A CONVERSATION WITH XAVIER MELER

Founder & Therapist

WELLING is built on a simple idea:

wellbeing is not a luxury—it is structure.

We work with the body like an architecture: foundations, alignment, flow.

Each session is designed to create stability in the nervous system, release deep tension, and restore a sense of internal space.

METHOD	Clear diagnosis · precise hands · depth Tissue, fascia and breath, guided by attentive listening.
RITUALS	Immersive experiences · author-led · 120’
SESSIONS	Targeted focus · recovery · nervous system regulation.
HOTELS & COMPANIES	Discreet service · silent setup · tailored



WELLING — Wellness for Living · ATMOS

A quiet, refined space created to hold the experience:
essential, warm, and minimal.

A place where the body can finally let go.

ATMOS is the heart of WELLING: a carefully curated atmosphere where every detail supports deep presence.

A clean, warm environment where time slows down and your system can reset.

ATMOS is not a “massage room.” It’s an inner architecture: light, temperature, textures, sound, rhythm — everything is intentional.

A place built for deep sessions: therapeutic work, nervous system regulation, and true recovery.

Author rituals

Immersive experiences · 120' · presence and depth

It's not disconnecting

It's returning



Ritual 01 · Living Architecture Experience

Serene. Precise. Transformative.

DESCRIPTION

Modernism, light and silence.

Deep and elegant work that releases tension and restores lightness.

An author ritual that understands the body as architecture:

structure, rhythm and presence.

We begin with a brief body reading and a breath adjustment to enter calm and precision. Then, we work in layers (tissue + fascia), releasing tensions that sustain posture and fatigue.

Extended time does not seek “more force,” but more real change: space, mobility, and an internal sense of order.

Slow, integrative closing to anchor the work.

INTENCIÓN

Lower tension, organise structure, and restore presence.

IDEAL FOR

Sustained stress · a loaded body · need for a reset · high demand.

DURATION — PRICE

120’ 180 €



Ritual 02 · ATMOS Reset Experience

Calm. Clarity. Reset.

DESCRIPTION

Designed for days of mental load, insomnia, or emotional saturation.

We begin with broad, steady contact to signal safety; then progressive release of diaphragm, spine, and shoulder girdle with gentle myofascial work and conscious breathing.

The goal is to reorganise nervous-system tone and restore a sense of internal rest — not just momentary relaxation.

Closing in stillness to integrate and return to your centre.

INTENTION

Regulate the nervous system and restore real calm — without rush.

IDEAL FOR

Racing mind · insomnia · fatigue · mental overload · high stress.

DURATION — PRICE

120’ 180 €



Ritual 03 · Deep Structure Experience

Deep. Technical. Releasing.

DESCRIPTION

An author ritual for rooted tension and postural patterns.

We read the tissue (fascia, chains, densities) and prioritise few areas with maximum precision: sustained depth, myofascial release, and mobilisations that allow yielding without defence.

It is structural work, but with calm: to recover range, lightness, and quiet strength.

Closing with long manoeuvres that stabilise and organise the body.

Depth. Order. Lightness.

INTENTION

Release deep layers and recover mobility with precision and rhythm.

IDEAL FOR

Contractures · postural stiffness · loaded back/hips · chronic tension.

DURATION — PRICE

120’ 180 €



Ritual 04 · Atlas–Axis Experience

Silence. Space. Rest

DESCRIPTION

Cervical–cranial approach to unload where invisible load accumulates.

Fine work on occipital area, atlas–axis, jaw, and anterior neck chains to improve rest, tension headaches, or bruxism.

Pressure is selective; rhythm is slow and exact. We integrate with opening the breath and releasing pectoral and diaphragm so the head can return to calm.

Closing with cranial holding and deep integration.

INTENTION

Release neck, head and jaw —and restore calm, openness and rest.

IDEAL FOR

Bruxism · headaches · cervical tension · jaw tension.

DURATION — PRICE

120’ 180 €



Welling Journeys

NATURE & PRESENCE

Journey 01 · Forest Reset Journey
180'
Private 360 € · Duo 520 € · Micro-group (3–5) 190 €/person
Group (6–10) 150 €/person.

