



marinespa

Thalasso & Spa

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*M*arine Spa is our unique interpretation of wellbeing: a full thalassotherapy centre combined with a large array of Spa treatments.

Marine Spa welcomes both hotel and outside guests from 10.00 am till 10.00 pm daily, offering them a unique concept that gives its true meaning to wellness.

Harnessing the power of natural marine ingredients, together with the latest innovations in product and treatment technology, we offer a complete package for all your spa and wellness needs.

Under the guidance of our expert Spa therapists, we encourage our guests to actively participate in the selection and creation of a personalised spa programme.



Facial treatment



Facial treatment

Moisturizing treatment

It is indicated for the dehydrated skin, weakened and presenting sensations of discomfort.

🕒 55 min **110 TD**

Smoothing treatment

Collagen treatment. It has an intense moisturizing effect and fights against the first signs of aging of the skin.

🕒 55 min **130 TD**

Nourishing care

Indicated for dry to very dry skins, nourishing and restorative, allowing the skin to regain comfort, suppleness and luminous complexion.

🕒 55 min **120 TD**

Soothing care

For sensitive skin, this treatment active the blood circulation of the face. Better oxygenated, the skin is fresh and clear

🕒 55 min **110 TD**

Exfoliating treatment

Indicated for tired and oily skin, this treatment accelerates the peeling of the skin. It becomes smoother and clear instantly.

🕒 55 min **120 TD**

Exceptional anti-aging care

Exceptional high-end care : anti-stress, anti-wrinkle and lifting effect. It guarantees a visible result from the first treatment.

🕒 55 min **140 TD**

Face and eye treatment

It meets the specific needs of your skin while treating your eyes. This one is softer, smoother and your eyes are sublimated.

🕒 55 min **150 TD**

Facial treatment for men

This energizing treatment cleanses the skin while removing the areas of brilliance of the face. The skin is regenerated, smoother and wrinkles are less deep.

🕒 55 min **120 TD**

Body care

Wraps & Baths

Sahara sand scrub

🕒 25 min **60 TD**

Soft gum, it activates the circulation and leaves the skin soft and smooth. Excellent prior to any body care.

Mud Cocoon

🕒 55 min **85 TD**

Mud wrap in our floating bed, followed by body hydration.

Cocoon of chocolate

🕒 55 min **85 TD**

A relaxing, anti-oxidant and anti-aging wrap in a floating bed, followed by body hydration.

Seaweed wrap

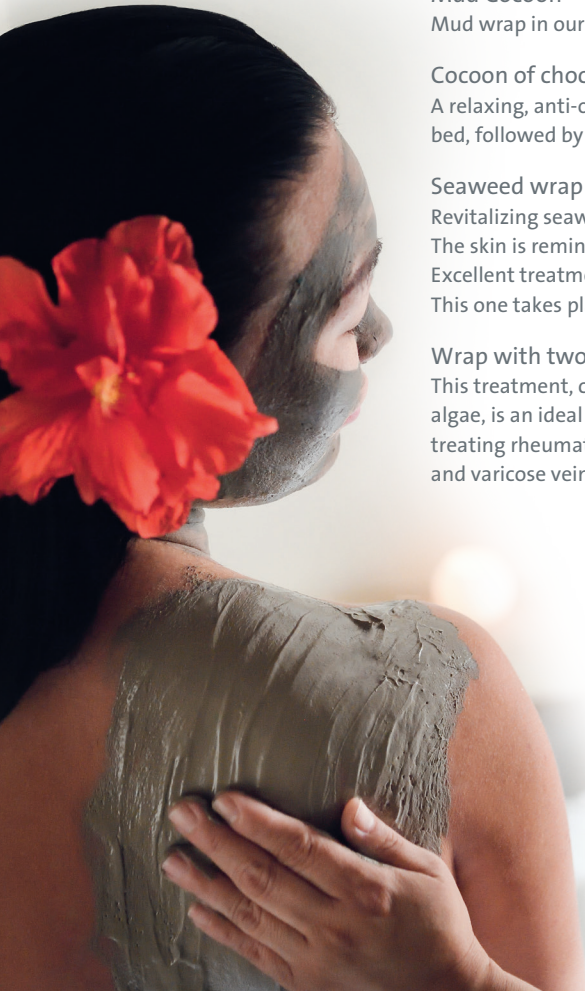
🕒 55 min **85 TD**

Revitalizing seaweed care rich in trace elements. The skin is remineralized, purified and rebalanced. Excellent treatment to fight against cellulite. This one takes place in a relaxing floating bed.

