



The Club Spa
Touches of the World

The *Touches of the World* Club Spa will take you on a journey of discovery...Offering a spectrum of authentic traditional therapies inspired from around the world ; Thai Massage, Indian Shirodhara, Oriental Reflex-Therapy, Mediterrean Salt Exfoliation and an array of modern European therapies from the Parisian product house, Anne Semonin, including facials, scrubs, wraps and massages. This journey would not be complete without a visit to the Spa Experience to sample the delights of ritualistic thermal bathing and a relaxation area to regain your awareness before returning to the outside world.

THERMAL EXPERIENCE

At the heart of the Spa and inspired by the ancient Roman tradition of sequential thermal bathing the Spa Experience offers a creative way to totally relax and re-energise, whilst stimulating and nurturing all the senses. Use before or after a treatment to prepare and warm the body or just while away the day. Features include: Finnish Sauna 80-85°, Turkish Hamam 45-55°, BioSauna 45-90°, Plunge Pool, Heated Recliners, Aroma Shower and Foot Spas.

GREEK SIGNATURE SPA TREATMENTS

When you think of Greece do you think of Greek yoghurt, olive oil and honey?.....if you do, then you will enjoy these delights being brought together for you to experience in our luxurious signature treatments. Honey is full of enzymes, vitamins and minerals as well as being mildly antiseptic due to the sugar content bacteria cannot survive. It is soothing, nourishing and cleansing. Great for all treatments from facials down to foot scrubs. Olive oil is rich in anti-oxidants to protect, fight pollution, heal and hydrate. Yoghurt is mildly exfoliating due to the active enzymes present, as well as being antiseptic. It will soften and brighten the skin.

Dry Float Experience with Yoghurt & Honey Wrap

55 min / 60 €

“The healing properties of native bee propolis, and Yoghurt Blended with pine honey to produce a phenomenal restorative treatment”

Warmed yoghurt and honey is drizzled over your body, you are then wrapped and cocooned to let the active enzymes get to work exfoliating and softening the skin. You are lowered into the warmth of floating bliss of the Dry Float. To complete this floating experience Anne Semonin Botanical body milk is gently massaged over your limbs leaving the skin soft and silky.

Traditional Relief Back & Shoulder Massage

25 min / 45 €

“Grand mamma’s” Classic massage using a variety of traditional Greek techniques and strokes. Warm certified organic infused olive oil & crystal of camphor is massaged rhythmically over the body, and is followed by a hot towel treatment. This rhythmic massage focuses purely on the back and shoulders area to relieve specific stress and muscle tension. The key techniques of the deep tissue muscle massage are experienced in this mini massage.

Olive Oil Foot and Hand Scrub Massage

25 min / 35 €

Re-mineralising sea salt is used to gently remove dead cells to reveal new skin to allow for the healing and brightening properties of the Olive Oil to absorb. A great quick-fix to liven up the hands and feet. Perfect as an add-on to most treatments.

ORIENTAL / ASIAN SIGNATURE SPA TREATMENTS

Reflex-Therapy Foot Massage

25 min / 42 €

Using the ancient techniques of Reflexology, reflex points which correspond to organs and glands throughout the body are stimulated and massaged in the feet to help the body restore its natural balance, and to release tension and leave you with a feeling of well-being.

Pantai Luar Massage

50 min / 75 €

This body massage originates from East Asia. Pleasantly warm herbal pouches including Jasmine frangipani and mountain tea, combined with exotic coconut scents are used with oils and salts, all which help you experience a deep regeneration. Our healing hands and warm herbal poultice open the pores and bring a deep medicinal heat to the muscles releasing tension, restoring the nervous system, soothing your mind, nurturing your spirit and letting you glide into complete peace. This is followed by an invigorating massage for total renewal.

Thai Yoga Massage

50 min / 80 €

Based on ancient Indian and Buddhist teachings. Thai massage combines acupressure massage and yoga stretching. This multifaceted bodywork system is performed fully clothed on a floor futon and includes therapeutic stretching, rhythmic deep tissue compression, toning of energy lines and meditative breathing. Thai massage will reduce muscle tension, encourage relaxation and increase flexibility.