This Journey is built in two stages: urban nature
• ATMOS integration.

An immersion route in urban nature to lower internal noise and recover stability. We walk from Casa Comalat to the park to enter the forest rhythm: breathing, senses and micro-pauses that unload jaw, neck and diaphragm, restoring breathing openness.

To close, we return to ATMOS and do a silent WELLING integration: guided breathing, unloading supports, and rhythmic therapeutic percussion (rocking, tapping) applied in a focal way. A real nervous-system reset.

Journey 02 · Forest Bathing — Presence & Clarity
180'
Private 360 € · Duo 520 € · Micro-group (3–5) 190 €/person
Group (6–10) 150 €/person.

Slow, precise walk to organise the body and clear the mind: conscious steps, changes of support, and simple stability exercises on real terrain (no fitness, no yoga).

The intention is to release postural tension, restore full breath, and lower mental overload.

The experience settles in ATMOS with a deep integration based on temperature, gravity, breathing and directed pressure.

On mats or table, we guide a gentle connective-tissue release with discreet tools and a rhythmic close (rocking and tapping) accompanied by minimal sound to anchor the change.

Body "ordered". Clear mind.



Meditation & Mindfulness

LEAVE THE NOISE OUTSIDE. RETURN TO YOURSELF.

Guided practices to train attention, breathing and calm — without performance.

Guided Meditation · Presence
60'
100 € + 75 € per additional person..

Clear guidance to return to the body: breath, senses, thought and emotion without judgment. Final feeling: a wider mind, a quieter body.

Conscious Breathing · Breathwork
60'
100 € + 75 € per additional person.

Directed breathing to regulate the nervous system: oxygenation, stress discharge and focus.

Recommended to combine with a meditation.

Deep Rest · Guided Rest
60'
100 € + 75 € per additional person.

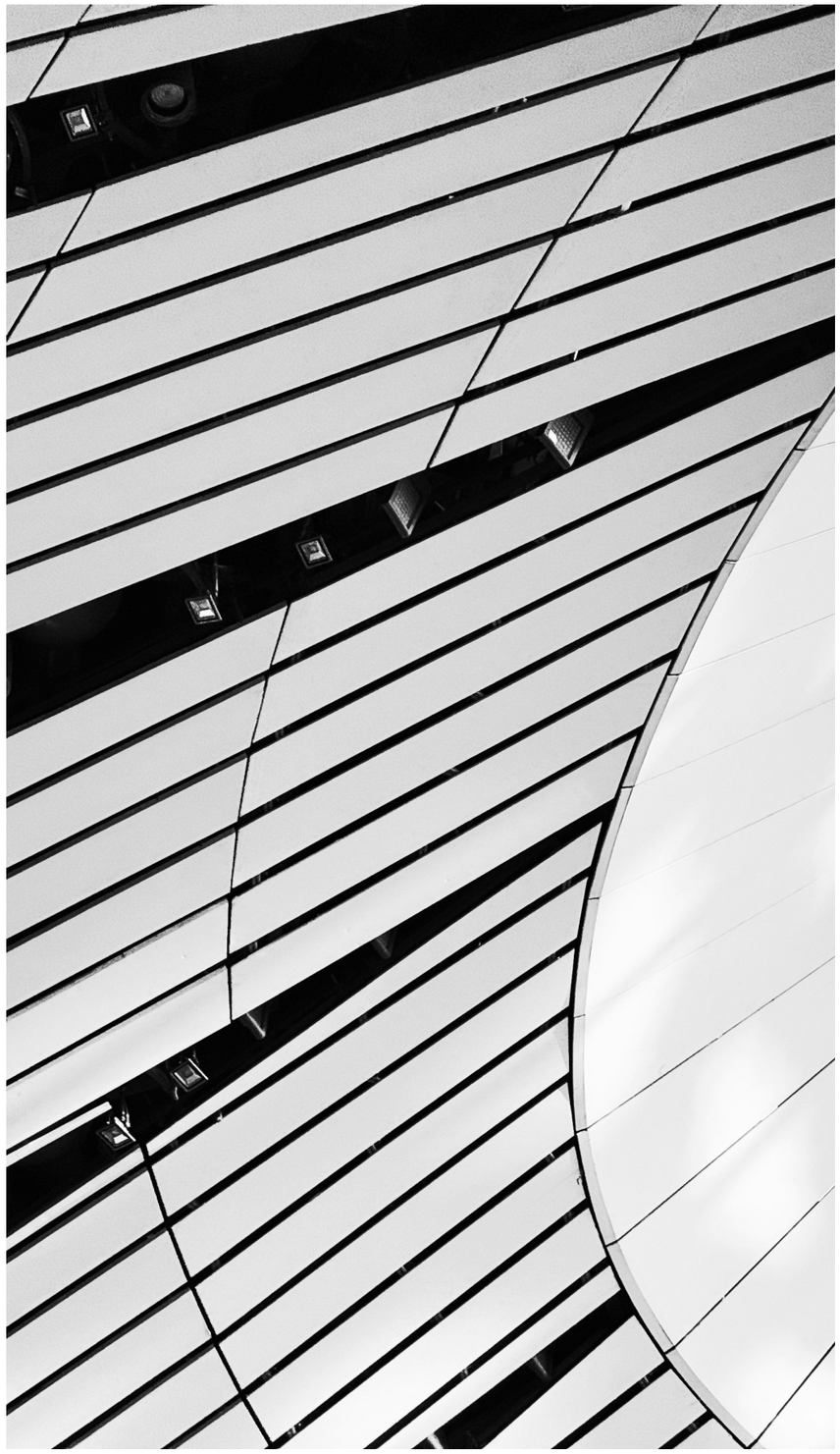
Lying practice to enter deep rest: progressive relaxation + attention to breath + integrative closing. Ideal for mental fatigue.

