

## 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.

### **MEDITERRANEAN BLISS**

Wellness treatments can be wonderfully evocative of a long and lazy Mediterranean summer. A refreshing facial can feel like a cooling plunge in an idyllic turquoise cove. A deliciously relaxing massage? Like sneaking off for a secret nap under a shady lemon tree. With 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 / 180€

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 / 190€

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 / 190€

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.

Imagine looking in the mirror after your spa treatment and seeing a visible, even remarkable difference? Sound too good to be true? 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 / 90€

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

- **Extreme Treatment**

60min / 170€

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 / 240€

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

## **RADICAL FACIAL REJUVENATION - WITH COOLIFTING SHOT**

Lift, Plump, Rejuvenate, Radiance

90min / 220€

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.

## **SIGNATURE HAMMAM CEREMONY**

60min / 210€

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 'kessa' 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 Shampoo and Nourishing Conditioner, leaving you with enviable, silky hair.

## SUN-KISSED COLLECTION

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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 / 170€

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 / 160€

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 / 185€

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

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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. This specialist massage, classic ingredients and a holistic approach make each Anne Semonin facial a tailored experience, just for you.

### **GOLDEN FIRMING FACIAL**

90min / 180€

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.

### **EXQUISITE LIFTING FACIAL**

85min / 165€

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 / 115€

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 / 110€

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 / 75€

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**

25mn / 75€

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

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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 / 145€

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 / 110€

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 / 105€

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

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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 / 55min / 80min 85€ / 130€ / 155€

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. This lavish treatment is ideal for pregnant or breastfeeding women.

### **AROMA ENERGIZER**

25min / 55min / 80min 95€ / 150€ / 170€

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.

### **VITAL DETOX**

55min / 80min 110€ / 130€

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.

## **INDIAN HEAD MASSAGE**

45min / 105€

Relax, De-stress, Release Tension

Indian Head Massage is a valuable technique for combating stress and loosening tension in the shoulders, neck and head. It relaxes the mind, controls excess energy and allows you to focus. Working up the spine and over the head will send messages from the brain to relieve mental and physical tiredness and rebalance energy flow.

## **VOLCANIC THERMAL STONES RITUAL**

75min / 155€

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.

## **FOOT & LEG MASSAGE RITUAL**

50min / 105€

Renewing energy levels

Following a self-heating, slightly bubbling foot mask, a foot massage will stimulate the reflex zones and thus the whole body. This therapy is completed by a relaxing shoulder, neck and hand massage.

## **ANTISTRESS BACK REMEDY**

55min / 130€

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**

75min / 155€

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

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Whether you're looking for indulgent relaxation or a session with targets a specific skin concern, we've devised a collection of luxury rituals that will leave you looking radiant and with lasting feel-good results. 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 / 200€

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.

### **TOP TO TOE RITUAL**

90min / 150€

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.

### **THE EXQUISITE BOUNCE BACK**

75min / 165€

Relax, Detox, Immune Boost

This immune boosting treatment begins with a powerful spirulina body wrap which activates your natural killer cells and is followed by an express facial cleanse and the application of a balancing mask. A nourishing body massage and special facial-drainage technique calm and de-toxify while, the finishing touch, a heavenly match of Express Radiance Ice Cubes, Super Active Contour Serum and Cream will leave you with a rippling sense of relaxation.

### **COCOONING SCRUB & MASSAGE RITUAL**

90min / 135€

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 and wrap are 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€

## **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.

## **EXQUISITE SKIN DETOXIFIER**

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 / 90€

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

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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 / 110€

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**

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**

70€

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.

## TEENAGER COLLECTION

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### **MAGICAL MANICURE**

25min / 30€

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 / 35€

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 / 60€

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 / 50€

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 / 130€

Make your way to Ikos Andalusia 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

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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	50€/55€
Pedicure / French Pedicure	60€/70€
File and Polish	35€
Shellac & manicure	70€
Shellac & pedicure	85€
Hand shellac coloring	40€
Feet shellac coloring	50€
French shellac & manicure	80€
French shellac & pedicure	90€
Remove shellac	20€

### WAXING

Eye Brow Shape	20€
Upper lip wax	20€
Under arm wax	30€
Full arm wax	30€
Bikini wax	30€
Half leg wax	30€
Full leg wax	50€
Chest Wax	35€
Back Wax	35€

### HAIR SALON BY "GEOFFREY LO PILATO"

Female Haircut & Blow Dry	from 120€
Male Haircut & Finish	65€
Children Haircut	45€
Blow Dry	from 55€
Coloring	from 80€
Highlights	from 125€



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

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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. For your convenience, payment is also accepted prior to your treatment.

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

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### 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 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. The thermal area and the indoor swimming pool operation is subject to change according to the current Covid-19 protocols.

## **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 9am to 7pm  
Spa treatments hours from 9am

## **SPA CONTACT**

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