Lomi Lomi Nui

45 min / 70 €

Developed in Hawaii and performed with the full focus of the Hawaiian spirit Aloha to balance the mind and body. This massage is performed using the forearms in long sweeping movements to the length of body. A truly luxurious, deeply relaxing and hypnotic therapy.

INDIAN SIGNATURE SPA TREATMENTS

Shirodhara

25 min / 30 € or with head and shoulder massage 40 min / 65 €

Shirodhara is named after a “flowing stream” in Sanskrit. Floral waters, aromatic oils, and specific plant fibres are combined in a carved vase, warmed, and then directed towards the third eye on the forehead (sixth Chakra). The elemental water is then allowed to slowly flow onto the centre of the forehead to achieve a high state of tranquillity; it is where true rejuvenation begins. Total relaxation should follow this treatment.

Indian Head Massage

25 min / 35 € or 40 min / 45 €

Indian Head Massage is a valuable technique for combating stress and loosening the 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.

MEDITERRANEAN
SIGNATURE SPA TREATMENTS

Soap Dream Massage

25 min / 47 €

A superb all over body massage performed with loofah and lathered soap on a heated ceramic bed. The soap will relax all your senses washing away aches and pains to leave you feeling cleansed, refreshed and invigorated.

Subject to confirmation of the couch.

Volcanic Thermal Stones Ritual

1 h 15 min / 95 €

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 energising therapy for the mind, body and spirit.

EUROPEAN - ANNE SEMONIN SIGNATURE SPA TREATMENTS

The Anne Semonin treatment collection combines an ingenious blend of aromatic essential oils, trace elements and more ingredients for a made-to-measure experience to suit your every need.

Anne Semonin Haute Couture

1 h 25min / 110 €

Intense treatment for the face, eyes and décolleté

Encounter the ultimate bespoke facial incorporating a client-specific intensive eye and décolleté treatment. Aromatic intensive complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant.

Cryothérapie

55 min / 75 €

Intense treatment for the face, eyes and décolleté

A contouring and firming facial designed to combat the visible signs of ageing; excellent for mature, dry and dehydrated skin. Innovative Anne Semonin neurocosmetic ingredients are combined with 100% Active Serums and advanced cryotherapy ice cubes to regain the skin's natural youthful glow. The result is instantly tightened and firmed skin, a superb brightener for special events & boosting skin vitality.

Deep Marine

1 h 15 min / 90 €

Purifying Facial

Ideal for combination, oily, congested, problematic skin, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with rebalancing lymphatic drainage massage. A detoxifying and anti-inflammatory peel off mask and aromatic intensive complexes are used to soothe, calm and rebalance the skin to encourage a visibly clear complexion.

L' EXPERIENCE MASSAGE

"Made to Measure"

55min / 75 €

This skin enhancing "made to measure facial" ensure effective, visible results. This treatment has been designed to be tailor made for your individual skin needs through individually blended plant active serums, masks and aromatic intensive complexes. The ultimate bespoke treatment just for you.

Hydra Express

25 min / 40 €

Phyto-Aromatic Facial

A powerful express skin replenishment treatment ideal for quick and instant results. Immediately refreshes and hydrates the skin, leaving the skin soft, supple and revitalised.

Miracle Eyes

25 min / 45 € or 45 min / 65 €

Phyto-Aromatic Facial

Designed to enhance, lift and firm your eye area. State of the art express radiance Ice cubes with their cryotherapy benefits are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of ageing.

SPECIFIC BODY THERAPY COLLECTION

Anne Semonin Parisian Top to Toe Treatment

1h 25 min / 120 €

This is a fabulous top to toe experience. Beginning with an invigorating back cleanse to exfoliate and smooth, followed by a soothing back, neck and scalp massage. This wonderfully relaxing therapy is designed to relieve key areas of tension and muscle tightness. Combined with the made to measure facial the result is re-hydrated, nourished and protected skin as well an overall sense of calm and harmony that is complemented with a wonderful pressure point foot & leg massage.

