



## SIGNATURE RITUALS

Travel through the Mediterranean

50 min - 160€

An exclusive ritual starting with an aromatic candle massage with essential oils, designed to moisturise and relax. A luminous treatment, with a massage that mimics the waves of the sea.

Trip to the East

50 min - 75€

A ritual using bamboo sticks perfumed with essential oils, designed to drain toxins and relax. A journey for lovers of intense and vigorous massages.

Trip to Thailand

50 min - 75€

A sensory journey with effleurage, pressure and stretching in a Thai-inspired salt and lavender pinda massage, to relieve tension and restore your energy balance.

Trip to India

80 min - 95€

A complete body relaxation ritual from India that includes body exfoliation and a massage with cedar and patchouli aromas, using shea butter, wheat germ oil and sacred lotus extract. The ritual ends with an incredible Indian head massage.

Trip to Polynesia

80 min - 95€

A ritual that combines beauty with well-being, consisting of a coconut oil and Bora Bora white sand exfoliation and a massage using monoi and vanilla oil. An oil containing mother-of-pearl particles is applied at the end for an instant glow.



## MASSAGES

### Relax Massage

25/50 min - 40/70€

Customisable massage with relaxing essential oils, designed to restore balance to body and mind.

### Deep Tissue Massage

50/80 min - 75/90€

Deep-tissue massage, ideal for relieving stress and muscular tension.

### Feet Reflexology

45 min - 60€

Treatment designed mainly to prevent and remedy bodily ailments, using pressure on the reflex points of the feet.

### Hot Stones Massage

80 min - 90€

A relaxing massage using heat from basalt stones to reach deep into muscles.

### Lymphatic Drainage

25/50 min - 40€/70€

Massage with a specific technique along the lymphatic system: extremely effective for reducing fluid retention. Ideal for tired and swollen legs.

### Golfer's Massage

50/80 min - 80€/95€

Therapeutic massage for golfers.

### Mother-to-be

50 min - 70€

Massage using safe relaxation techniques to help relieve lumbar tension, and lymphatic drainage techniques to help reduce fluid retention.



## BODY TREATMENTS

### Sea Salt Scrub

25 min - 35€

Body exfoliation with cedar and patchouli aromas followed by a moisturising treatment with shea butter, wheat germ oil and sacred lotus extract.

### Tired Legs Treatment

45 min - 50€

Treatment made with refreshing and invigorating essential oils in the legs and feet, to reduce fatigue and muscle fatigue.

### Seaweed Body Wrap

50 min - 65€

Body wrap of algae with natural marine actives that act in depth to detoxify, reaffirm and slim the body.

### Anti- Cellulite Treatment

50 min - 70€

A treatment that enhances the elimination of toxins, improves circulation and decreases fluid retention, purifying the body and reducing cellulite.



## THALGO FACIAL TREATMENTS

### Anti Age

80 min - 98€

Rich in marine active ingredients, this is an anti-aging luxury treatment using hand techniques.

### Deep Cleansing

80 min - 80€

Suited for all skin types, it deep-cleans and unblocks pores, restoring the skin's balance and leaving it ready to beat stress and environmental irritants. Includes extraction.

### Hydrating

50 min - 75€

Designed for dry, dehydrated skin, it restores elasticity and moisturises your skin, leaving it feeling fresh and light.

### Sensitive Skin

50 min - 75€

The super-smooth texture of this soothing treatment brings instant comfort to sensitive skin, reducing hypersensitivity, tension and capillary fragility.

### Purifying

50 min - 75€

Designed for oily and problematic skin, this treatment helps to deep clean the skin, allowing it to return to its normal function and preventing the formation of blemishes.

### Facial Detox for Men

50 min - 75€

A facial designed especially for male skin, this detoxing and energising treatment is tailored to the specific needs of each skin type.



## ESSENTIAL TOUCHES

Spa Manicure

50 min - 30€

A true gentle treatment and protection for your hands. A combination of scrub, soothing modelling and nourishing treatment for hands and cuticles.

Spa Pedicure

80 min - 45€

A true gentle treatment and protection for your feet. A combination of scrub, soothing modelling and nourishing treatment for feet and cuticles

Princess Nails

15 min - 10€

### Waxing

Full Leg - 25€

Half Leg - 15€

Underarm - 10€

Bikini Line - 10€

Full Bikini - 20€

Arms - 15€

Face - 13€

Upper Lip - 8€

Eyebrow Maintenance - 10€

Back (man) - 29€

Chest (man) - 29€



## GENERAL INFORMATION

### Opening Hours

Monday to Saturday 9 am – 8 pm

Sunday 9 am – 7 pm

### Daily Entrance Vitality Area

Adults - 10€

Children 4-14 years - 5€

Children 0 -3 years - Free

If you do any Spa treatment, the access to the Vitality Area will be included on the same day.

### Gym

Free for all hotel guests.

### Zen Atmosphere

The atmosphere in the spa is one of pure relaxation and calm. Please respect the privacy and peace of all visitors and guests in every part of the Spa, Vitality Area and Gym.

### Children

The access to the Vitality Area is restricted to persons aged 14 and over after 2 p.m.

### Lost and Found

The Spa is not responsible for any valuable objects or items of jewelry lost on its premises at any time. All recovered objects will be handed in to the Hotel Reception.



## HOW TO SPA

### Choose and Book a Ritual

If you need help choosing a treatment, please contact the Spa reception. Additional details may help you to decide based on the effects you wish to achieve. All treatments are subject to prior booking.

### Spa check-in

We advise that you arrive at least 10 minutes before the allocated time, so that you can make use of the Spa facilities and fill out the health questionnaire. Late arrival will limit your experience.

### Cancellation Policy

Failure to attend an appointment without prior notice or cancellation less than 6 hours in advance will result in payment of the experience in full.

### Silence

Your time at the Spa is intended to be a relaxing experience. We therefore ask that you switch off your mobile phone and keep noise levels to a minimum in corridors and treatment rooms.

### Health Condition

When booking an appointment, please inform us of any health conditions, allergies or injuries that may affect or preclude your choice of treatment.

### Pregnancy

We have specific treatments for future mums or mothers who are still breastfeeding. Our team at the Spa can help you choose the most suitable treatment during this special time.



### Dress Code

For your comfort, will be provided a locker where you can store your belongings, and also a bathrobe and slippers.

### Your preferences

Certain aspects of the treatment may be adapted to your personal preferences: the light levels, the music, the room temperature or the pressure used in the massage. Should you have any questions, please do not hesitate to ask the therapist. During all treatments, the therapist will ensure your maximum comfort and privacy.

### Homecare

Most of the products used in our treatments are available to purchase at the Spa Reception, allowing your Spa experience to continue at home.

### Gift Vouchers

Share your experience with the perfect gift for someone special. Please contact the Spa Reception for more information.

### Tips

If you enjoyed your ritual and your therapist exceeded your expectations, you can leave a tip at the Spa Reception.

### Prices

Prices are subject to alterations without prior warning.