Mindful Walk
60'
100 € + 75 € per additional person.

Slow, present walking: rhythm, posture, breath and gaze.

For people with a racing mind who need to slow down.







THERAPEUTIC SESSIONS

Therapeutic massage, when it's well done, is felt afterwards.

Less pain.

More mobility.

Better rest.

Designed for specific objectives:
deep tissue · recovery nervous system · neck.

WHAT IT INCLUDES

A complete session, designed to measure. Therapeutic technique and sustained silence. To release tension, improve mobility, and recover calm.

— Brief body reading (posture, key areas)

— Layered work (depth without unnecessary force)

— Myofascial release · assisted stretches

— Regulating close: slow rhythm and integration

FOCUS

Specific pain and tension · mobility · recovery

AREAS

Back · neck · legs · full body

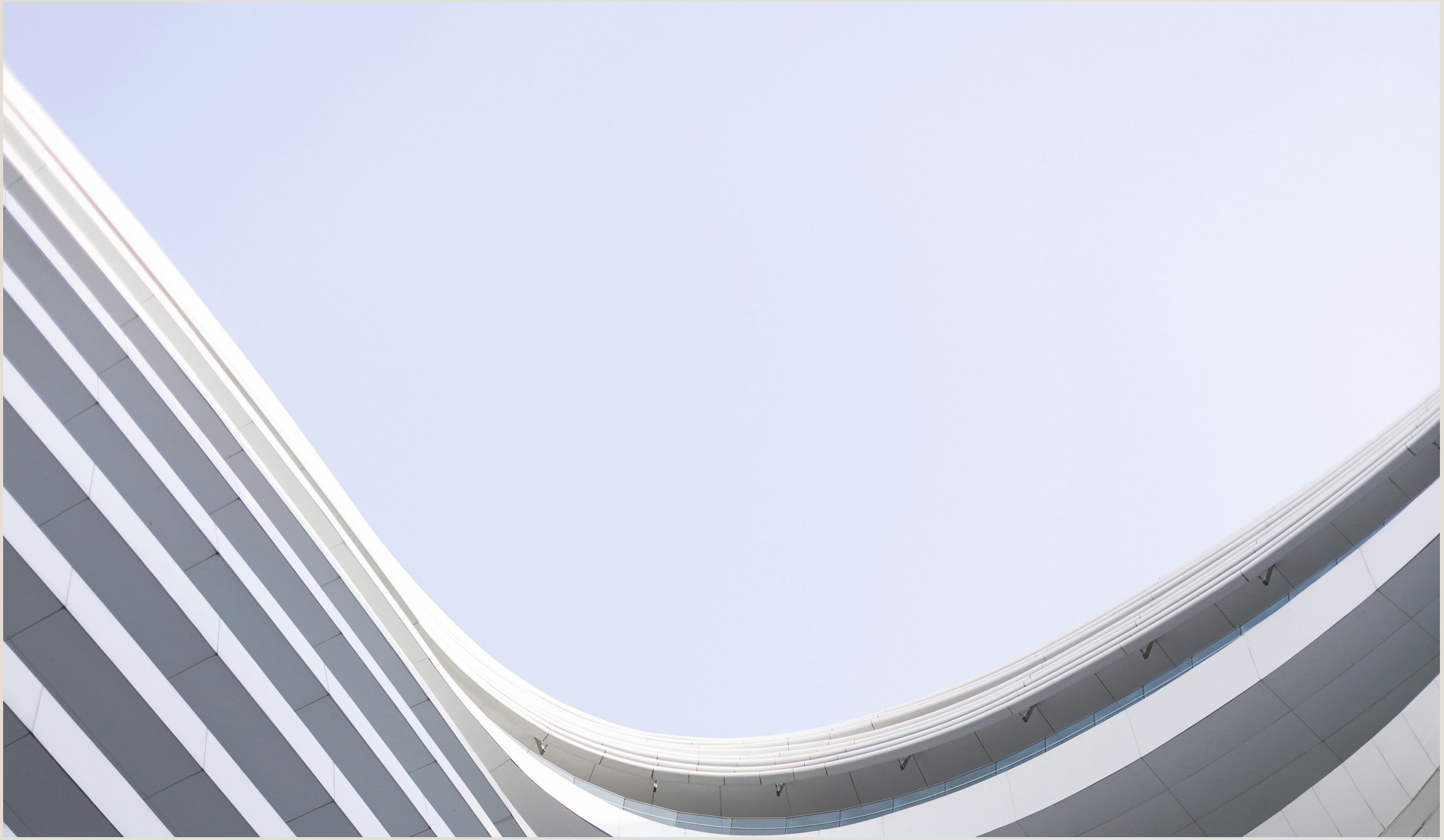
DURATION — PRICE

60’	100 €
120’	180 €



Therapeutic Sessions

SPECIFIC APPROACHES



Manual precision · tissue reading · measurable results

Deep Tissue & Myofascial Release

Precise depth for dense tissue and fascia.

More range, less stiffness, better movement.





INTENTION

Release deep layers and recover freedom of movement.

IDEAL FOR

loaded back · contractures · stiffness · postural tension.