Shape & Sculpt Therapy

55 min / 60 €

A specialised treatment designed to stimulate the body's system and target areas of fluid retention, cellulite and uneven skin tone. Using massage and lymphatic drainage techniques the legs and feet are massaged to restore circulation and a firming and detoxifying mask is applied to relieve blockages and tone the skin. A course of treatments is recommended.

Nurturing Pregnancy Therapy

1 h 25 min / 110 €

A relaxing, unwinding therapy for expectant mothers, targeting areas of aches and pains and rejuvenating the face and body to give ultimate radiance back to the skin. This nurturing therapy will help treat muscular aches, fluid retention, stress and fatigue.

BODY POLISH & WRAP COLLECTION

Exotic Black Sand Body Scrub & Wrap Ritual

1h 25 min / 120 €

This ultimate exfoliating experience with Black Sand from Tahiti and aromatic oils actively sweeps away dead surface skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The delicate fragrance of exotic verbena promotes a holistic sense of wellbeing and relaxation. Aromatic oils are applied all over the body to deeply nourish, soften and re-mineralise the skin, followed by a revitalising exfoliation and body wrap. This therapy concludes with a Phyto-Aromatic full body massage, to reawaken your senses.

Express Aromatic Salt Exfoliation

25 min / 40 €

An express aromatic oil and salt scrub, the perfect skin preparation, leaving skin deeply nourished, smoothed and hydrated.

Sea Salt Scrub & Aromatic Oil Wrap

55 min / 70 €

An ultra moisturising body scrub experience incorporating a therapeutic scalp massage. Warmed aromatic oils are applied all over the body designed to deeply nourish and soften the skin followed by a revitalising exfoliation and warm body wrap. This treatment is an ideal preparation for pre-tanning and special occasion as skin is left hydrated and silky smooth.

Detoxifying Spirulina Wrap

55 min / 80 €

A detoxifying, slimming and energy boosting treatment, this envelopment begins with gentle exfoliation to boost circulation combined with seaweed extracts to harness the powerful cleansing and remineralising benefits of the ocean. This natural seaweed re-metabolises the body to efficiently kick start and maintain the elimination of toxins and waste. An essential body treatment to support a detox or weight management programme.

Hydrating Rose Kaolin Clay Body Envelopment

55 min / 70 €

An ultra moisturising and hydrating body envelopment designed to recondition dry, dehydrated or sun damaged skins. This treatment begins with a full body exfoliation and scalp massage followed by an application of Pink Kaolin clay combined with nutrient rich treatment oils. A perfect full body thirst quencher for tired sensitive skin.

Dry Float

Subject to availability / 40 €

The ultimate way to relax and unwind, combine with any of the body wrap therapies and during the relaxation stage your body is cocooned and enveloped in the warmth of the water-bed, but you will stay completely dry. Your body is suspended in weightlessness just like you are floating on air.

COLLECTION POUR HOMME

Pour Homme 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 on the rest of the menu you can have that too.

Deep Cleansing Facial

1h 15 min / 90 €

Ideal for city skins or imbalanced, stressed skins suffering from breakouts or congestion. A complete deep cleansing facial is achieved through traditional steam and extraction techniques. A detoxifying and rebalancing peel off mask is then applied using intensive complexes to give that deep clean feeling.

'Made To Measure' Pour Homme

55 min / 75 €

This Phyto-Aromatic Facial is tailored to you. Following a consultation a bespoke facial is created for your skin using our Anne Semonin essential oils, trace elements, serums and botanical oils. Unique to you.

SOS Facial Pour Homme

25 min / 40 €

A powerful express skin replenishment treatment ideal for quick and instant results. Immediately refreshes and hydrates the skin, leaving the skin soft, supple and revitalised.

