

# IKOS SPA

BY ANNE SEMONIN

# IKOS ANDALUSIA SPA

Uncomplicated, fresh and welcoming, "Ikos Spa" treatments are designed to feed your skin with all the essential beauty ingredients.

The purest essential oils, trace elements and plant extracts from our luxury Spa brand, Anne Semonin Paris, are combined with the expertise of our skilled therapists in order to create, especially for "Ikos Spa", the finest beauty treatments that give immediate and long lasting results and a stunning healthy glow to your skin.



# ANNE SEMONIN SIGNATURE COLLECTION

## MEDITERRANEAN BLISS

Let our Mediterranean Bliss treatments, revitalizing marine ingredients and uplifting notes of lemon, grapefruit and mint transport you to sunny shores and dreamy hideaways, while innovative techniques ensure you emerge revived, refreshed and ready to enjoy a sunset aperitivo.

### **MEDITERRANEAN LIFTING FACIAL 90min / 215€**

**Anti-age, Lift, Luminosity**

Expect instant gratification as your feet slip into a warm pouch filled with silken body cream. A facial cupping will lift and tighten the skin, making you look as if you've just enjoyed the world's longest and most relaxing siesta. Hands and feet are treated to a lavish massage while an olive peel-off mask soothes and moisturizes your newly revealed skin.

### **MEMORIES OF A MEDITERRANEAN SUMMER 90min / 210€**

**Detoxify, Refresh, Renew**

This body treatment begins with an invigorating body brush before your therapist delicately administers a scrub and moisturizing body mask. Similar to a snooze on soft golden sand, a soothing scalp massage will silence busy minds and release tension. A short but relaxing body massage will help you slip further into a place of balmy idyll.

### **OLIVE GROVE BODY & FACE THERAPY 90min / 245€**

**Release Tension, Relax, Restore**

If you're looking for a rejuvenating facial as well as a relaxing body ritual, this treatment is definitely for you. After a back scrub, your therapist gently pummels away pressure during a relaxing back massage. A personalized facial is followed by the application of an olive peel-off mask. While the mask works to boost radiance, you'll enjoy a soothing scalp & hand or foot massage.

# EXQUISITE TRANSFORMATIVE FACE & BODY COLLECTION

*A smoothened and illuminated skin, a dramatic decrease in the appearance of fine lines and wrinkles and/or slimmer and firmer limbs are only a few of the beauty benefits you'll be able to reap from our tried-and-tested therapies. And all without having to suffer discomfort or go through invasive procedures to boot.*

## **RADICAL FACIAL REJUVENATION - WITH COOLIFTING SHOT 90min / 260€**

**Lift, Plump, Rejuvenate, Radiance**

If you're looking for a purely results-driven treatment, our radical facial rejuvenation is most definitely it. From a deep lifting massage to an advanced CooLifting technique, each and every one of the treatment's steps are geared towards one ultimate goal: unveiling a younger-looking you. The accompanying hand-and-foot massage with botanical oil is an added treat.

## **INSTANT CRYO FACELIFT 75min / 250€**

**Firm, Lift, Sculpt**

This dynamic treatment serves as a veritable boot camp for the face, comprising warmups, cooldowns, and various steps to work and tone your facial muscles. Expect knuckling movements and whipping strokes as part of the Anne Semonin lifting technique to sculpt your face and electrical muscle stimulation (EMS) to restore elasticity. Other stars of this treatment include a metal Gua Sha tool to drain and de-puff the skin and Anne Semonin cryotherapy products for instant rejuvenation. If you're seeking a treatment that delivers immediate results, then Miracle Face Cardio is for you!

## **SIGNATURE HAMMAM CEREMONY 70min / 250€**

**Relax, Detoxify, Nourish**

The ultimate indulgence, our Signature Hamman Ceremony takes the traditional bathing and cleansing ritual to luxurious new heights. Aside from providing you with squeaky clean, polished skin, this therapy has oodles of healing benefits. The combination of a body cleanse and scrub with thick nourishing steam helps to eliminate toxins, boost circulation, and even soothe muscle pain. Sublime moment of calm in a private steam room precedes a face and body exfoliation with a special 'kesse' glove. Then, a cleansing and detoxifying foam massage with natural soap will leave your skin feeling velvety-soft. The treatment concludes with a shampoo using Anne Semonin MEMOIRE D'ETE Shampoo and Nourishing Conditioner, leaving you with enviable, silky hair.

