



The Resense Spa
is the renaissance of the classical
European spa. A fusion of modern and
traditional design, art, music, therapies
and bathing.

A European Spa Revival.

The Resense Experience

Welcome to the Resense Spa at Royal Maxim Palace Kempinski Cairo. Resense has combined ancient, local healing traditions with the European art of service to create a truly royal and contemporary experience.

Inspired by Europe, we have carefully designed every element of our spa to provide you with classical service, a luxurious experience and an element of surprise. Our array of services does not simply include treatments, but rather, experiences that achieve your desired result and a little more...

Our Massage Experiences are distinct and soothing, our Body Experiences are deeply cleansing in a luxurious and personalised manner; our Facial Experiences are targeted and lavish and our Definitive Experience, The Journey is simply 'a must'.

The Resense Beauty Experiences will cater to your essential aesthetic needs, offering you an unwinding odyssey inside out. For those of you in a rush, we have tailored a number of short, yet effective treatments on our Express Menu.

The very nature of an 'experience' though, is that it should be so good, you hope it never ends. Hence, please allow some more time to appreciate one of our Resense Collections. We have specifically chosen experiences that pair intrinsically together to provide you with a more comprehensive result and with a longer duration to enjoy it. Our Spa Concierge will enjoy customising a Bespoke Collection just for you.

We all look forward to welcoming you to our open lounge to consult personally with you to tailor your Resense experience...



Definitive Experiences

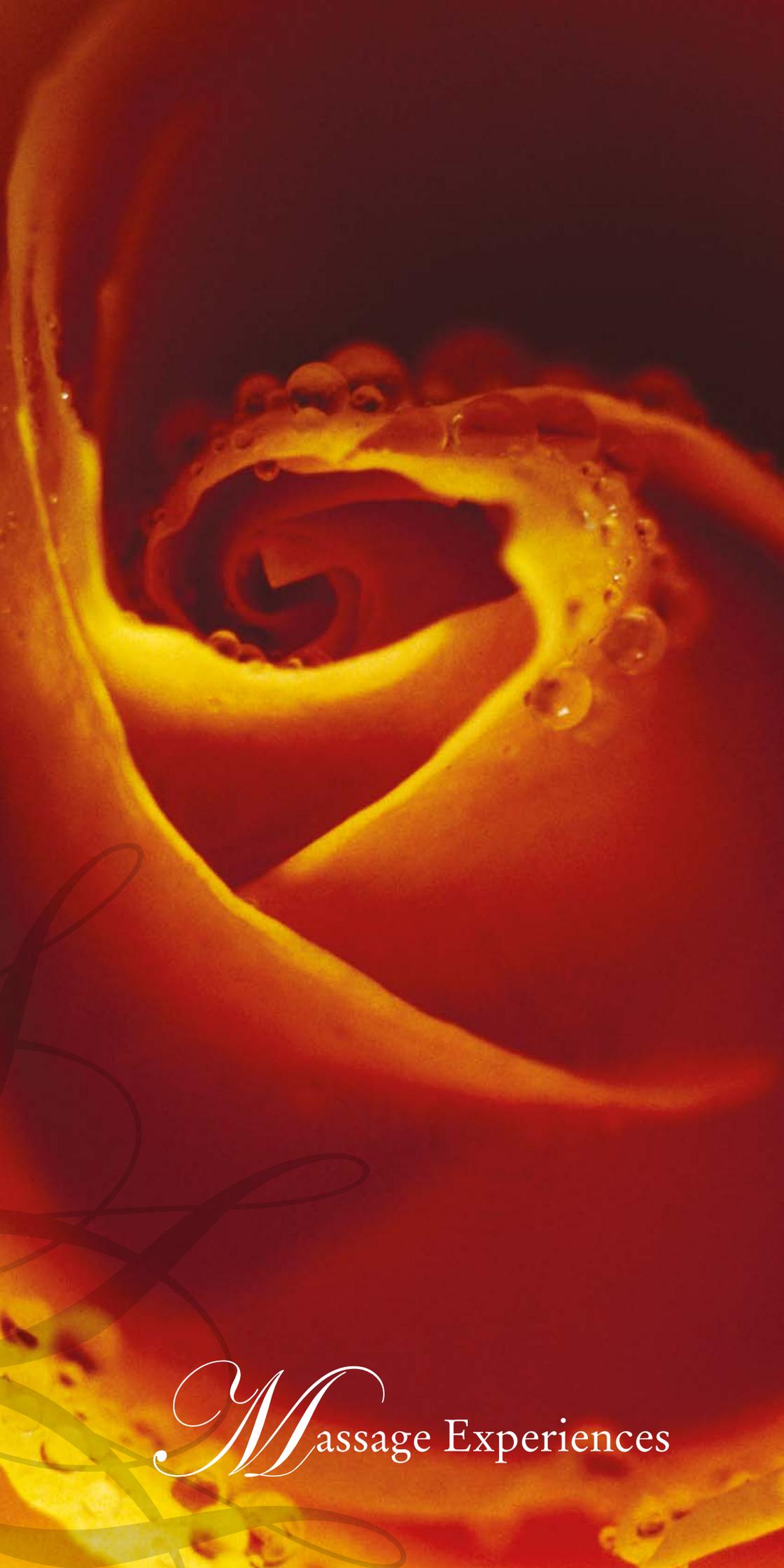
The Journey

The Polish & The Arabian Massage

1 hour and 45 minutes

Begin your journey with the '4 Tea Polish' which includes Rooibos or Red Bush tea native to the continent and contains alpha hydroxy acid and zinc which is great for the skin. Complete your journey with 'The Arabian' traditional massage to revive the body & mind, as a Bedouin traveller's rituals in times past.