Wrap with two seaweeds

🕒 55 min **100 TD**

This treatment, combined with seaweed and cryogenic algae, is an ideal blend to fight against cellulite while treating rheumatic problems, sensations of heaviness and varicose veins.



After sun wrap

Moisturizing wrap, soothing and refreshing at the same time.

🕒 55 min **85 TD**

Tea wrap

A combination of a slimming and anti-aging action. The skin is firm and rejuvenated. This one takes place in a relaxing floating bed.

🕒 55 min **100 TD**

Heavy legs

Perfect for combating the feeling of heaviness, varicose veins and circulatory problems of the legs. It begins with a wrap in the floating bed followed by a anti heavy leg massage.

🕒 55 min **120 TD**

Cleopatra bath moisturizing milk and honey

recommended after a scrub it relieves irritation and moisturizes the skin.

🕒 25 min **65 TD**

Tunisian bath with olive oil

Infusion of pure oil in a hot bath recommended after a scrub. This treatment leaves the skin hydrated, soft and supple.

🕒 25 min **65 TD**

Aromatic oils bath

Let yourself be transported in a relaxing, moisturizing and nourishing hot bath with the scents of the moment.

🕒 25 min **65 TD**

Hamмам & Scrubbing

All of our hammam treatments include free use of sauna, experience showers and ice fountain.

Hamмам and scrub

Application of black soap followed by a traditional exfoliation Kessa glove that activates skin peeling and cell renewal.

🕒 25 min **60 TD**

Hamмам, scrub and mud application

Application of black soap followed by a traditional scrub kessa glove that activates the desquamation and cell renewal. This treatment ends with a sludge application for antalgic, anti-inflammatory and detoxifying action.

🕒 40 min **80 TD**

Hamмам, scrub and application of algae

Application of black soap followed by a traditional exfoliation kessa glove that activates the desquamation of the skin and cell renewal. This treatment ends with an application of algae for an improvement of the appearance of the skin and an activation of the circulation.

🕒 40 min **80 TD**

Tunisian Hammam Ritual

Let yourself be carried away in this traditional Tunisian ritual. This package begins with a welcome foot ritual, followed by a black soap application before scrubbing the Kessa glove. You will continue this treatment with a body massage with green soap followed by a clay body wrap and hydration with oriental scents.

🕒 90 min **160 TD**



Shower with stimulating jet

The tension and the pressure of the jets improve the blood circulation, the tonicity of the skin and the fight against the cellulite.

🕒 25 min **60 TD**

Shower affusion

This method adds the benefits of massage and those of seawater. It eliminates toxins, accelerates blood circulation and causes muscle relaxation.

🕒 25 min **70 TD**

Underwater shower

It activates blood circulation, fights cellulite and relaxes body tension.

🕒 25 min **60 TD**



Massages

Relaxing facial massage

Relieve tension. Your skin is refreshed and visibly brighter. This anti-wrinkle massage activates the blood circulation, corrects the dull complexion and restores radiance to your face.

🕒 25 min **75 TD**

Relaxing back massage

Relieves muscular tension in the back eliminates fatigue, stress and relieves aches and pains.

🕒 25 min **75 TD**

Relaxing scalp massage

This massage purifies, releases the energies and facilitates the circulation.

🕒 25 min **75 TD**

Relaxing foot massage

A deep and relaxing massage that helps eliminate tension and provides a feeling of well-being.