# SUN-KISSED COLLECTION

Whether you'd like to prepare your skin for a languid sunbathing session by the pool or ensure you return from your vacation with a golden, long-lasting tan, our before and after sun treatments won't disappoint. Our therapies are devised with sun worshippers in mind and revolve around innovative exfoliation and moisturizing techniques that will leave you with smooth, beach-ready skin, not to mention an envy-inducing glow.

## **BEACH-READY BODY & FACE 75min / 195€**

**Radiance, Renew, Tanning Preparation**

The secret behind the most gorgeous tan is preparation and this face and body ritual ensures you're suitably prepared to sunbathe and relax under the blazing sun. Your body is gently brushed and scrubbed so you'll tan evenly while a cleansing facial and mask work to regenerate the skin. You'll emerge beach-ready and with your body and face flaunting a head-turning glow.

## **BOTANICAL BLISS BODY & FACE 75min / 185€**

**Radiance, Soothe, Cool, Prolong Summer Tan**

Inside-out hydration is essential for maintaining your skin's suppleness and prolonging your hard-earned tan which is why this treatment starts with a deeply moisturizing body mask. You'll be treated to a soothing scalp massage while a calming face mask diminishes the damage caused by UV light. The application of 'Glow' adds a glamorous finishing touch to this soothing, calming treatment.

## **AFTER-SUN SOOTHER 90min / 220€**

**Radiance, Relax, Soothe**

Soothe your body and senses after a hard day on the beach with a moisturizing body mask and lavish after-sun facial. A scalp and full-body massage will take the edge of a scorching summer's day while the use of beta-carotene will calm your skin and enhance your tan. Vitamin-laden products will ensure you leave with regenerated, healthy skin, with a touch of Glow that will add a lashing of gorgeous glamour.

# ANNE SEMONIN EXQUISITE FACIAL COLLECTION

*Discover this unique collection of facial therapies that combines elegant French skincare with results-driven, made to measure therapies which transform and re-sculpt your face contour. Every facial includes an exclusive Anne Semonin lymphatic massage, designed to gently release toxins from the dermal tissues, increasing blood flow and resulting in radiant skin.*

## **GOLDEN FIRMING FACIAL 90min / 210€**

**Plump, Lift, Radiance**

Your skin will be treated to the light reflecting properties of 24k gold and plumping effects of hyaluronic acid. The refinement of pores and reduction of wrinkles through an advanced collagen stimulating complex are also on this illuminating facial's menu. The firming treatment focusses on performance over pampering and will deliver on its promise of smooth, glowing skin as a result.

## **PRECIOUS PEARL ULTRA LIFT 85min / 205€**

**Anti-age, Regenerate, Radiance**

With its mind-bending mix of cryotherapy, advanced ingredients rich in amino acids, drainage and lifting techniques, this facial will combat signs of aging in a way that will make you walk out with your best face ever.

## **BESPOKE SIGNATURE FACIAL 90min / 215€**

**The quintessence of tailor-made skin care**

This totally tailored ritual delivers an experience as wonderfully unique as you are. Rather than just selecting specific types of products, your therapist will blend aromatic essences and trace elements to create mixtures which target your skin's specific needs. Whatever your personal skin woes, this bespoke treatment ensures visible results, not to mention a dreamy healing touch.

## **NATURACEUTICALS FACIAL 75min / 185€**

**Plump, Balance, Cleanse**

A targeted reset for skin and mind affected by stress, travel, and pollution. This facial ritual blends a deep cleanse with the Pro-B Cleansing Balm, gentle AHA resurfacing, and our Signature Drainage Massage. The Night Regenerating Mask, enhanced with a Black Obsidian Gua Sha mushroom stone massage, is followed by an antioxidant peel-off mask & Express Radiance Ice Cube to complete the ritual, leaving the skin rested, plump, and refreshed.

