



MY SPA

Uncomplicated, fresh and welcoming, "My Spa" treatments are designed to feed your skin with essential beauty ingredients at attractive prices.

The purest essential oils, trace elements and plant extracts from our luxury Spa brand, Anne Semonin Paris, are combined with the expertise of our skilled therapists in order to create, especially for "My Spa", the finest beauty treatments that give immediate and long lasting results and a stunning healthy glow to your skin.

EXPRESS FACIALS

Aromatic Face Drainage & Soothing Scalp Massage

20 min / 45 €

A truly soothing and aromatic Scalp Massage combined with the Anne Semonin lymphatic face drainage massage to improve relaxation and promote a sense of calm and wellbeing.

Hydra Express Facial

25 min / 50 €

A powerful express skin replenishment treatment ideal for quick and instant results. Immediately refreshes and hydrates the skin, leaving it soft, supple and revitalised.

For Your Eyes Only

25 min / 55 €

Designed to enhance, lift and firm your eye area. State-of-the-art Anne Semonin Express Radiance Ice cubes full of cryotherapy benefits are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of ageing.

EXCLUSIVE FACIALS

Oligo Skin Protect

50 min / 85 €

The ultimate in building your skin defenses using anti-oxidants, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells. Using the exclusive Anne Semonin Oligo range of products, an advanced formula combining dynamic ingredients such as algae and chlorella, ensures a clear skin, thoroughly protected from the urban environment.

Soothing Skin Saviour

50 min / 85 €

The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences. A generous application of the algae and kaolin clay formula smoothes and nourishes skin revealing a perfectly calm and soothed complexion. Skin is prepared with gentle cleansing and exfoliation before indulging with the luxurious Anne Semonin Cream mask.

Age Defend

50 min / 95 €

Define the ageing process with this quintessential regenerating facial therapy. Signs of aging dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity. Mature skins will appreciate the extracts of Mexican Wild Yam and rice which provide the ultimate defense against environment aggressions and help maintain a youthful radiance all the way to a cellular level.

Skin Renewal Treatment

45 min / 95 €

A unique, efficient resurfacing treatment, combining mechanical and chemical exfoliations: a smart & medically inspired method, without irritation, that will give your skin a luxurious glow and incredible softness. Experience the Micronised crystal powder, mixed with a nourishing massage butter, followed by the application of a gentle acid emulsion, as efficient as the soft sensation it provides. Discover this Anne Semonin unique transformative treatment, which re-invents the surface of your skin within a few minutes, infusing it with an efficient blend of ingredients and polishing it to perfection!

EXCLUSIVE FACIALS

Cryotherapy

55 min / 100 €

A contouring and firming facial designed to combat the visible signs of ageing; excellent for mature, dry and dehydrated skins. Innovative Anne Semonin neurocosmetic ingredients are combined with 100% Active Serums and advanced cryotherapy Anne Semonin Express Radiance ice cubes to regain the skin's natural youthful glow. The result is instantly tightened and firmed skin, a superb brightener for special events & for boosting skin vitality.

Deep Marine

75 min / 120 €

Ideal for combination, oily, congested, problematic skin, this is a complete deep cleansing purifying treatment which includes a rebalancing lymphatic drainage massage. A detoxifying and anti-inflammatory peel off mask and aromatic intensive complexes are used to soothe, calm and rebalance the skin to encourage a visibly clear complexion.

Haute Couture

80 min / 140 €

Indulge in the ultimate bespoke facial incorporating a client-specific intensive eye and décolleté treatment. Aromatic intensive complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and radiant.

MEN'S FACIALS

SOS Facial

25 min / 55 €

A powerful express skin replenishment treatment ideal for quick and instant results.

Made to Measure Facial

55 min / 85 €

This Phyto-Aromatic Facial is tailored to you. Following a skin consultation a bespoke facial is created for your skin using Anne Semonin essential oils, trace elements, serums and botanical oils. Unique to you.

EXPRESS BODY TREATMENTS

Relaxing Head and Shoulders Therapy

25 min / 55 €

A relaxing and deeply healing scalp treatment to soothe away stress and tension. The neck, shoulder and scalp are massaged with effective energising oriental techniques to rebalance your energy levels and reactivate your senses.