🕒 25 min **75 TD**

Relaxing whole body massage

A source of physical and psychological well-being, this massage gives you deep relaxation and releases accumulated toxins.

🕒 55 min **130 TD**

Signature Marine Spa Massage

This massage is our interpretation of Swedish massage .toning and relaxing, it applies to the whole body for deep relaxation.

🕒 85 min **150 TD**



Foot reflexology

Action on the specific areas of the sole of the foot, helps rebalance the energy through the body and provides a feeling of well-being.

🕒 45 min **100 TD**

Hot stone massage

Thanks to its slow and gentle movements, the energy and heat of volcanic stones, this massage provides a deep relaxation effect.

🕒 70 min **170 TD**

Gemstone Facial Massage

This massage uses different precious stones: blue stone for the energy of the sea, brown stone for the energy of the earth, the stone rose for the energy of nature. Your body and your mind will be immersed in a deep well-being.

🕒 25 min **90 TD**

Exceptional massage

Use of three massage techniques: hot stones, foot reflexology as well as relaxing maneuvers, this massage provide a feeling of well-being and a deep relaxation in negative energy of the body.

🕒 70 min **190 TD**



Discoveries



Rituals Marine spa

Spirit of Polynesia By Thalgo

inspired by Polynesian traditions , this ritual helps to relax your body and sublimate your skin. It starts with a Vanilla Islands scrub ,followed by a lagoon's water bath and a Mahana massage, a slow and powerful massage, all ending with hydration with Monoï Tahiti oil sublimate the body.

🕒 2h

250 TD

African Body Ritual

This package begins with a welcome foot ritual followed by a moisturizing milk and honey bath and ends with our Signature Marine Spa full body massage. Your skin is sublimated by the application of a body butter made from dates and honey with a deeply relaxing and moisturizing action using Tunisian products.

🕒 2h 25 min **220 TD**

Oriental Body Ritual

A journey of the senses designed to purify, relax, regenerate and revitalize . This treatment begins with a sweet and savory body scrub followed by a refreshing milk bath and ends with a relaxing massage with the cream application of a ylang-ylang moisturizer.

🕒 2h

220 TD

Stopover in Marrakech

this package begins with a welcome foot ritual then black soap application followed by a scrub hammam and application of ghassoul , all ending with a gentle massage of the whole body.

🕒 1h 45 min **180 TD**

Life in Pink

Immerse yourself in a relaxing universe with a gentle rose petal scrub, a moisturizing bath with rose essences followed by a relaxing 4-flower massage, all ending with a mini face treatment.

🕒 2h 25 min **220 TD**
400 DT/couple

Trip to Tunisia

🕒 2h 15 min **230 TD**

Ritual following Tunisian traditions to purify and sublimate your body.

This ritual begins with a relaxing, exfoliating and purifying body wrap with black soap in a floating bed followed by a gentle exfoliation of Sahara sand scrub followed by a massage of the whole body with gentle and relaxing maneuvers. End this experience with an application of orange blossom butter. In between treatments you will have the opportunity to relax with herbal tea.

Duo Marin Ritual

🕒 4h 30 min **650 TD/ couple**

All the treatments of this package take place in the Marine Spa Suite , reserved exclusively for couples. This ritual begins with a welcome foot ritual accompanied by herbal tea. After a Sahara sand scrub in a private hammam followed by an experience shower, you can relax in jacuzzi, before enjoying a seaweed wrap in the floating beds. Finish off this wonderful discovery with our Signature Marine Spa Massage. Between treatments, you have the opportunity to relax together with a selection of fruits and fresh juices.

Lady's pleasure Day

🕒 2h 30 min **285 TD**

This program includes: a welcome foot ritual, a Sahara sand scrub, a seaweed wrap or mud in the floating bed, a relaxing body massage and a 55 minute facial treatment by Thalgo.

Men's Escape

🕒 2h 45min **300 TD**

This program includes: a welcome foot ritual, a scrub with mud application in the hammam, a milk and honey bath, a relaxing body massage and a 55 minute facial treatment by Thalgo.