**MADE-TO MEASURE FACIAL 50min / 165€**

**A luxury facial treatment which is individual and utterly bespoke**

Combining serums, masks and creams which have been carefully selected to suit your skin's specific needs to a tee, this bespoke treatment corrects and re-balances the skin, resulting in a dramatically more radiant, even-toned complexion. Uniquely personalized, this intense treatment of deep cleansing, rejuvenation and moisturizing will result in visibly clearer and more luminous skin, with effects that will last long after you've left our spa.

**ANNE SEMONIN EXPRESS RADIANCE 30min / 120€**

**Smooth, Refresh, Firm**

The Anne Semonin express radiance treatment offers a quick yet luxurious refresh.

Choose an eye treatment to brighten and de-puff with contour masks, eye massage, and cryotherapy ice cubes, or opt for the express facial, including a cleanse, exfoliation, and face mask. Both options provide an instant boost of radiance, perfect for any skin type.

**ANNE SEMONIN FACE & SCALP TREATMENT 45min / 130€**

**Relax, Brighten, Smooth**

Indulge in a bespoke face & scalp treatment. Choose a soothing lymphatic face massage for deep relaxation or an uplifting facial massage to enhance firmness and radiance. Both options include a calming scalp massage, offering for a full relaxation and rejuvenation experience.

# GLOWING MOTHER-TO-BE COLLECTION

*Cherish your body during the most miraculous months of your life with our nurturing Mother-to-be Collection. The specially devised treatments alleviate muscle pain and reduce fluid retention while careful attention is given to a feeling of total relaxation.*

## **PREGNANCY & BEYOND SPA RITUAL 90min / 200€**

**Pamper, Rejuvenate, Radiance**

Give yourself a well-deserved break with this pampering session designed to offer relief from sore muscles and swollen joints during pregnancy. A wonderfully healing and regenerating treatment, the prenatal massage technique and tailored facial will leave your face with instant luminosity and your body feeling relaxed and deliciously rejuvenated.

## **INTENSIVE GLOW TO GO 50min / 165€**

**Calm, Regenerate, Enhance**

If your skin's experiencing an increase in dryness, breakouts, dark spots and/or a lackluster complexion, this soothing facial will come to your rescue by hydrating skin cells and reviving your maternal glow. After the application of a nourishing oil to relax your neck and shoulders, a heavenly scalp massage will calm you in such a way, you'll feel totally at peace.

## **PREGNANCY MASSAGE 50min / 170€**

**De-stress, Unwind, Relax**

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the body. The pregnancy specific massage is a seamless pleasure melting away fatigue and revealing a radiant you.

# ANNE SEMONIN EXQUISITE MASSAGE COLLECTION

Anne Semonin draw inspiration from around the world to offer you a blissful, effective, premium massage experience. Choose from our unique therapies, each brilliantly combining an innovative fusion of massage techniques and oil blends, delivering a treatment that works specifically for you every time.

## **PURE REJUVENATION** 25min / 100€ - 55min / 175€ - 80min / 200€

**Protect, Regenerate, Smoothen**

A body massage using a warm nourishing Anne Semonin Oil of your choice. This wonderful treatment induces deep relaxation. It's designed to stimulate blood circulation and relieve key areas of tension.

## **AROMA ENERGIZER** 25min / 120€ - 55min / 185€ - 80min / 220€

**Uplift, Energize, Release Tension**

This body massage aims at the deeper tissue structures of the muscle and fascia, using many of the same movements and techniques as the Pure Rejuvenation massage, but with more intense pressure. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots.

## **MIRACLE LIFTING & MODELLING MASSAGE** 45min / 195€

**Sculpt, Tone, Lighten**

Devised to deliver an immediate and dramatic lipo-sculpting effect, there is no better way to start your summer than with our lifting & modelling body massage. The treatment's manual drainage technique, a combination of firm pressure and fast rhythmic and pumping movements, delivers quick, head-turning results. After just one treatment, you'll leave our spa with smooth, even skin and a more sculpted body.

## **VITAL DETOX** 55min / 175€ - 80min / 200€

**Detoxify, Stimulate, Refresh**

Ready yourself for the ultimate massage to renew, refresh and detoxify. Performed with a lemongrass and peppermint massage oil, the therapist uses lymphatic techniques to release toxins, stimulate circulation and leave the body feeling light and refreshed.