*M*assage Experiences

Massage Experiences

The Renaissance

Our Definitive Massage

80 minutes

The Renaissance whole body massage will slow you down, so that afterwards you will have the energy to speed up. Our signature massage concentrates on areas of the body that hold tension. Body brushing stimulates, whilst the thermal compresses gently warm up the muscles and persuade them to relax. A variety of massage techniques ensures stress is dissolved and you quite simply feel ready for anything.

The Arabian

50 or 80 minutes

The word 'massage' is derived from Arabic language and means 'to feel'. This is our inspiration for this classical Arabian massage, an old tradition, once used by Bedouin travellers. Utilising long, gliding and flowing strokes, it has proven to be helpful in reducing muscular pain and joint stiffness, and to stimulate circulation. It can be applied with medium or hard pressure.

The Aroma

50 or 80 minutes

The gentlest of massages, yet so effective in balancing the whole body and the mind. A synergy of seamless massage techniques and specially blended essential oils ensure you will feel renewed and refreshed.

The Deep

50 or 80 minutes

Before getting down ‘to work’, this massage experience begins with warming the muscles. This prepares you for a deep massage designed to relieve tension in the muscles and the connective tissue. Perfect for those who enjoy a stronger massage.

The Back, Neck & Shoulders

30 minutes

So many of us hold tension in our upper backs and necks. Too many hours at the computer, too much stress from life in general. We use thermal compresses to persuade any tight muscles to loosen up and release, so that we can massage them back into a relaxed state.

The Head, Hands & Feet

30 minutes

In reflexology, the whole body is depicted on both the feet and the hands. As a result, by massaging them we can, in effect, treat the whole body. You will be impressed by how very relaxing and restoring this treatment is, particularly as we end with a sumptuous head massage. It is worth a try and if you wish, there is no need to change into a robe.

The Duo

50 or 80 minutes

Two can relax and enjoy a massage together in our couples’ room. Our Spa Concierge will consult with you both to help you each select one of our Massage Experiences.



Body Experiences

Body Experiences

The Polish & Swathe

Scrub and Wrap

80 minutes

Our invigorating '4 Tea Polish' body scrub infused with healing ingredients, cleanses your skin in preparation for the 'Nourishing Swathe' wrap. Whilst the wrap is working its magic, we will tenderly massage your head to balance and promote relaxation.

The Polish

Scrub

45 minutes

Our '4 Tea Polish' is an elixir of aromatic apricot oil, shea butter, bamboo powder and extracts of 4 different teas. It is both a detoxifying cleanser and is intensely moisturising. Perfect on its own or combined with other experiences.

The Swathe

Wrap

45 minutes

We have two distinctive, locally sourced body wraps for you to choose from. The Nourishing Swathe is milk, rice and kaolin powders infused with vanilla and coconut nectar to give a sheen of softness and moisturize. Our Detoxifying Swathe combines green, black and red teas with clay and rice powder, high in anti-oxidants and is also anti-ageing. Your swathe will be luxuriously applied and will leave your skin feeling soft and luminous.



*F*acial Experiences

Facial Experiences

The Age Defier

80 minutes

This facial deeply hydrates the skin using exclusive and highly active products, with a facial peel to encourage cell renewal followed by a collagen mask to smoothen and firm your facial contours. The result is a youthful, healthy and luminescent complexion. Relaxing and luxurious 'The Age Defier' will leave you with a revitalised look while allowing you to embrace your younger self.

The Brightener

50 or 80 minutes

This facial is designed to brighten and illuminate the skin. An exfoliating enzymatic peel of the face, neck, décolleté and hands evens out the skin tones. A deep cleansing massage promotes circulation, followed by a cooling rice masque which restores the skin's radiance.

The Restorer

50 minutes

Calming, soothing and repairing. A unique, algae masque with balancing botanical extracts is designed to heal and rejuvenate the most sensitive of skins, resulting in a restored and repaired complexion. Perfect for those affected by pollution, stress and sun damage.

The Purifier

50 minutes

We cleanse and balance your face and décolleté with a combination of 4 Teas Elixir and Lupin flower extract in this relaxing and luxurious experience. Perfect for everyone, ‘The Purifier’ will leave your skin oxygenated and purified, and your face looking and feeling full of life and energy.

