

life is fast so why not take a few moments to relax, unwind, re-energise, and regain your balance with one of the following treatments. with the use of professional products let the qualified therapist give you the time you deserve.

## **treatments for him**

### **classic massage**

a massage designed to meet the individual needs, by easing away nervous stress, muscle tension, and also improving circulation giving a complete sense of tranquility and well being.

### **back, neck, shoulder and scalp massage**

helps to relieve any tension and stress in the back and neck area using various massage and pressure point techniques according to the individual's problem.

### **hot stone massage**

a complete relaxation treatment with the use of heated basalt stones and essential oils to help relax, detoxify and relieve muscular aches.

### **hot stone back massage**

### **time to unwind package**

for men who are always on the go and want to treat themselves for a few hours. this includes a deep tissue massage, scalp massage and an express deep cleansing facial.

## **treatments for her**

### **aromatherapy massage**

a relaxation massage with the use of essential oils specially blended to the individual needs to help promote well being.

### **deluxe body scrub with massage**

what better way to start a massage than to have a scrub to remove the dead cells leaving the skin ready to absorb all the oils making the skin soft and hydrated.

### **spa manicure**

a wonderful ritual for our hard working hands with the use of professional products will leave your hands as soft as silk.

45min / € 40

### **Spa Pedicure**

a delightful treat for the feet which involves a foot soak, scrub, mask, nail work, removal of hard skin followed by a relaxing foot massage. your feet deserve it.

### **pamper package**

this is wonderful for women who want to indulge for a few hours of bliss and let all life's tensions melt away. this includes a hot stone massage, relaxing facial, and reflexology.

## **other individual treatments**

### **signature massages**

specially designed massage with the use of various techniques both eastern and western.

### **swedish massage**

deep tissue massage to remove muscular aches.

### **lymphatic massage**

a specific massage that focuses on moving and draining the lymph into the nodes to help strengthen the immune system by eliminating toxins in the body.

### **reflexology:**

massage of the reflex areas of the feet that correspond to glands, organs and parts of the body providing stress relief, improving blood and nerve impulses thus creating a balanced sense of well being.

### **back massage**

for persons who suffer from back aches, stiffness and general tension in this area.

### **hand and feet**

basic manicure with nail polish  
basic pedicure with nail polish  
pedicure with paraffin treatment  
manicure with paraffin treatment

### **waxing**

full leg and bikini line	45min / € 40
full leg	40min / € 35
half leg	30min / € 30
underarm	20min / € 30
bikini	10min / € 25

## **spa packages**

### **hot stone massage**

this is a dual purpose massage. due to the heat of the stones, it is a highly relaxing, stress relieving massage. the hardness of the stones allows the therapist to address specific problem areas with deeper pressure.

### **hot stone back massage**

with the use of warm basalt stones this will help to work at a deeper level to relieve any back tension.

### **couples delight**

why not relax together with a 60 minute massage and a relaxing facial.

### **head to toe**

starting to unwind with a scalp massage followed by a mini facial, finishing off with a spa manicure and pedicure.

### **trilogy massage**

this experience will leave you floating! a 2 hour massage combining hot stone .hot stamps (herbal) and hands on all perfectly intertwined.

**Please note that other packages can also be created to suite individual needs**