Express Aromatic Salt Exfoliation

25 min / 60 €

An express aromatic oil and salt scrub, the perfect skin preparation, leaving skin deeply nourished, smoothed and hydrated.

Nude Sand Warming Scrub Experience

35 min / 65 €

A wonderful Bora Bora sand exfoliation, to softly warm up your senses and leave your skin smoothed to perfection, hydrated and glowing. A luxurious massage of Anne Semonin botanical oil, full of vitamins and omega 3 & 6 make this treatment a truly divine experience.

EXCLUSIVE BODY TREATMENTS

Nude Sand Warming Body Polish & Massage Ritual

1h 15 min / 130 €

The warming Nude Sand from Bora Bora will softly activate the circulation and detoxify, whilst nourishing aromatic oils will actively sweep away dead surface skin cells, leaving your skin wonderfully soft, silky and youthfully radiant. A Cranberry and grape seed oil blend is then applied to conclude with the ultimate body massage.

Parisian Top to Toe

85 min / 125 €

This treatment begins with an invigorating back cleanse to exfoliate and smooth the skin. A soothing back, neck and scalp massage begins this wonderfully relaxing therapy designed to relieve key areas of tension and muscle tightness. Combined with the Made to Measure Facial the result is re-hydrated, nourished and protected skin and an overall sense of calm and harmony. Finish with a wonderful pressure point foot and leg massage making this is fabulous top to toe experience.

Anti-Stress Back Therapy

50 min / 90 €

A self-heating marine mineral mud treatment for the back, neck and shoulders is designed to release tension and combat tight muscles. The feet and lower legs are carefully massaged to improve circulation allowing a powerful sense of wellbeing. This energising, stimulating therapy will rebalance your energy levels and reactivate your senses.

Lipoliss Anti Cellulite Therapy

55 min / 110 €

A specialised treatment designed to stimulate the body's system and target areas of fluid retention, cellulite and uneven skin tone. Using massage and lymphatic drainage techniques the legs and feet are massaged to restore circulation and a firming and detoxifying mask is applied to relieve blockages and tone the skin. A course of treatments is recommended.

EXCLUSIVE BODY WRAPPING

Anti Ageing Body Cocooning

60 min / 120 €

This pampering body rejuvenation will regenerate the skin to its best. An invigorating body scrub is followed by a nourishing and anti-ageing body mask while you drift away with a wonderfully soothing scalp massage... The naturally anti-oxidant benefits of this treatment will enhance body drainage, maximise hydration, plump and smooth to perfection, while nurturing your body in a cloud of well-being.

Detoxifying Spirulina Wrap

60 min / 110 €

A detoxifying, slimming and energy boosting treatment, this envelopment begins with gentle exfoliation to boost circulation combined with seaweed extracts to harness the powerful cleansing and remineralising benefits of the ocean. This natural seaweed re-metabolises the body to efficiently kick start and maintain the elimination of toxins and waste. An essential body treatment to support a detox or weight management programme.

Hydrating Rose Kaolin Clay Body Envelopment

60 min / 125 €

An ultra moisturising and hydrating body envelopment designed to recondition dry, dehydrated or sun damaged skins. This treatment begins with a full body exfoliation and scalp massage followed by an application of Pink Kaolin clay combined with nutrient rich treatment oils. A perfect full body thirst quencher for tired sensitive skin.

CLASSIC MESSAGES

De-Stress Phyto-aromatic Massage

25 min / 55 €
55 min / 90 €
1h 15 min / 125 €

A totally bespoke, made to measure body massage using a warm nourishing Anne Semonin Oil of your choice. This wonderful treatment induces deep relaxation. It's designed to stimulate blood circulation and relieve key areas of tension.

Body Fitness Phyto-aromatic Massage

25 min / 65 €
50 min / 100 €
1h 10 min / 135 €

Body Fitness massage aims at the deeper tissue structures of the muscle and fascia, using many of the same movements and techniques as revitalizing massage, but with more intense pressure. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots.

Pregnancy Massage

50 min / 80 €

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the body. The pregnancy specific massage is a seamless pleasure melting away fatigue and revealing a radiant you.