DURATION — PRICE

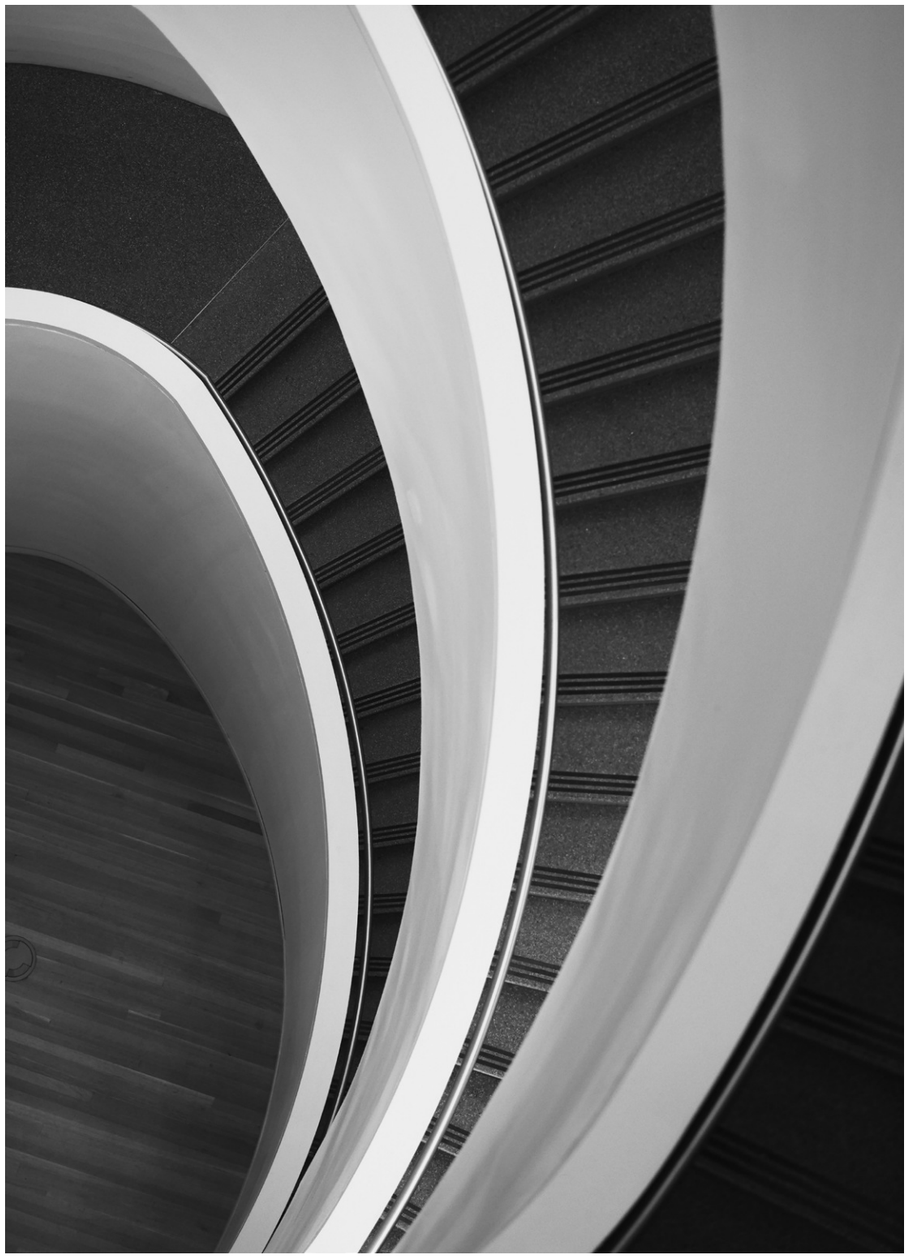
60’ 100 €

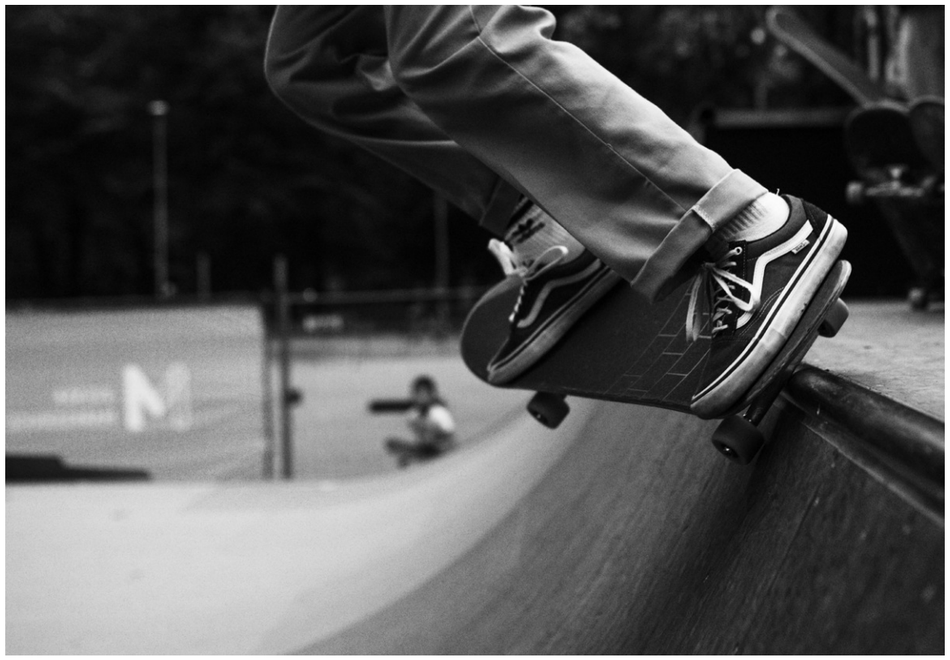
120’ 180 €

Performance & Recovery

Muscle release, circulation and recovery.

