

*Kempinski*

The Spa

our  
menu of  
sensational  
*Treatments*



# *The* Seasonal Spa

Kempinski The Spa is a journey inspired by  
the European cycle of the seasons.

Drawing on the elemental wisdom of nature,  
our treatments both invoke and restore the  
body's natural equilibrium.



## Seasonal Messages

### Spring In Your Step **Detoxing**

This is a detoxifying and uplifting massage that works on the lymphatic system, thus helping to eliminate toxins from the body. This therapeutic treatment commences with a dry body brushing designed to awaken a lethargic system.

60 / 90 minutes    EUR 90 / 115

### Autumn Sleep **Relaxing**

This nurturing, aromatherapy massage focuses on achieving deep levels of relaxation. The massage includes a therapeutic head massage that works on cranial pressure points to alleviate signs of stress to help you to unwind.

60 / 90 minutes    EUR 90 / 115

### Summer Bliss **Balancing**

The Summer Bliss massage is based on soothing strokes. The body will be cooled, calmed and soothed with the use of refreshing Aloe Vera and Cucumber while cool stones will be placed on both the face and décolleté bringing balance to the whole body.

60 / 90 minutes    EUR 90 / 115

### Winter Warmer **Energizing**

This classic deep tissue massage is both energizing and nourishing and is specially designed to focus on painful joints or stiffness in the body as required. This therapeutic body treatment includes a warming Shea and Mango butter foot balm.

60 / 90 minutes    EUR 90 / 115

## Additional Messages

### Classic **Massage**

A whole body massage that is as unique as you are! Your therapist will consult with you regarding your specific needs and will tailor your massage to achieve your desired results.

60 minutes    EUR 80

### Hot Stone **Massage**

Long massage strokes are combined with heated stones placed on key energy points of the body, warming them and releasing energy from muscles. Instantly relieves and comforts.

60 minutes    EUR 100

### Back, Neck & Shoulder **Massage**

45 minutes    EUR 65

### Reflex Foot **Massage**

45 minutes    EUR 65

# Body Treatments

## Spring Embrace Wrap **Detoxing**

This wrap is highly effective in purging toxins and boosting blood and lymphatic circulation. During the wrap, the skin will be gently cleansed and toned with an express facial.

**45 minutes** EUR 75

## Summer Pearl Scrub **Balancing**

Mother of Pearl is the key ingredient in this luxurious, calming body polish. In its powdered form, it works gently yet effectively to encourage a smoother skin texture. It is an ideal Scrub for those who wish to prepare for a summer tan.

**45 minutes** EUR 65

## Autumn Drape Wrap **Relaxing**

This wrap is deeply relaxing. The body is reassuringly wrapped, whilst a warm stone massage is administered to the face with movements designed to enhance a holistic body experience.

**45 minutes** EUR 75

## Winter Clear Out Scrub **Energizing**

The Winter Clear Out Scrub contains fine Himalayan salt infused with melted Shea Mango Butter and essential oils. When applied, dryness is polished away and the skin is deeply nourished.

**45 minutes** EUR 65

## Body Combination **Seasonal**

Combine any Seasonal Body Scrub or Wrap with a Seasonal Massage.

**90 minutes** 140 EUR

# Express Spa Treatments

## Express **Facial**

A mini facial treatment suitable for all skin types. Skin is deeply cleaned, exfoliated and nourished. Skin is left looking clear and moisturized.

**20 minutes** EUR 30

## De-Stress Back **Massage**

**20 minutes** EUR 20

## Hot Stone **Massage**

**30 minutes** EUR 40

## Relaxing Foot Scrub & **Massage**

**20 minutes** EUR 30

# Couple's Treatments

Why not enjoy the spa together? Any of the treatments on the menu can be booked for two and enjoyed in our couple's room.



## Seasonal Facials

### Spring Face **Detoxing**

This deep cleansing Spring Facial ensures the skin is refreshed and renewed.

**60 / 90 minutes**    EUR 90 / 115

### Autumn Face **Relaxing**

This relaxing Autumn Facial nurtures tired skin, unwinding any facial tensions, and resulting in a radiant look for the face.

**60 / 90 minutes**    EUR 90 / 115

### Summer Face **Balancing**

For those who tend to have a dry or inflamed skin, the Summer Facial will be the one to choose. Its' calming properties will help to rehydrate and cool the skin, bringing it back into balance.

**60 / 90 minutes**    EUR 90 / 115

### Winter Face **Energizing**

This wonderful Winter Facial works to pamper and hydrate dry skin, and helps it stay protected and nourished during harsh climatic conditions.