**STRESS RELIEF 45min / 150€**

**Relax, De-stress, Release Tension**

This soothing massage was custom - designed to reduce tension from your body. Targeting specific muscles, your therapist will apply pressure, concentrating on your back, shoulders, neck & scalp reducing built up stress from your every day life.

**VOLCANIC THERMAL STONES RITUAL 75min / 200€**

**Sooth, Relax, Warm**

Heated black basalt stones are used to massage the whole body releasing deep seated tension ideal for anyone suffering with muscular aches and pains. Working at relieving stress at the deepest level, this treatment is designed to work on the body's energy channels. This intensive exceptional treatment is a holistic and energizing therapy for the mind, body and spirit.

**ANTISTRESS BACK REMEDY 55min / 175€**

**Release Tension, Restore, Relax**

Shut the door on the world outside with this miracle treatment created to alleviate tension in the back, neck and shoulders. After a self-heating, effervescent mud mask releases muscle stiffness and stress, you'll further slip into a world of bliss with a massage. Both energizing and relaxing, this stressboosting treatment leaves the whole body with a complete sense of well-being.

**TRADITIONAL THAI MASSAGE 80min / 220€**

**Energize, Increase flexibility**

A distinct massage treatment, based on acupressure alternating with gentle stretching positions. This is an excellent massage to loosen muscle tightness, increase mobility around the joints and restore blood flow throughout the body.

# EXQUISITE INDULGENCE BODY & FACE COLLECTION

*This curated collection shines through its combined treatments: matches-made-in heaven which blend bespoke facials with body massages or revitalizing scrubs with cocooning wraps. Treatments incorporate intensely restorative creams, serums and lotions which are not only deeply covetable but boast a dreamy scent and work wonders for your skin.*

## **GOLD DUST FACE & BODY 105min / 250€**

**Relax, Rejuvenate, Tone**

The most lavish treatment of your dreams starts with a full body massage using a gold massage balm. After your facial, choose between a lifting massage or detoxifying lymphatic drainage. A scalp massage, performed while a peel-off mask refines and brightens, will leave you in an even deeper state of relaxation. The application of a 24-karat gold serum adds a glamorous finishing touch.

## **CLEANSED SKIN & SCULPTED BODY RITUAL 90 min / 230€**

**Detoxify, Sculpt, Moisturize**

After an invigorating body brush treatment to erase dimples and tone your skin, you'll be cocooned in a detoxifying spirulina wrap to release toxins and moisturize the skin. The main act, an intensive lifting and modelling massage, will be the reason you'll do a double take when you see your reflection in the mirror. The manual draining treatment delivers an immediate lipo-sculpting effect, magically reducing inches.

## **COCOONING SCRUB & MASSAGE RITUAL 90min / 200€**

**Exfoliate, Nourish, Sooth**

The treatment starts with a soothing sea salt, sand and pink quartz scrub which sweeps away dead skin cells and leaves silky, detoxified, glowing skin as a result. Then, personalized aromatic oils are applied all over your body which makes your skin feel as soft as a baby's. The revitalizing exfoliation is capped off with a full body massage to give you lots of get-up-and-go.

*\*Deep Tissue Massage upon request with an additional charge of 15€*

**MADE TO MEASURE BODY WRAP 60min / 150€****Regenerate, Soften, Hydrate**

Whether you opt for an oil rich in antioxidants or one which soothes the senses, this tailored body wrap experience is a personalized treatment designed to meet your unique skincare needs. It begins with an exfoliating body scrub, followed by a choice of three nutrient-rich masks: the Deep Moisture mask for hydration, a Detoxifying spirulina algae mask to purify and energize, or the Red Grape rejuvenating mask for enhanced firmness and radiance. Each wrap includes a relaxing scalp massage and concludes with body hydration, leaving your skin soft, smooth, and revitalized.

**WHITE SAND SCRUB 25min / 100€****Moisturize, Nourish, Soften**

This express exfoliation uses rose quartz and white sand and imparts the kind of hydration you can feel for days. What's more, this efficient scrub not only nourishes your skin but leaves it feeling smooth and velvety soft.