For active bodies — before or after effort.





INTENTION

Optimise recovery and prevent overload.

IDEAL FOR

Regular training · load peaks · pre/post event · heavy legs.

DURATION — PRICE

60'	100 €
120'	180 €

Efficient. Athletic. Very precise.

Deep Relaxation · Nervous system

Deep regulation of the nervous system.

Slow rhythm and continuous touch that restores real calm.

Less mental noise. Better rest.





INTENTION

Calm the nervous system and support rest.

IDEAL FOR

Mental stress · insomnia · racing mind

DURATION — PRICE

60’	100 €
120’	180 €

Cranial & Cervical Release

Jaw, neck and head in calm.
Selective release to let go of tension
and improve rest.

Fine work that changes the sensation of internal space.



INTENTION

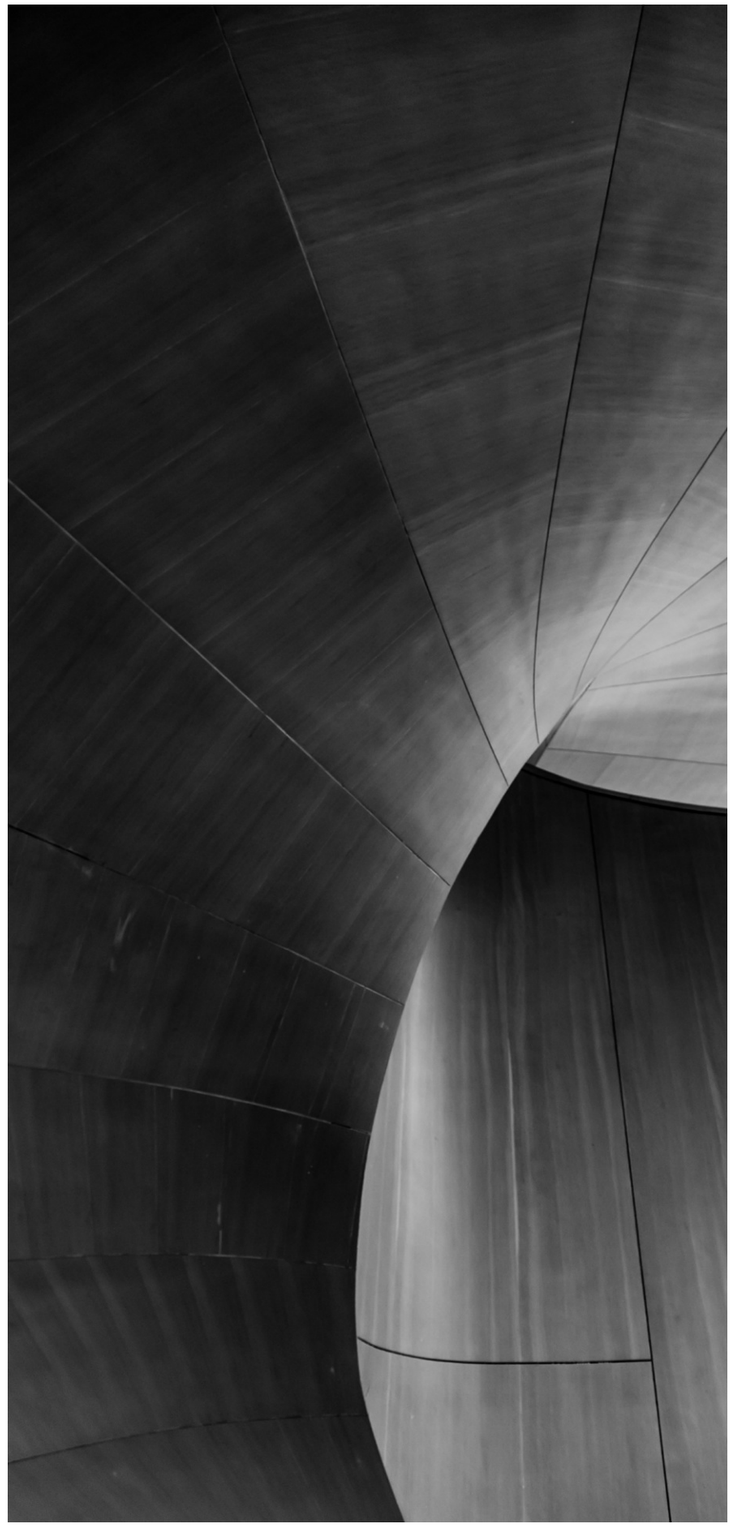
Unload the neck and
improve rest.

