

*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 Massages

## Spring In Your Step **Detoxing**

Detoxifying and uplifting massage that works on the lymphatic system helping to eliminate toxins from the body.

## Autumn Sleep **Relaxing**

This nurturing, aromatherapy massage focuses on achieving deep levels of relaxation.

## Summer Bliss **Balancing**

The body will be cooled, calmed and soothed with the use of refreshing Aloe Vera and Cucumber.

## Winter Warmer **Energizing**

Classic deep tissue massage, energizing and nourishing. Specially designed to focus on painful joints or stiffness in the body as required.

**50 MIN | 80 EUR - 80 MIN | 105 EUR**

# Additional Massages

## Classic **Massage**

A whole body massage that is as unique as you are! Your therapist will consult your specific needs and will tailor your massage.

**50 MIN | 75 EUR - 80 MIN | 100 EUR**

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

**45 MIN | 65 EUR**

## 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.

**80 MIN | 115 EUR**

# Body Treatments

## Spring Wrap & Massage **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.

**50 MIN | 85 EUR**

## Summer Mineral Scrub **Balancing**

This luxurious body scrub, uses mineral replenishing crystals to gently exfoliate, replenish and smooth the skin.

**45 MIN | 65 EUR**

## Autumn Back Treatment **Relaxing**

This treatment combines a deep, detoxifying marine mud with a super-relaxing back, scalp and foot massage.

**45 MIN | 65 EUR**

## Winter Clear Out Scrub **Energizing**

A full body exfoliation with detoxifying sea salt crystals for deep cleansing that leaves your skin soft and silky.

**45 MIN | 65 EUR**

# Express Treatments

## De-Stress Back **Massage**

**20 MIN | 30 EUR**

## Hot Stone Back **Massage**

**30 MIN | 40 EUR**

## Relaxing Foot Scrub & **Massage**

**20 MIN | 30 EUR**

# 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 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.

**80 MINS | 120 EUR**

## 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

## Waxing

	MIN	EUR
Half Leg	30	30
Full Leg	45	45
Underarm	15	20
Half Arm	25	25
Full Arm	45	30
Back or Chest Waxing	45	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.

# 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

Spa Reception: 7 am to 7 pm  
Spa Treatments: 10 am to 6:30 pm  
(appointments are available outside of these hours upon request).  
Gym: 7 am to 7 pm daily.

# Contact *Details*

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