'Made to Measure' Massage

55 min / 80 € or 1 h 25 min / 105 €

A tailor-made full body massage combines classic Anne Semonin techniques along with a personally prescribed blend of intensive complexes and warmed botanical oil. After your initial consultation your therapist will mix and blend an aromatic oil for you.

Bubbling Mud with Massage

1 h 15 min / 110 €

The Bubbling Mud Back Therapy Treatment with an extra zing! After the mud has been removed it doesn't end there, you get a de-stressing back and soothing scalp massage combined with warmed stones and cold ice pressure point face and eye massage to leave you completely zoned out!

Black Sand Polish and Hot Oil Massage

55 min / 70 €

An express black sand exfoliation, leaving skin smooth & hydrated followed by a soothing hot oil massage to banish muscle aches and tension.

COUPLES RETREAT

The Couple's Suite has been designed with privacy in mind. A double seated Steam Room heated to 45° will warm and prepare the body before a treatment and two treatment couches enables you the benefit from having your treatments at the same time.

Spa for Two

90 min / 115 € (price per person)

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.

His & Hers Made to Measure

90 min / 95 € (price per person)

Relaxing in the Steam Room will prepare you for the delights of the Anne Semonin treatments. A "Made to Measure" massage for him with a bespoke blend of Phyto-Aromatic oils to suit specific needs and a "Made to Measure" facial for her that will leave the skin with a radiant and dewy finish.

Drift Away Face and Body Treat

2 h / 140 € (price per person)

The ultimate in relaxation; In the privacy of the VIP Suite share the Steam Room and bask in its warmth before you drift away for an hour and half of Anne Semonin treatments. A Phyto-Aromatic Express Facial to replenish and hydrate the skin is followed by 55 minutes of sheer bliss of a "Made to Measure" full body massage with your own unique blend of Phyto-Aromatic oils to soothe, relax, restore or detox.

ESSENTIAL GROOMING

MANICURE

Express Manicure

25 min / 20 €

A quick tidy and freshen-up to nails and cuticles with a colour of your choice and you are ready to go.

Anne Semonin Supreme Hands Manicure

1h 10 min / 30 €

A softening and hydrating arm, hand and nail treatment includes gentle exfoliation and a luxurious southern sea ocean hand bath. Cuticles and nails are refined & skin is nourished. Finished with a file & polish.

Express Pedicure

30 min / 27 €

Freshen and liven up the toes with this quick fix pedicure. Includes a choice of colour.

Anne Semonin Perfect Feet Pedicure

1h 10 min / 40 €

Treat your feet with this nourishing, conditioning foot and nail treatment to leave you groomed and revitalised. Finished with a file & polish.

French manicure or pedicure upon request with an additional charge of 5.00€ for a French polish

MAKE UP

Make-up Lesson

40 €

Learn from the experts; how to apply your make-up to suit your features and choose the right colours for your complexion.

Finishing Touch

25 €

A touch of colour to complete your relaxing spa treatment

Special Occasion

40 €

A full make-up so you look a million dollars for your special event

Pre-Wedding Day Make-up Trial and Consultation

65 €

Wedding Day Make-up

75 €

Bride receives a complimentary gift

WAXING

Eye Brow Shape

20 €

Upper Lip Wax

10 € *female*

Under Arm Wax

15 € *female* / 20 € *male*

Full Arm Wax

20 € *female*

Full Leg Wax

35 € *female* / 40 € *male*

Half Leg Wax

30 € *female* / 35 € *male*

Bikini Line Wax

20 € *female*

Chest Wax

30 €

Back Wax

35 € *male*

SIGNATURE PACKAGE COLLECTION

Let your Therapist take you into a world, where time is left outside the door and you begin the journey of Anne Semonin Face and Body therapies.

Ultimate Face and Body Ritual

2 h / 140 €

This treatment will leave you with a feeling of total well being and inner calm...From the top of your head to the soles of your feet, this journey should not be missed. The body is polished to perfection with essential oils and sea salts to reveal a youthful glow, incorporating a 'made to measure facial experience' where selected essential oils and ma-rine extracts surge the skin with true beauty.