IDEAL FOR

Bruxism · headaches · a
loaded neck.

DURATION — PRICE

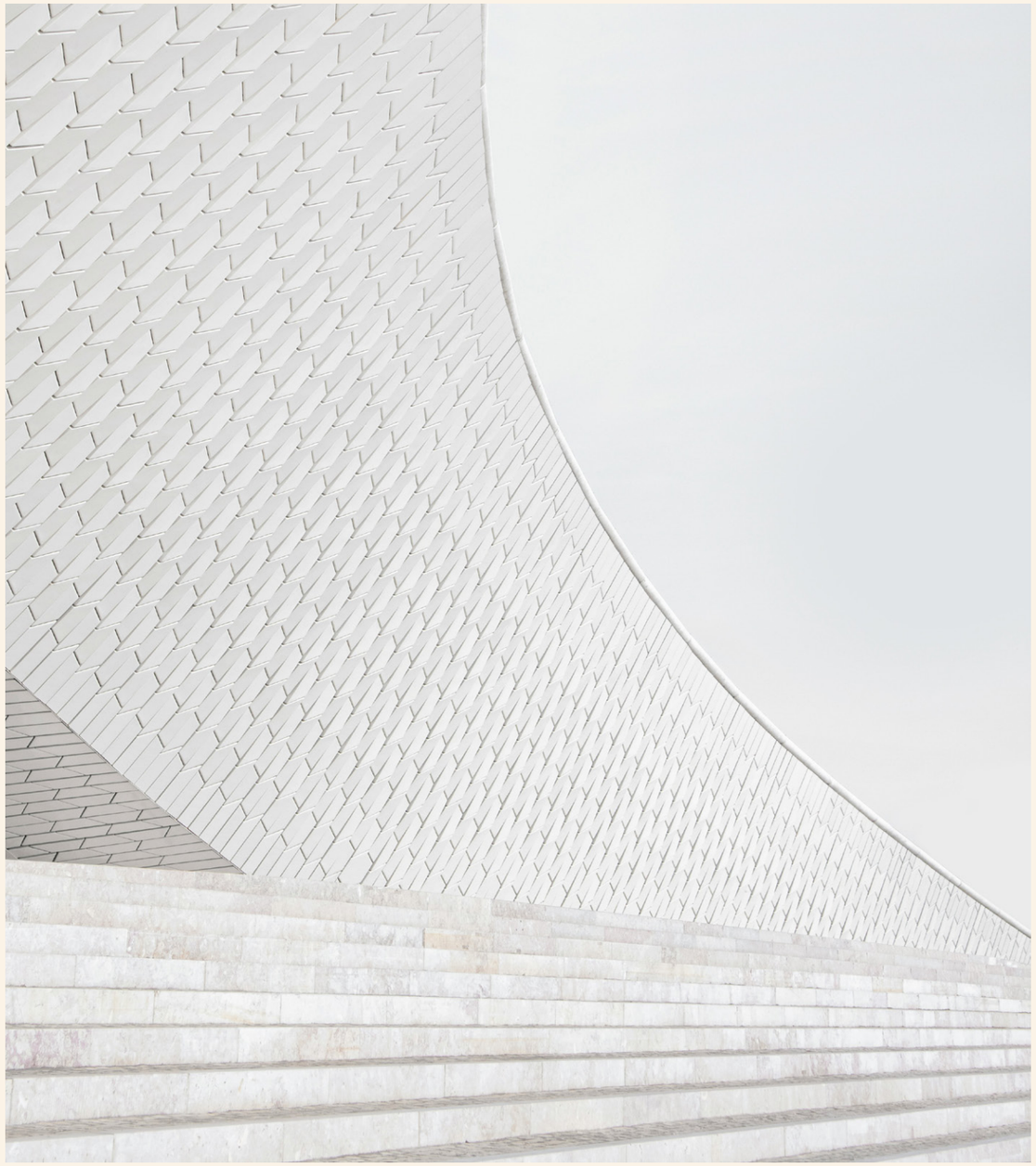
60'	100 €
120'	180 €



Packs & Gift cards

Gifting wellbeing is gifting time.

With intention. Without rush.



GIFT CARD

60' / 120'

To gift a complete WELLING session.
60' / 120'

PACK RESET

(3 SESSIONS)

TThree sessions to lower tension and stabilise the body.

PACK DEEP WORK

(5 SESSIONS)

Five sessions for a deep process: structure, rest and real change.

Gift Card 60' / 120'

Living Architecture Experience (120')

Cranial & Cervical Release (60' o 120')

CONDITIONS

Valid 12 months · Transferable · By appointment · Non-refundable

PERSONALISATION

Name, dedication and immediate digital delivery.

Wellness designed to integrate into demanding environments.

Hotels & Companies

Wellness designed to integrate into demanding environments.
Discreet service, silent setup, tailored.

HOTELS / PREMIUM STAYS

—In-suite, in-room, or in a designated room massages (silent setup, refined protocol)

—Experience aligned with the hotel's brand

COMPANIES

—Wellness Day (neck/back release · focus · stress)

—Discreet, efficient service with high perceived value

HOW WE WORK (MINI-PROCESS):

Briefing → Proposal → Setup → Service → Feedback / Report

Collaborations on request · gmanager@welling.es

Tailor-made proposals · reply within 24—48h



PRIVATE CLIENTS,
INTERNATIONAL
VISITORS AND
DEMANDING PROFILES
SEEKING
REAL WELLBEING
— WITHOUT NOISE,
WITHOUT RUSH.

Reviews

AC

ADRIÀ C.

★ ★ ★ ★ ★

I came in with neck pain and general back pain and I was treated by Xavi.

He understood perfectly what was happening and the treatment was excellent and pleasant. Highly recommended!