**60 / 90 minutes**    EUR 90 / 115

## Additional Facials

### Rejuvenating Age Support **Facial**

This transformative brightening facial addresses the key underlying causes of aging by improving detoxification, microcirculation as well as the skin's nutrition.

**90 minutes**    EUR 125

### Men's **Facial**

Take a moment to indulge in a facial, tailored specially for men. Enjoy this refreshing experience as your skin is deeply cleansed, exfoliated and nourished.

**60 minutes**    EUR 80

### Classic **Facial**

In this customised facial, healing botanicals, natural tonics, vitamins and marine extracts are selected to feed the skin and restore equilibrium. Results are immediate and long lasting.

**60 minutes**    EUR 80



# *Oriental* Hammam

The traditional Hammam is the central part of the Far Eastern bathing and cleansing ritual that has evolved over thousands of years. Heated marble surrounds you, as you enjoy an exfoliating body scrub, mud or clay wrap or deep cleansing body foam massage. At Kempinski The Spa we offer the following Hammam treatments:

## Classic Moroccan Hammam

This classic treatment consists of a full body cleanse using a Kessa mitt and Moroccan Black soap. A wrap, using eucalyptus scented 'Rassoul' clay is then applied to the whole body and a rose scented clay mask is used on your face. You will feel so refreshed afterwards.

**45 minutes EUR 75**

## Royal Hammam

The Royal treatment starts with a scrub from head to toe. The body is then wrapped in nourishing 'Rassoul' clay and followed by a relaxing massage.

**120 minutes EUR 165**

## Hair Treatment

Add this treatment to any of the Hammam treatments. This intensely relaxing treatment will leave you hair nourished and shiny.

**15 minutes EUR 20**

## Hammam Gommage

The Gommage is an invigorating mineral salt scrub, rich in trace elements and eucalyptus oil, a deeply cleansing and skin smoothing treatment.

**30 minutes EUR 45**

## Turkish Hammam

We begin with a vigorous scrubbing to refresh and cleanse, followed by a foam massage using long strokes.

**45 minutes EUR 75**

## Hands & Feet

	Min.	EUR
Traditional Manicure	45	40
Traditional Pedicure	60	55
Gentlemen's Manicure	30	30
Gentlemen's Pedicure	45	45
Polish Change	15	15
French Polish	20	20
Paraffin Wax Envelopment	15	20

## Eyes

	Min.	EUR
Eyebrow Shape	10	15
Eyebrow Tint	15	10
Eyelash Tint	15	20
Lash & Brow Tint	25	25

## Waxing

	Min.	EUR
Upper Lip	15	7
Lip & Chin	15	12
Half Leg	30	30
Full Leg	45	45
Half Arm	25	25
Full Arm	45	30
Basic Bikini	30	20
Back or Chest	45	30
Under Arms	15	20

# The Definitive *Treatment*

## The Island Experience

Our definitive treatment attends not only to your body but also to your face, leaving you feeling lighter with a renewed sense of vitality, a true experience.

By starting with a slow rhythmic body brush, the skin is prepared for a full body hot stone massage. Essential oils of Juniper berries, Rosemary and Grapefruit are used to soothe the muscles of the body together with the mind, while hot stones further reduce any lingering tension. The focus then moves from the body to the face where your skin is thoroughly cleansed and moisturized, visibly improving the complexion.

90 minutes    EUR 130



# Spa *Etiquette*

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

## Health Concerns

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

## Spa Experience

To make the most out 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 our inviting wellness area. For your convenience the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all treatments you will be properly draped for ensured privacy.

## Relaxation Lounge

As your treatment continues to benefit both body and mind, we invite you to rest and recuperate in our relaxation room. Stay for as long or as little as you like.

## Reservations

Advanced booking is highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings based on availability. To make a reservation from your guest room, dial "2" to call the spa reception.

## Minimum Age

The minimum age for spa treatments and use of the gym and wellness area is 16 years. Please note children under 12 years can enjoy the indoor pools until 15:00 with adult supervision.

## 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 twelve hours notice for cancellations. With fewer than six hours notice you will be charged for 50% of your treatment. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

## Hours of Operation

	Winter	Summer
Spa Treatments	10:30 - 19:00	09:00 - 20:30
Indoor Pools & Gym		07:00 - 21:00
Pool usage for children 0-12 yrs		07:00 - 15:00*

\*Toddlers 1-3 years are obliged to wear water proof nappies when using the indoor pools. Kindly note that the minimum age for the gym usage is 16 years.





Kempinski Hotel  
San Lawrenz

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