

THE  
SPA



# Massages

**Relaxing:** it helps relieve stress, making you feel pampered and cared for, while also increasing body flexibility, improving blood circulation, and stimulating an energy flow that produces a feeling of intense vitality. **50 min. €120**

**Decontracting:** aims at dissolving contractures and reactivating many nerve centers. It is great for preventing contractures, it improves muscle tone and tissue oxygenation. **50 min. €120**

**Lymphatic Drainage:** this massage eliminates water retention in tissues, improving microcirculation and reactivating capillaries. It acts by regulating the autonomic nervous system, resulting in pain relief. **50 min. €120**

**Hot Stone:** helps loosen muscle stiffness, improves joint mobility and relieves tensions in the spine. This massage decongests the lymphatic deposits, improves water retention and has an overall positive effect on arterial circulation while also smoothing and relaxing the skin. **50 min. €120**

**Craniosacral:** ensures benefits on many different levels: it relieves stress, it balances posture, muscles, the gastrointestinal and respiratory systems. Suitable for treating sciatica, back pain, pregnancy traumas, headaches, scoliosis, dizziness and jaw joint pain. **30 min. €70**

**Back-regenerating:** relieves pain and reduces muscle stiffness, donating a sense of wellness, donating an overall feeling of psychophysical well-being. **25 min. €60**

**Shiatsu:** Shiatsu, which translates as "finger pressure", is a form of therapeutic bodywork from Japan, performed without oils, through light, comfortable clothing. It can balance almost any energy pathway in the body. **25 min. €60**

**Leg Detox:** indicated for solving issues such as swollen, heavy, or tired legs, water retention and cellulite, sore muscles. This massage consists of a targeted action on lymphatic areas, with pressure and circular movements to improve blood and lymphatic circulation, resulting in drainage and elimination of excess fluids. **25 min. €60**

**Plantar Reflexology:** a technique that takes advantage of specific points on the foot to restore body balance. Useful in case of congestion and tension, helping with back pain, cystitis, anxiety and stress. **25 min. €60**

**Lymphatic Drainage Facial:** a completely natural treatment practiced through a slow and light massage favoring lymphatic flows and circulation. Lymphatic drainage is combined with an oil that reduces swelling and has decongesting and revitalizing abilities. **25 min. €50**

**Anti-aging Facial with argan oil:** this massage deeply stimulates the skin by improving its elasticity and tone: wrinkles are softened and stretched, also helped by the exceptional properties of argan oil against free radicals. **25 min. €60**

**Hawaiian Lomilomi:** also known as the "loving hands" massage, it works from the belief that memories are not just stored in the brain and mind, but also in every cell of the human body. The long, continuous strokes are designed to sync with your breathing and helping let go of any tension both in the body and in the mind. **50 min. €120**

For info and bookings  
please refer to the Concierge or dial 9.

# Facial rituals

**Facial Cleansing:** a deep yet gentle cleanse that promotes cell renewal, leaving the skin radiant, toned and purified. **60 min. €70**

**Soothing treatment:** a treatment with exceptional soothing, moisturizing, softening and decongesting effects: donates an immediately brighter, compact and renewed face. Suitable for delicate and easily irritated skin. **45 min. €120**

**Moisturizing Ritual:** reactivates the natural maintenance of skin hydration by stimulating the physiological mechanisms restoring the right water reserves in skin tissues. The skin appears deeply hydrated and compact. **45 min. €120**

**Intensive Anti-age:** By stimulating dermo-epidermal cell turnover, this treatment promotes the synthesis of new fibroblasts and stimulates collagen production, significantly reducing wrinkles. **45 min. €120**

**Enlightening Ritual:** This pleasant ritual is applicable to all types of skin: it smoothes and hydrates the skin thoroughly and enlightens complexions. **45 min. €120**

**Pre-Sun Ritual:** raises the skin's defenses, making it stronger and less sensitive to sunlight; at the same time, thanks to the beta-carotene, it improves tanning color by making it golden and intense. **45 min. €120**

**Post-Sun Ritual:** After being exposed to the sun, every type of skin needs special care to restore its hydration and natural luminosity. This treatment smooths and moisturizes the skin for a young and fresh look. **45 min. €120**

**Lash Lifting:** This lifting process naturally lifts your lashes upwards and, along with the free lash tinting with Keratin and vitamins, will make your lashes glow and appear fuller, longer and healthier. **60 min. €80**

# Body rituals

**Sugar cane scrub:** thanks to smoothing sugar cane, it removes all the dead cells while also moisturizing and soothing the skin with sweet almond, jojoba and calendula oils which contain vitamin A, C and E. **30 min. €60**

**Pre-Sun:** dual-phase treatment, combining a scrub that eliminates impurities and dead cells while ensuring a lasting tan with the application of a mixture of moisturizing and soothing oils such as oil monoï, sweet almond oil, wheat germ coconut, carrot and marigold. **60 min. €150**

## Hands & feet

<b>Nail polish - hands</b>	15/20 min. € 10
<b>Aesthetic manicure</b>	25/30 min. € 30
<b>Nail polish - feet</b>	15/20 min. € 15
<b>Aesthetic pedicure</b>	25/30 min. € 40
<b>Curative pedicure</b>	55/60 min. € 60

## Hair removal

<b>Whole leg</b>	45/60 min. € 80
<b>Partial leg</b>	15/20 min. € 30
<b>Bikini zone</b>	25/30 min. € 30
<b>Arms</b>	25/30 min. € 30
<b>Armpits</b>	10/15 min. € 20
<b>Upper lip</b>	5/10 min. € 10
<b>Eyebrows</b>	15/20 min. € 15
<b>Back</b>	30/40 min. € 50
<b>Chest</b>	25/30 min. € 40

