

# IKOS ARIA 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 / 170€**

**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 / 185€**

**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 / 195€**

**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 smoothed 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.*

## **LPG ENDERMOLOGIE® BY CELLU M6 ALLIANCE\***

**Slimming, anti-aging, well-being treatments**

True sensory experience, the LPG endermologie® technique delicately stimulates the skin to reactivate dormant cellular activity naturally, painlessly and without any side effects. Awakened, the target cells then metamorphose the skin from within for visible slimming and anti-aging results (localized fat elimination + natural collagen, elastin and hyaluronic acid production). LPG also prepares the skin to receive the most precious of care rituals. Suitable for both men and women.

### **· Prelude Treatment 20min / 75€**

To instantaneously intensify the result of another treatment. Short session or as the first step of a massage or body treatment.

### **· Extreme Treatment 60min / 160€**

To live the spa experience like never before. An exclusive treatment concept for ultimate efficiency and well-being.

### **· 2 to 6 Days Complete Treatment 90min / 235€**

For comprehensive face and body treatments every day. Intensive Anti-aging retreat, Intensive Detoxifying retreat, Organic Mommy makeover.

*\*There is an additional charge of 25€ for the LPG bodysuit.*

## **RADICAL FACIAL REJUVENATION - WITH COOLIFTING SHOT 90min / 210€**

**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.

# 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 / 185€**

**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 / 170€**

**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 / 190€**

**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 FIRING FACIAL 90min / 185€**

**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 / 170€**

**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 / 170€**

**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.

## **DETOXIFYING FACIAL 60min/125€**

**Detoxify, Drain, Prevent Premature Aging**

This detoxifying treatment, naturally powered by essential oils and trace elements, will rid your skin of impurities and city toxins, in the blink of an eye. This means that you'll walk out with your most refreshed, healthiest-looking skin ever.

**PURIFYING MINERAL MARVEL 75min / 135€**

Deep Cleanse, Decongest, Mineralize

Reap the benefits with this purifying treatment which mixes steam and extraction techniques with products that contain marine elements and do wonders for your skin, such as Anne Semonin's peeloff mask. The mask's high concentration of minerals and algae will reveal smooth, calm-looking skin and pores that appear more refined.

**CRYO TIME FREEZE 55min / 125€**

Tone, Brighten, Radiance

Your skin will be visibly firmer and glow beautifully after this facial which features Anne Semonin's Super Active Serum, a gel which harnesses some of the world's most potent natural ingredients. Aside from its age defying results through cryotherapy, the treatment uses neuro-cosmetics which stimulate the release of B-endorphins and boost your sense of wellbeing.

**MADE-TO MEASURE FACIAL 50min / 120€**

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.

**ALL ABOUT EYES 25min / 70€**

Depuff, Brighten, Smooth

This skin-care journey de-puffs and refreshes the eye area while simultaneously easing stressed minds through a combination of contour masks, a hands-on lymphatic massage and cryotherapy ice cubes.

**BESPOKE EXPRESS FACIAL 25min / 70€**

Refresh, Firm, Health-Boost

The treatment involves a cleanse, exfoliation and face mask application and is proof that instant radiance can be achieved on, quite literally, your lunch break. Your therapist will hydrate your skin in the most efficacious way and leave your skin looking fresh and rejuvenated, and in only half an hour to boot. This treatment is suitable for all skin types.

**EXQUISITE SKIN CORRECTOR 55min / 120€**

Brighten, Firm, Moisturize

Using the exclusive Anne Semonin Brightening Complex, this corrective treatment lights up your complexion, minimizes sun and age spots and, ultimately, unlocks a brighter, more even-toned you. The complex antioxidants neutralize air pollutants' damage and its sea-sourced minerals are the reason you'll notice a visible radiance for days on end.

**FACE DRAINAGE & SCALP MASSAGE 45min / 100€**

Drain, Sooth, Calm

A truly soothing and aromatic Scalp Massage combined with the Anne Semonin lymphatic face drainage massage to improve relaxation and promote a sense of calm and wellbeing.

**FACE UPLIFTING & SCALP MASSAGE 45min / 100€**

Firm, Relax, Radiance

The Uplifting Face Massage involves flowing techniques which act as a natural face lift. This can be used as an alternative to surgery, helping you feel and look younger. It is designed to be a gentle non-invasive approach to looking younger. It works primarily by freeing constrictions both within the facial muscles and in the connective tissue.



# 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 / 155€**

**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.

## **INTENCIVE GLOW TO GO 50min / 120€**

**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 / 130€**

**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 / 90€ - 55min / 145€ - 80min / 165€

Protect, Regenerate, Smoothen

Specially designed to combine long, rhythmic strokes with a delightful cranberry/olive massage oil, this treatment boosts skin regeneration and promotes deep relaxation. Enhanced by strong performers Omega 3 and 6, as well as vitamins A & E, the oil further complements the feel-good benefits of the massage.

## **AROMA ENERGIZER** 25min / 105€ - 55min / 155€ - 80min / 180€

Uplift, Energize, Release Tension

Using an uplifting body oil rich in ginger, the most revered root in Ayurveda, and vitamin E, the therapist performs massage steps which focus on knuckle and thumb pressure to loosen tight and tense muscles. This toning massage is truly one of our most energizing treatments.

## **MIRACLE LIFTING & MODELLING MASSAGE** 45min / 165€

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 / 125€ - 80min / 145€

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 / 130€**

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 / 175€**

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.