Available only during specific phases. Check with spa representative for available dates.

Hot Aroma – Volcanic Thermal Stone Face and Body Ritual

4 h / 265 €

Commencing with a drizzling of warm essential oils containing lavender, mandarin and sesame seed oil combined with sea salts will leave your skin feeling like 'silk' followed by a full body massage with the use of hot basalt stones to work deep into the muscles to ease away tension and stress. Incorporating a 'made to measure facial experience' including hot basalt stones and selected essential oils and marine extracts surge the skin with true beauty.

Available only during specific phases. Check with spa representative for available dates.

Light lunch and refreshments included.

Face and Body Detox Therapy

4 h / 255 €

Indulge in a specialised therapy tailored to those who perhaps are feeling fatigued and low in energy. Let us give you radiance back to your skin and stimulate the body to improve the sluggish, dimpling effect. Commencing with our Anti Cellulite Therapy, incorporating our results driven detoxifying mask and a tailored lymphatic drainage massage on the legs and feet to alleviate fluid retention, cellulite and uneven skin tone. This therapy will conclude with a prescribed made to measure facial, whilst lying on warmed, bubbling seaweed to release tension and combat muscular aches and pains in the back area. This energizing, stimulating therapy will leave you feeling relaxed yet rejuvenated at the same time.

Available only during specific phases. Check with spa representative for available dates.

Light lunch and refreshments included.

Ultimate Journey of Anne Semonin Beauty

6 h / 360 €

The commencing with a drizzling of warm essential oils containing lavender, mandarin combined with sea salts will enrich the skin followed by a full body massage with the use of hot basalt stones to work deep into the muscles to ease away tension and stress. A warm seaweed envelopment with as essential marine extracts and essential oils work deep into the body to detoxify and remineralise followed by the ultimate, bespoke Anne Semonin Haute Couture Facial incorporating a firming algae mask to detoxify and brighten the skin. A relaxing eye treatment is to lift and to tone, including a luxurious scalp massage to give a sensation of total well-being. To complete your journey of beauty, your Therapist will perform the Anne Semonin Perfect Hands Therapy and Sole Foot Treatment, resulting in perfectly groomed hands and feet with amazing nourishing and conditioning effects. A journey not to be missed.

Available only during specific phases. Check with spa representative for available dates.

Light lunch and refreshments included.

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

To help you enjoy your visit at The Club 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 or desires.

SPA POLICIES

Should I make a reservation for my booking?

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

Who can guide me in choosing my treatment?

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

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

May I bring my child to the spa?

Young adults over the age of 16 years are welcome to visit the spa.

HEALTH QUESTIONS

What if I am pregnant?

While there are a few services that should be avoided during pregnancy, there are many beneficial treatments that can be enjoyed. If you are pregnant, please notify our spa concierge when you make your appointments so they can offer guidance. Furthermore, certain 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, on any medications, or if you are pregnant. If you have any concerns at all, please let us know. If at any time during your services you experience discomfort, please alert your service provider immediately.

UPON ARRIVAL

What about my comfort?

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?

Arrive showered, wearing your robe and slippers supplied from your room. If necessary, a robe, towel, slippers, shower facilities and secured locker are all 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 draped, except for the area being treated. Before and after you treatment, robes and slippers are provided.

What about my jewellery?

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

SPA ETIQUETTE

Our Spa environment is one of tranquillity 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.

SPA SERVICES

Are gift certificates available from The Club Spa?

Beautifully presented Anne Semonin Spa gift vouchers are the perfect gift for any occasion. For your convenience gift vouchers may be ordered by phone and will be dispatched the same day.

OPENING HOURS

Every day from 8am to 8pm
Spa treatments hours from 9am.
Last treatment ends at 19.45pm

SPA CONTACT

Internal: 8614
External: 23740 99614

...and finally a tip

'Take the time to wander through your room to the spa. Breathe the pure air, relaxing your mind and body as a prelude to your treatment'