Pure pleasure duo

🕒 2h 10 min **380 TD/couple**

This package includes: a welcome foot ritual, a Sahara sand scrub, a relaxing hot tub and a hot stone massage.

Spa Day

90 TD une journée

Relax with our Spa Day Package. You will have the opportunity to relax in one of our relaxation rooms around a herbal tea, in our heated seawater pool; sauna or in one of our experience showers.



Beauty care

Marine SPA Movenpick | Sousse

Manicure

Hand care that leaves the nails polished and the hands very soft.
This manicure includes a nail polish.

🕒 55 min **60 TD**

Pedicure

This treatment includes foot and nail care, a relaxing foot massage and nail polish.

🕒 55 min **60 TD**

Nail polish

🕒 20 min **35 TD**



The cures

The cures last between 1 and 12 days. A medical questionnaire is filled upon arrival at the center before starting your treatment. Predefined or personalized cures that meet your needs are then proposed. The choice of care may be limited by possible medical contra-indications. Our team of therapists will be happy to assist you throughout this one.

Fitness Cure

Choose one treatment from each group A, B, C and a localized massage (back, face, scalp or feet)

heavy leg Cure

Choose one treatment of each group A and C, an anti-heavy legs wrap followed by an anti-heavy legs massage.

Cure Anti-stress

choose a treatment from each group A, B and C followed by a 55-minutes relaxing massage.

Cure Perfect Skin

Choose a treatment from each group A and C followed by green tea or a Swiss chocolate wrap and a 55-minute relaxing massage alternating with a facial treatment.

Cure Special back

Choose a treatment from each group A and C followed by a mud or cryogenic seaweed wrap and a relaxing back massage.

Slimming Cure

Choose a treatment from group A, a jet shower or underwater shower, a slimming algae wrap followed by a slimming and anti cellulite massage.

Rheumatic Cure

Choose a treatment from each group A and C followed by a mud wrap or cryogenic algae, then a back massage alternating a leg massage with eucalyptus oil..

GROUP A	Sahara sand scrub, moisturizing bath with milk and honey, seaweed bath, olive oil bath
GROUP B	seaweed wrap, mud wrap, hammam and scrub, algae application in hammam, mud application in hammam
GROUP C	jet shower, affusion shower, underwater shower, floating bed, hydro-massage bath.

Cure Marine VIP Spa

Composed of 4 treatments, chose a treatment from group C and a care from each group :

Group 1	sweet-salty scrub, rose petal scrub, Saharan sand scrub, rose oil bath, seaweed bath
Group 2	Mini face treatment, wrap with two algae, green tea wrap, chocolate wrap
Group 3	Marine spa massage, 4 flower massage, hot stone massage

Thalassotherapy treatments (TD)

Cures	1 day	4 days	6 days	9 days	12 days
Classic cure (4 treatments/day)	250	925	1365	2010	2610
Cure heavy legs (4 treatments/day)	265	980	1445	2125	2765
Cure antistress (4 treatments/day)	280	1030	1530	2240	2925
Cure perfect skin (4 treatments/day)	300	1110	1640	2400	3130
Cure special back (4 treatments/day)	250	925	1365	2000	2610
Cure slimming (4 treatments/day)	290	1075	1585	2320	3030
Cure rheumatic (4 treatments/day)	270	1000	1465	2180	2820
Cure Marine SPA VIP	330	1225	1800	2650	3445



*M*arine Spa is open daily from 10 am to 10 pm, daily.

To access the spa pool and facilities or in order to book treatments persons must be over 16 years.

For the comfort and safety of all spa guests we kindly request that you do not smoke or use your mobile phone within the spa environment.

Guests are requested to arrive 10 to 15 minutes prior to their treatment time. Late arrival may result in a shortened treatment or require a new reservation.

If you wish to cancel your treatment, we require notifying a minimum of 4 hours in advance, in order to benefit from a free cancellation.

Thalassotherapy cures cannot be carried out on persons aged less than 16 years or on pregnant women.

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