# GENTLEMAN' S COLLECTION

*This is a treatment menu devised especially with men in mind, as we know you need "downtime" as well but should you see a treatment you like anywhere else on the menu just let us know.*

## **MADE TO MEASURE GROOMING FACIAL 50min / 150€**

**Totally tailored to suit a gentlemen's skin and needs**

Whether your face is showing telltale signs that you've been burning the midnight oil or you're keen to get rid of those pesky oily patches, your therapist will combat your skin's issues and ensure you'll leave looking fresher and more evenly-toned.

## **BUSY MINDS DE-STRESS 50min / 155€**

**De-Stress, Balance, Recharge**

This treatment begins with a back therapy which releases tension and restores calm to busy minds. Then, a bespoke facial will reveal healthy-looking skin while a scalp massage will help you sink further into a place where deadlines don't exist.

## **HAND RITUAL WITH MANICURE 60€**

A softening hand treatment includes a manicure followed by hand bath and a gentle exfoliating mask with warmed aromatic oils and sea salt.

## **FOOT RITUAL WITH PEDICURE 75€**

This conditioning foot treatment includes a pedicure followed by foot soaking and a nourishing exfoliating mask with warmed aromatic oil and sea salt, for revitalized and perfectly groomed feet.

# RELAXATION TIMES FOR TWO

*In today's busy world, quality time with your significant other can often be hard to arrange. Serious 'us' time and head-to-toe relaxation await couples who choose to indulge in any of our multi-sensory treatments in tandem.*

## **WELLNESS RESET FOR TWO 75min / 205€ (price per person)**

**Exfoliate, Nourish, Connect**

Lie side by side with your S.O. while enjoying a full-body scrub. Slough away dead skin cells and you'll be left with smooth, detoxified skin as a result. Then, forget all about the world outside, as a buttery body balm is applied all over your bodies and your therapists' massage strokes hit sweet spots you both didn't even know you had.

## **SUITE PACKAGE FOR TWO 90min / 220€ (price per person)**

**Detox, Smoothen, Destress**

This treatment starts with a Made to Measure 55-minute full body massage with your favourite Body oil to soothe, relax, restore or detox followed by a unique express facial to replenish and hydrate the skin. Afterwards, a massage with Gua Sha Mushroom Stones will lift, sculpt and relieve facial tension.

# TEENAGER COLLECTION

## **MAGICAL MANICURE** 25min / 45€

After nails are buffed, they are massaged with a heavenly-scented hand cream. Perfect fingers are finished off with a sweep of polish in your favorite color.

## **PERFECT PEDICURE** 30min / 50€

Nails are buffed and toes perfectly polished during this toe-tingling treat. Your feet will feel soft like feathers after they've been pampered with a sweet-smelling body lotion.

## **MY SO SOOTHING NECK AND BACK MASSAGE** 25min / 85€

After a hard day on the beach enjoy a soothing neck & back massage with AS Botanical Body Oil - Anti Oxidant and Vitamin (without essential oils).

## **TEEN FACIAL** 25min / 75€

Treat your face to a little TLC while hands and feet are pampered with a silky-soft massage at the same time.

## **MY FAVORITE MASSAGE WITH MUM/DAD** 25min / 180€

Make your way to Ikos Andalusia Spa for the perfect side-by-side relaxing neck & back massage.

## **FLAKE - AWAY BODY SCRUB** 25min / 80€

A super relaxing body peeling will leave your skin feeling velvety soft and smelling yummy all day.

# SPA BASICS

As we believe in total beauty, we want to ensure that your nails and hair receive the same special pampering, for a complete, healthy and well-maintained look.