The Gentleman’s

50 minutes

Tailored just for men. Stressed and fatigued male skin will love this detoxifying treatment, your face is cleansed, exfoliated and hydrated with a specifically adapted solution for the male epidermis.

The Express

25 minutes

This is an express facial which refreshes the skin. You are led through a series of gentle phases: cleansing (make up removal, gentle steam exfoliation), a de-stress facemask (decongesting green tea compresses) and massage (focusing on the muscles of the upper body).



*R*esense Collections

Resense Collections

The Slim & Firm

Massage and Wrap

80 minutes

Starting with a lymphatic massage of the legs, the Detoxifying Swathe is applied to help remove cellulite by activating the cell's metabolism and stimulating the lymphatic system. This firming experience combines detoxifying ingredients with kneading massage techniques to fight and prevent cellulite on the legs, abdomen, hips and arms.

The De-Stress

Massage and Facial

80 minutes

Allow your body and mind to relax first with The Aroma full body massage. Drift into a deeper state of relaxation with The Brightener facial. Your face will be massaged with a series of tools and selected ingredients to purify and deliver an ultra moisturizing effect, visibly plumping the skin and maximising your skins' radiance. Perfect for those with a busy mind and body seeking to slow down.

The Body & Face

Scrub, Massage and Facial

1 hour and 50 minutes

Your experience starts with a gentle, exfoliating 4 Tea Polish body scrub preparing you for The Deep massage. Cleansed and relaxed, this collection then restores your skin's brilliance with The Brightener facial, thus finishing the portrait.

The Complete

Scrub, Wrap, Massage, Facial

2 hours and 20 minutes

Our guests' favourite, 'The Complete' is the optimal collection to make you look and feel at your greatest. Maximising the regenerating yet soothing benefit from the 4 Tea extract, we will exfoliate your body with the "4 Tea Polish". The treatment will continue with a "Nourishing Swathe" body wrap in a luxurious and relaxing body sequence culminating in a massage of your choice. The experience will be completed with "The Brightener" facial. Now you are ready for that big event or to simply go home looking amazing...

The Bespoke

2 hours and 20 minutes

Design your very own 'Collection' by choosing Experiences from our menu. Perfect for those who know what they like and for those who don't - either way, our Spa Concierge will guide you.



*E*xpress & Beauty

Resense Express

The Neck & Shoulders

Massage

25 minutes

The Back

Massage

25 minutes

The Hands & Feet

Massage

25 minutes

The Arms & Hands

Massage

25 minutes

The Feet

Massage

25 minutes

The Legs

Massage

25 minutes

The Head

Massage

25 minutes

The Face

Massage

25 minutes

Resense Beauty

Resense Spa have carefully designed the Beauty Experiences to be moments that you will always remember. Moments that go beyond just a manicure or pedicure; moments that persuade you to return time after time for all of your beauty needs. Our service is a unique, luxury experience.

Spa Manicure & Pedicure

	minutes
The Resense Spa Manicure	55
The Resense Spa Pedicure	70
Gentlemen's Spa Manicure	45
Gentlemen's Spa Pedicure	45

Gel Polish add to any manicure or pedicure

Eyes

	minutes
Eyebrow Shape	15
Eyebrow Tint	15
Eyelash Tint	30
Lash & Brow Tint	30

Waxing

	minutes
Half Leg	30
Full Leg	45
Half Arm	20
Full Arm	30
Bikini	30
Full Bikini	45
Back or Chest	45
Under Arms	15

Spa Etiquette

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The spa environment is one of tranquillity and relaxation. Please respect the quietness and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave all valuables in your guest room safe. The spa does not assume liability for any valuables.

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Health Concerns

Please advise us of any health conditions, allergies or injuries that could affect your experience or use of the spa facilities.

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Spa Experience

To make the most of your spa experience and support the benefits of your treatment, we recommend that you allow extra time prior to your scheduled time to enjoy the facilities. For your convenience, the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all experiences, you will be properly draped for ensured privacy.

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The Private Lounge

As your treatment benefits both body and mind, we invite and encourage you to rest after your experience to ensure that you gain the full benefit.

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Reservations

Advanced booking is highly recommended to ensure preferred times are available, particularly if you decide to visit us a number of times during your stay. The spa provides walk-in bookings based on availability. To make a reservation from your guest room, call the spa reception on +202 2389 9000.

Minimum Age

The minimum age for spa treatments and use of the wet areas is 16.

Gift Certificates

Our gift certificates make a wonderful gift for any special occasion. Please enquire at the spa reception for details and purchase.

Lateness & Cancellation Policy

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of 3 hours notice for cancellations. With fewer than 3 hours notice you will be charged the full price.

Hours of Operation

Spa is open from 6am to 10pm daily.

Treatments are available 10am - 9pm*.

Fitness Centre 6am - 10pm with hotel guest able to use the facilities 24 hours.

*Appointments outside these hours can be requested.



The Resense Spa
at Royal Maxim Palace Kempinski

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