GOOGLE

VALIDATED REVIEW

AN

ALEJANDRA N.

★ ★ ★ ★ ★

Xavier is an excellent holistic therapist. Not only are the massages outstanding,

but his warmth helps you relax, enjoy the moment, feel accompanied,

and leave the session renewed. I've known him for years and I do not plan to change professional.

TREATWELL

VALIDATED REVIEW



Reminders — WELLING · Casa Comalat

Schedule

Monday to Saturday · 10:00–20:00 (by appointment).

Booking

Sessions by appointment. If you're unsure what to choose, write to us and we'll guide you.

Arrival

Arrive 5–10 minutes early to settle in. If you arrive late, the session may be shortened to respect the day's rhythm.

Silence / Phone

Inside ATMOS we maintain a sober, quiet environment. Phone on silent mode, please.

Health

When booking, mention any injury, recent surgery, pregnancy, relevant medication, or sensitivity to touch/oils. We adapt the session to your body.

Fragrances

Avoid intense perfume. We work with a neutral, breathable environment.

Tea / Herbal infusion (WELLING courtesy)

Tea/infusion before or after the session as a welcome or closing detail. (It does not reduce your booked time.)

Bookings (recommended)

Booking in advance is highly recommended to secure your preferred time and service. To book, write to gmanager@welling.es or via WhatsApp at +34 617 051 828

Cancellation policy

Changes or cancellations with 24h notice. If cancelled with less than 24h, 50% is charged. In case of no-show, 100% is charged

Passes / Gift cards

Valid 12 months · Transferable · By appointment · Non-refundable.



WELLING—WELLNESS FOR LIVING

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