



# senses

## SPA

SUNRISE GARDEN BEACH RESORT -SELECT-

### Massages

#### Swedish Massage

50 min €70 | 80 min €90

Full body standard massage which combines three basic strokes to the skin; long firm strokes, kneading strokes, and small circles.

#### Relaxing Massage

50 min €70 | 80 min €90

Experience the therapeutic powers of essential oils in a relaxing, restorative massage that combines the sense of smell with the warmth of touch.

#### Sports Massage

50 min €70 | 80 min €90

A vigorous massage incorporating stretching of the muscles to help improve the range of movement. The perfect aftercare for diving or snorkeling trips.

#### Anti-cellulite Massage

50 min €70

Tones, smooths and refines problem areas using special oil and techniques to assist in the reduction of cellulite appearance.

#### Four Hands Massage

50 min €100

Combination of sensuous strokes and muscle manipulation using aromatic oil. Two therapists with four hands work together in synchronized harmony on your body.

#### Hot Stone Massage

50 min €80 | 80 min €100

Stones at different temperatures are placed in various positions on the body. Combined with an aromatic oil massage helps to increase circulation, lymph and vitality.

#### Face and Scalp Massage

50 min €70

Deep acupressure point massage releases stress and tension. It enhances relaxation and strengthens dry, sensitive and sun-damaged hair.

### **Pregnancy Massage**

50 min €80

Beneficial to mother and baby, this body treatment releases stress from muscle cramps, improves blood and lymph circulation.

### **Medical Massage**

50 min €80

The technique of holistic massage uses a combination of peppermint and eucalyptus cloves oils with various movements that manipulate muscles through pressure to identify the cause of the symptoms.

### **Sunburn Massage**

50 min €80

Aloe Vera oil and a cold herbal full body mask will reduce the pain caused by sunburn and aid in the healing process.

## **Programs**

### **Paradise Program**

120 min €140

Sauna | Steam | Coconut & Sugar Scrub (full body) | Mud Mask (full body) | Jacuzzi | 50 min Massage

### **Dead Sea Mud**

120 min €140

Sauna | Steam | Salt Scrub (full body) | Mud Mask (full body) | Jacuzzi | 50 min Massage

### **Cleopatra Rose Garden**

120 min €140

Sauna | Steam | Coconut Rose Scrub (full body) | Mud Rose Mask (full body) | Jacuzzi | 50 min Massage

### **Romeo and Juliet**

120 min €200

Sauna | Steam | Coconut & Chocolate Scrub (full body) | Honey Mask (full body) | Jacuzzi | 50 min Massage

### **Shahrazad Coffee Scrub**

120 min €140

Sauna | Steam | Coffee Scrub (full body) | Chocolate Mask (full body) | Jacuzzi | 50 min Massage

### **Turkish Hammam**

120 min €100

Sauna | Steam | Loofah Scrub (full body) | Foam Massage (full body) | Mud Mask (full body) | Jacuzzi | 50 min Massage

For more information or reservations, please contact Senses Spa #796 | Open daily from 09:00 – 20:00