## HANDS & FEET

Manicure / French Manicure	65€ / 70€
Pedicure / French Pedicure	75€ / 80€
File and Polish	40€
Shellac & manicure	85€
Shellac & pedicure	95€
Hand shellac coloring	45€
Feet shellac coloring	55€
French shellac & manicure	90€
French shellac & pedicure	100€
Remove shellac	25€

## WAXING

Eye Brow Shape	20€
Upper lip wax	20€
Under arm wax	30€
Full arm wax	40€
Bikini wax	45€
Bikini line wax	30€
Half leg wax	40€
Full leg wax	55€
Chest Wax	35€
Back Wax	45€

## HAIR SALON BY "GEOFFREY LO PILATO"

Female Haircut	from 58€
Male Haircut	57€
Child's Haircut	42€
Wash & Blow Dry	from 50€
Hair Care	from 32€
Coloring	from 77€
Highlights	from 140€

# HOW TO SPA... AND A FEW OTHER THINGS!

*To help you enjoy your visit at Ikos Andalusia Spa. For your convenience, we have compiled answers to common questions you may find helpful in choosing the types of treatment that best meet your individual needs.*

## SPA POLICIES

### Should I make a reservation in advance?

Yes, and it is best to do so upon or prior to your arrival at the resort to ensure availability.

### Who can guide me in choosing my treatment?

Our spa concierge can assist you in planning the perfect spa experience, including the best sequence for your treatments.

### What is the Cancellation policy?

Out of consideration for all guests, a minimum of 24 hours notice is required to cancel or reschedule. Cancellation or time change within this time will result in a 50% fee being charged. "No show" appointments are charged at full price of the treatment booked.

### Is there a service charge?

No service charge or gratuity is added to your bill; they are of course appreciated, however it is left at your discretion as a reflection of service quality.

### What about payment for spa services?

We accept all major credit cards. You may also charge spa services to your hotel bill.

### What if I am late for my appointment?

Arriving late will simply limit the time available for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed. The full value of your treatment will be charged.

### May I bring my child to the spa?

We regret that children under the age of 16 years are not able to use the spa facilities however we do offer a Junior Spa menu for children aged 12-16.

# HEALTH QUESTIONS

## What if I am pregnant?

Certain treatments should be avoided during pregnancy. If you are pregnant, please notify our spa concierge when you make your appointment so they can offer guidance. Furthermore, some treatments may require a doctor's authorization.

## What if I have special health considerations?

Please notify our spa concierge before scheduling your treatments if you have high blood pressure, allergies, any other physical ailments or disabilities, if you are on any medication, or if you are pregnant. If you have any concerns at all, please let us know. If at any time during your treatment you experience discomfort, please alert your therapist immediately.

## UPON ARRIVAL

### How to enjoy your treatment?

This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify us of any discomfort or preferences.

## PRIOR TO ARRIVAL

### When should I arrive?

For your comfort and relaxation, we suggest that you arrive 45 minutes before your scheduled treatment. This will allow you to relax in our lounge and use the Thermal Experience. Should you not wish to use the Thermal Experience please arrive 10 minutes before your treatment to complete our spa consultation form.

### What will I wear?

Please arrive showered, wearing your robe and slippers supplied in your room. If necessary, a robe, towel, slippers, shower facilities and secured locker will be provided. Swimming costumes are required to be worn in the Thermal Experience. Nudity is not permitted.

### What should I wear during my treatment?

You will be provided with disposable underwear. During all treatments, the body is fully covered, except for the area being treated. Before and after your treatment, robes and slippers are provided.

### What about my jewelry?

Jewelry and valuables should not be brought to the spa. If you are a hotel guest, please leave valuable items in the safe in your room. The hotel does not assume liability for any valuables left in the spa.

## **SPA ETIQUETTE**

Our Spa environment is one of tranquility and relaxation. Please respect other guests' right to privacy and serenity by not using your mobile phone or pager. Smoking is prohibited throughout the spa.

## **FACILITIES**

- Indoor swimming pool
- Relaxation area with tisanerie
- Thermal area comprising of steam bath and sauna
- Hair Salon by "Geoffrey Lo Pilato "
- Nail salon
- Beauty corner offering Anne Semonin products

## **OPENING HOURS**

Every day from 8am to 8pm

Spa treatments hours from 9am

## **SPA CONTACT**

Ikos Andalusia, Carretera, Nacional 340,

KM 164, 29680 Estepona, Malaga

Tel: External: +34 951029120 / Internal: 8320

[ianspa@ikosresorts.com](mailto:ianspa@ikosresorts.com)

[www.ikosresorts.com](http://www.ikosresorts.com)



ikos<sup>TM</sup>  
RESORTS