SPECIAL MESSAGES

Pampering Poultices Massage Ritual

60 min / 110 €

A revisited ancient massage technique based on linen Poultices, filled with all the goodness of powerful grape seeds, natural grape essences and aromatic essential oils. Through a combination of heat, pressure and the effects of the red grape and essential oils, this gentle massage induces a profound state of physical and mental relaxation helps to banish tension and ease muscles for a unique massage experience.

Hot Stones Massage

1h 15 min / 125 €

Heated black basalt stones are used to massage the whole body releasing deep seated tension ideal for anyone suffering with muscular aches and pains. Working at relieving stress at the deepest level this treatment is designed to work on the body's energy channels this intensive exceptional treatment is a holistic and energising therapy for the mind body and spirit.

Four Hands Massage

1h 15 min / 165 €

A sublime massage experience from the shores of French Polynesia to ease away stress and strains from daily life. The traditional flowing and soothing movements lull you into a deep state of peace and tranquillity, as soft palms and forearms remove tension from tight muscles. This unique, healing massage offers two massage therapists working with intuition and expert skill in complete synchrony to restore your energy and strengthen you health and wellness.

Shiatsu & Thai Massage Combined Techniques

60 min / 110 €

A unique combination of ancient Thai and Japanese techniques, created exclusively for MySpa guests. A free flow of energy is restored through compressions, pressure on specific points and stretches to release blockages.

JUNIOR SPA MENU

The Junior Spa Menu offers a selection of spa treatments for our guests aged 12 or over. These wonderful treatments ensure that adult visitors can enjoy their spa day without being interrupted by their young children who will also be enjoying a little spa treatment of their own.

My Glamorous Manicure

25 min / 20 €

Complete your holiday look with a fab make-over for your hands. Nail buffering, nail polish and to finish a massage with Botanical Hand Cream.

My Perfect Pedicure

30 min / 25 €

Give your feet a toe tingling holiday treat too. Enjoy a footbath with Southern Sea Ocean Oil, followed by nail buffering, nail polish and completed with a Botanical Body Milk massage.

My Fantastic Facial

25 min / 35 €

All the sun and tanning lotions can be harsh on young skin, so treat your face to a little TLC – and get a hand or foot massage while it all happens!

My So Soothing Neck & Back Massage

25 min / 40 €

After a hard day on the beach enjoy a soothing neck & back massage with the new AS Botanical Body Oil – Anti Oxidant and Vitamin (without essential oils).

My Favourite Massage with Mum/Dad

25 min / 80 €

Make your way to Sani Beach Hotel for the perfect side-by-side relaxing neck& back massage.

My Dreamy Body Peeling

30 min / 45 €

Holidays are all about chillin' out, so take things very easy with this ultra relaxing and soothing body exfoliation. *Body peeling: Nude Body Scrub/Sweet almond Oil/Verbena Shower Gel, Finish: Botanical Body Milk*

MY SPA RITUALS

Anti Ageing Ritual

2h 45 min / 270 €

Aromatic Sea Salt Exfoliation	25min
Anti Ageing Body Cocooning	60min
De-stress Phyto Aromatic Neck & Back or Feet & Leg Massage	25min
Anne Semonin "Wake Up" Cryotherapy	55min

Detoxification ritual

3h 30 min / 330 €

Aromatic Sea Salt Exfoliation	25min
Body Fitness Phyto Aromatic Neck & Back or Feet & Leg Massage	25min
Anne Semonin Detoxifying Spirulina Wrap	60min
Relaxing Head & Shoulders Therapy	25min
Anne Semonin Deep Marine Facial	75min

Luxurious face, hair & body ritual

5h / 400 €

Anne Semonin Parisian Top To Toe	85min
Anne Semonin Haute Couture	80min
Anne Semonin Nude Sand Warming Scrub Experience	35min
Regenerating Foot Ritual With Pedicure	50min
Moisturizing Hand Ritual With Manicure	50min
Hair Spa, hair wash and forming by <i>Yanni hair studio</i> .	

HAND & FOOT BEAUTY / NAIL CARE

HAND & FOOT BEAUTY

Moisturizing Hand Ritual with Manicure

65 €

A softening hand treatment includes a manicure followed by a luxurious southern sea ocean hand bath and a gentle exfoliating mask with warmed aromatic oils and sea salt.

