



The Club Spa
Touches of the World

The *Touches of the World* Club Spa will take you on a journey of discovery....Offering a spectrum of authentic traditional therapies inspired from around the world; Thai Massage, Indian Shirodhara, Oriental Reflex-Therapy, Mediterranean Salt Exfoliation and an array of modern European therapies from the Parisian spa brand, Anne Semonin, including facials, scrubs, wraps and massages. This journey would not be complete without a visit to the Spa Experience to sample the delights of ritualistic thermal bathing and a relaxation area to regain your awareness before returning to the outside world.

THERMAL EXPERIENCE

At the heart of the Spa and inspired by the ancient Roman tradition of sequential thermal bathing the Spa Experience offers a creative way to totally relax and re-energise, whilst stimulating and nurturing all the senses. Use before or after a treatment to prepare and warm the body or just while away the day. Features include: Finnish Sauna 80-85°, Turkish Hamam 45-55°, BioSauna 45-90°, Plunge Pool, Heated Recliners, Aroma Shower and Foot Spas.

"THE CLUB SPA"
SIGNATURE TREATMENTS

Let your therapist take you into a world where time is left outside the door and begin the journey of Anne Semonin exclusive signature touches. Pure indulgence, lose yourself in the ultimate blend of wellbeing and inner peace...

Nude Sand Warming Body Polish & Massage Ritual

1h 25min / 150 €

The delicate fragrance of exotic verbena steaming from a relaxing foot bath will start this ultimate exfoliating experience by promoting a holistic sense of wellbeing. The warming Nude Sand from Bora Bora will then activate softly 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.

Anne Semonin Parisian top to toe

1 h 20 min / 140 €

This is a fabulous top to toe experience. Beginning with an invigorating back cleanse to exfoliate and smooth, followed by a soothing back, neck and scalp massage. This wonderfully relaxing therapy is designed to relieve key areas of tension and muscle tightness. Combined with the renowned Anne Semonin "made to measure" facial the result is re-hydrated, nourished and protected skin as well an overall sense of calm and harmony that is complemented with a wonderful pressure point foot & leg massage.

Volcanic Thermal Stones Ritual

1h 15 min / 130 €

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 energizing therapy for the mind, body and spirit.

Jet-Lag Therapy

55 min / 85 €

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.

ASIAN SIGNATURE SPA TREATMENTS

Rituals and traditional Asian treatments will make your Spa experience unforgettable. Submerge yourself into the Asian culture and let us pamper you...

Reflex-Therapy Foot Massage

25 min / 60 €

Using the ancient techniques of Reflexology, reflex points which correspond to organs and glands throughout the body are stimulated and massaged to help the body restore its natural balance and release tension, leaving you with an overall feeling of well-being.

Pantai Luar Massage

45 min / 90 €

This body massage originates from East Asia. Pleasantly warm herbal pouches including Jasmine frangipani and mountain tea are combined with exotic coconut scents, oils and salts, all which help you experience a deep regeneration. Your therapist's healing hands and warm herbal poultice open the pores and bring a deep medicinal heat to the muscles releasing tension, restoring the nervous system, soothing your mind, nurturing your spirit and letting you glide into complete peace. This is followed by an invigorating massage for total renewal.

Thai Yoga Massage

60 min / 110 €

Based on ancient Indian and Buddhist teachings Thai massage combines acupressure and yoga stretching. This multifaceted bodywork system is performed fully clothed on a floor futon and includes therapeutic stretching, rhythmic deep tissue compression, toning of energy lines and meditative breathing. Thai massage will reduce muscle tension, encourage relaxation and increase flexibility.

Lomi Lomi Nui Massage

45 min / 90 €

Developed in Hawaii and performed with the full focus of the Hawaiian spirit Aloha to balance the mind and body. This massage is performed using the forearms in long sweeping movements to the length of body. A truly luxurious, deeply relaxing and hypnotic therapy.

INDIAN SIGNATURE SPA TREATMENTS

Following a thousand-year-old Indian Ritual, this unique signature selection helps to eliminate toxins while restoring the skin radiance and increasing the body's natural energy and vitality. A range of magical therapies to purify body and soul...

Shirodhara

40 min / 75 €

Shirodhara is named after a "flowing stream" in Sanskrit. Floral waters, aromatic oils, and specific plant fibres are combined in a carved vase, warmed, and then directed towards the third eye on the forehead (sixth Chakra). The elemental water is then allowed to slowly flow onto the centre of the forehead to achieve a high state of tranquillity; this is where true rejuvenation begins. Total relaxation should follow this treatment.

Indian Head Massage

40 min / 70 €

Indian Head Massage is a valuable technique for combating stress and loosening the tension in the shoulders, neck and head. It relaxes the mind, controls excess energy and allows you to focus. Working up the spine and over the head will send messages from the brain to relieve mental and physical tiredness and rebalance energy flow.

Polynesian Four Hands Massage

1h 15min / 235 €

The traditional flowing and soothing movements lull you into a deep state of peace and tranquillity, as soft palms and four arms remove tension from tight muscles. This unique, healing massage offers two massage therapist working with intuition an expert skill in complete synchrony to restore your energy an strengthen your health and wellness.