**LIGHTER LEGS THERAPY 75min / 160€**

Lighten, Tone, Soothe

Show off sculpted limbs this summer with the help of this treatment which combines a modelling body massage and cooling leg mask. A stimulating leg massage will knead out lumps and bumps and is followed by a leg mask to further tone and lighten heavily leaden legs. Enjoy an indulgent neck, shoulder and head massage before you walk out of the spa on summer legs you'll love.

**ANTISTRESS BACK REMEDY 55min / 145€**

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.

# 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 / 205€**

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.

## **RELAX & RECHARGE RITUAL 90min / 160€**

Relax, Regenerate, Soften

This relaxing treatment starts with a soothing scrub and back massage and is followed by a made-to-measure facial. A cossetting leg and foot massage will ease the stresses of your busy urban life and make your limbs go all tingly.

## **FLAWLESS FACE AND BODY RITUAL 90min / 205€**

Tone, Sculpt, Cleanse

The see-it-to believe-it results of this transformative ritual include rejuvenated skin and a more toned, sculpted body. After the therapist's trained hands have worked their modelling magic to unlock your new svelte body, it's your face's turn for change. Following a cleanse, a technical facial and massage with ice-cold Gua Sha Mushroom Stones will lift the skin and rub out the tell-tales of toxins and time.

## **COCOONING SCRUB & MASSAGE RITUAL 90min / 160€**

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 20€*

### **EXQUISITE CELLULITE MINIMIZER 80min full treatment / 165€**

Anti-Cellulite, Firm, Tone

55min excluding exfoliation / 125€

If your main concern is dimpling and uneven skin, this 3-phase treatment is definitely for you. Powerful cryotherapy techniques ensure immediate results: your legs feel refreshed, your skin will be more even and skin contour, firmer. A special massage using the natural powers of algae will get rid of toxins in a flash while a firming body mask will work to target problematic areas.

### **DEEP MOISTURE BODY COCOONING 60min / 115€**

Hydrate, Soothe, Regenerate

Whether you opt for an oil rich in antioxidants or one which soothes the senses, this treatment is suitable for even the most sensitive skin types. A salt scrub will soften your skin while the algae-rich Deep Moisture Mask will replenish nutrients. Stress will be eased away through a relaxing scalp massage and the application of a lotion or cream of choice will seal the hydrating deal.

### **PURE DETOX WRAP EXPERIENCE 60min / 115€**

Detoxify, Purify, Uplift

After an invigorating sea salt, lemongrass and peppermint scrub, you'll be cocooned in a spirulina algae wrap to release toxins and purify the skin. A scalp massage melts away tension while the wrap and an application of your choice of product combine to purify and energize the body, not to mention magically reduce inches.

### **REJUVENATING BODY COCOON 60min / 115€**

Anti-Age, Firm, Regenerate

This rejuvenating treatment incorporates natural anti-oxidants to enhance body drainage and hydrate your skin. The ritual's invigorating body scrub and nourishing body mask give you an even texture which is smoothed to perfection.

### **WHITE SAND SCRUB 25min / 80€**

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 / 120€**

**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 / 125€**

**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 35€**

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 45€**

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.*

## **RELAX & RECONNECT** 90min / 175€ (price per person)

Relax, Reconnect, Destress

An hour and a half of heavenly togetherness - this treatment starts with some quality couple time in a private steam bath. Then, you can let your minds be whisked away to another world with a bespoke massage treatment. Your personal therapists will combine their capable hands with a luxury oil of choice, in a way that suits each of your bodies' needs to a tee. Be it soothing or revitalizing.

## **WELLNESS RESET FOR TWO** 105min / 205€ (price per person)

Exfoliate, Nourish, Connect

After some quality couple time in a private steam bath, lie side by side with your S.O. and enjoy a luxurious 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** 120min / 215€ (price per person)

Detox, Smoothen, Destress

Relax together in the privacy of your own VIP Suite. Enjoy the warmth of the Steam Room to release tension before you drift away with an Anne Semonin Made to Measure massage where your therapist will blend a unique mix of Phyto-Aromatic oils to suit your needs. Finish with 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 / 40€**

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 / 45€**

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 / 70€**

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 / 55€**

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 / 140€**

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

## **FLAKE - AWAY BODY SCRUB 25min / 60€**

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	40€ / 45€
Pedicure / French Pedicure	50€ / 55€
File and Polish	15€
Shellac & manicure	60€
Shellac & pedicure	70€
Hand shellac coloring	20€
Feet shellac coloring	25€
French shellac & manicure	65€
French shellac & pedicure	75€
Remove shellac	15€

## WAXING

Eye Brow Shape	20€
Upper lip wax	15€
Under arm wax	20€
Full arm wax	20€
Bikini wax	30€
Bikini line wax	20€
Half leg wax	30€
Full leg wax	45€
Chest Wax	30€
Back Wax	30€

## HAIR SALON BY "YIANNI HAIR SPA"

Female Haircut	45€
Male Haircut	35€
Child's Haircut	25€
Hair Styling	from 45€
Hair Spa Treatment	35€
Coloring	from 60€
Highlights	from 90€

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

*To help you enjoy your visit at Ikos Aria 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 15 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 you 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. The thermal area, indoor swimming pool & gym operation is subject to change according to the current Covid-19 protocols.

## **FACILITIES**

- Fitness studio including contemporary cardio-fitness facilities
- Indoor swimming pool
- Relaxation area with tisanerie
- Thermal area comprising of steam bath and sauna
- Hair Salon by "Yianni Hair Spa"
- Nail salon
- Beauty corner offering Anne Semonin products

## **OPENING HOURS**

Every day from 8am to 8pm

Spa treatment hours from 9am

Last treatment ends at 7.45pm

## **SPA CONTACT**

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