Regenerating Foot Ritual with Pedicure

75 €

This conditioning foot treatment includes a pedicure followed by an activating mountain oil foot soaking and a nourishing exfoliating mask with warmed aromatic oil and sea salt, for revitalized and perfectly groomed feet.

Manicure / French Manicure

40 € / 45 €

Pedicure / French Pedicure

50 € / 55 €

SPA BASICS

Waxing

Eye Brow Shape	10 €
Upper Lip Wax	10 €
Under Arm Wax	15 €
Full Arm Wax	20 €
Half Leg Wax	30 €
Full Leg Wax	40 €
Bikini Wax	30 €
Bikini Line Wax	20 €
Chest Wax	30 €
Back Wax	30 €

BEAUTY CORNER

Offering Anne Semonin products

Hair Salon by **YIANNI**
HAIR SPA

WELLNESS SPA BAR

Serving healthy natural drinks

How to spa...and a few other things!

To help you enjoy your visit at MySpa...

For your convenience, we have compiled answers to common questions you may find helpful in choosing the types of treatment that best meet your individual needs.

SPA POLICIES

Should I make a reservation in advance?

Yes, and it is best to do so upon or prior to your arrival at the resort to ensure availability.

Who can guide me in choosing my treatment?

Our spa concierge can assist you in planning the perfect spa experience, including the best sequence for your treatments.

What is the cancellation policy?

Out of consideration for all guests, a minimum of 24 hours notice is required to cancel or reschedule. Cancellation or time change within this time will result in a 50% fee being charged. "No show" appointments are charged at full price of the treatment booked.

Is there a service charge?

No service charge or gratuity is added to your bill; they are of course appreciated, however it is left at your discretion as a reflection of service quality.

What about payment for spa services?

We accept all major credit cards. You may also charge spa services to your hotel bill. For your convenience, payment is also accepted prior to your treatment.

What if I am late for my appointment?

Arriving late will simply limit the time available for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed. The full value of your treatment will be charged.

May I bring my child to the spa?

We regret that children under the age of 16 years are not able to use the spa facilities however we do offer a Junior Spa menu for children aged 12-16.

HEALTH QUESTIONS

What if I am pregnant?

Certain treatments should be avoided during pregnancy. If you are pregnant, please notify our spa concierge when you make your appointment so they can offer guidance. Furthermore, some treatments may require a doctor's authorization.

What if I have special health considerations?

Please notify our spa concierge before scheduling your treatments if you have high blood pressure, allergies, any other physical ailments or disabilities, if you are on any medication, or if you

are pregnant. If you have any concerns at all, please let us know. If at any time during your treatment you experience discomfort, please alert your therapist immediately.

UPON ARRIVAL

How to enjoy your treatment?

This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify us of any discomfort or preferences.

PRIOR TO ARRIVAL

When should I arrive?

For your comfort and relaxation, we suggest that you arrive 45 minutes before your scheduled treatment. This will allow you to relax in our lounge and use the Thermal Experience. Should you not wish to use the Thermal Experience please arrive 15 minutes before your treatment to complete our spa consultation form.

What will I wear?

Please arrive arrive showered, wearing your robe and slippers supplied in your room. If necessary a robe, towel, slippers, shower facilities and secured locker will be provided. Swimming costumes are required to be worn in the Thermal Experience. Nudity is not permitted.

What should I wear during my treatment?

You will be provided with disposable underwear. During all treatments, the body is fully covered, except for the area being treated. Before and after you treatment, robes and slippers are provided.

What about my jewellery?

Jewellery and valuables should not be brought to the spa. If you are a hotel guest, please leave valuable items in the safe in your room. The hotel does not assume liability for any valuables left in the spa.

SPA ETIQUETTE

Our Spa environment is one of tranquillity and relaxation. Please respect other guests' right to privacy and serenity by not using your mobile phone or pager. Smoking is prohibited throughout the spa.

SPA SERVICES

Are gift certificates available from MySpa?

Beautifully presented Anne Semonin Spa gift vouchers are the perfect gift for any occasion. For your convenience gift vouchers may be ordered by phone and will be dispatched the same day.

OPENING HOURS

Every day from 8am to 8pm
Spa treatments hours from 9am.
Last treatment ends at 19.45pm

SPA CONTACT

Internal: 8490
External: 23740 99490

SANI BEACH HOTEL