EUROPEAN ANNE SEMONIN SIGNATURE BODY TREATMENTS

Beauty and Wine are the inspiration behind the Anne Semonin Oenotherapy Rituals.

The treatment collection features spa cosmetics based on French red wine and grapes that combine the highest concentration of anti-oxidant elements with the luxurious pampering our bodies need. Try the deep exfoliation using French red grape seeds, a wrap of French Wine Mud or the energising massage based on our French red grape oil extract to detoxify your skin, energise your body and soothe your spirit.

The ultimate Oenotherapy experience

2h 25min / 280 €

The epitome of the Anne Semonin Oenotherapy Collection, this ultimate ritual starts with a soothing footbath with grape seeds and essential oils while you enjoy a refreshing vitamin drink of fresh grape juice. Continue on with a deep revitalizing body exfoliation and nurturing anti-ageing body wrap, before concluding with the wonderfully relaxing and soothing poultices massage. As a final touch, choose a glass of fresh grape juice or wine, the perfect ending to a wine experience like no other...

Anti-Ageing body cocooning

55min / 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 natural anti-oxidant benefits of this treatment will enhance body drainage, maximise hydration, plump and smoothe to perfection, while nurturing your body in a cloud of well-being.

Pampering poultices Massage Ritual

75 min / 150 €

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

L' EXPERIENCE
FACIAL TREATMENTS
BY ANNE SEMONIN

Encounter this unique collection of facial therapies that combines elegant French skincare with results driven, made-to-measure therapies which transform and re-sculpt your face contour. Every facial includes an exclusive Anne Semonin lymphatic massage, designed to gently release toxins from the dermal tissues, increasing blood flow resulting in radiant skin. Using specialist massage techniques, classic ingredients and a holistic approach, each Anne Semonin facial is a uniquely tailored experience, just for you.

Anne Semonin Haute Couture

1h 20min / 140 €

Intense treatment for the face, eyes and décolleté

Encounter 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.

Skin Renewal Treatment

1h 15 min / 160 €

Renewing Resurfacing Facial

A unique, efficient renewing resurfacing treatment, combining mechanical and chemical exfoliations, a smart & medically inspired method, without irritation, that will give your skin the 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 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!

Deep Marine

1h 30min / 130 €

Purifying Facial

Ideal for combination, oily, congested, problematic skin, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with 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 and encourage a visibly clear complexion.

L'EXPERIENCE
FACIAL TREATMENTS
BY ANNE SEMONIN

Cryothérapie

55 min / 105 €

Intense radiance restoring treatment for the face

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

“Made to Measure” Facial

50min / 95 €

Moisturizing / Firming / Purifying / Soothing

This skin enhancing “made to measure facial” ensures effective, visible results. This treatment has been designed to be tailor made for your individual skin needs through individually blended plant active serums, masks and aromatic intensive complexes. The ultimate bespoke treatment just for you.

Hydra Express

25min / 55 €

Made-to-Measure Facial

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

For Your Eyes Only

45min / 80 €

An intensive eye treatment

Designed to enhance, lift and firm your eye area. State-of-the-art Anne Semonin Express Radiance Ice cubes renowned for their cryotherapy benefits Heated black basalt stones are used to massage neck and décolleté, before you finally drift away while having a therapeutic scalp massage are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of ageing.

ANNE SEMONIN
SPECIFIC MASSAGE
AND THERAPY COLLECTION

Anne Semonin draw inspiration from around the world to offer you a blissful, effective, premium massage experience. Choose from unique therapies, each brilliantly combining an innovative fusion of massage techniques and oil blends, delivering a treatment that works specifically for you every time.

'Made to Measure' Massage

De-Stress / Revitalizing / Detoxifying

Body Fitness

A tailor-made full body massage which combines classic Anne Semonin techniques along with a personally prescribed blend of intensive complexes and warmed botanical oil. After your initial consultation, your therapist will mix and blend an aromatic oil as well as choose the ideal massage for you.

50min/110€ or 1h20min/125€

50min/120€ or 1h20min/135€

Shape & Sculpt Therapy

55 min / 95 €

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

Nurturing Pregnancy Therapy

1 h 20 min / 125 €

A relaxing, unwinding therapy for expectant mothers, targeting areas of aches and pains and rejuvenating the face and body to give ultimate radiance back to the skin. This nurturing therapy will help treat muscular aches, fluid retention, stress and fatigue.

Traditional Relief Back & Shoulder Massage

25 min / 65 €

"Grandmama's" Classic massage using a variety of traditional Greek techniques and strokes. Warm certified organic infused olive oil & crystal of camphor is massaged rhythmically over the body, and is followed by a hot towel treatment. This rhythmic massage focuses purely on the back and shoulders area to relieve specific stress and muscle tension. The key techniques of the deep tissue muscle massage are experienced in this mini massage.

BODY POLISH &
WRAP COLLECTION

Indulge your senses with the Anne Semonin classic wrap and scrub collection designed with your individual needs in mind. At the heart of each unique experience is a carefully blended combination of essential oils, trace elements and marine ingredients delivering smooth, nourished radiant skin and a thoroughly relaxed body.

Exotic Black Sand Body Scrub, Wrap and Massage Ritual

1h 25 min / 150 €

This ultimate exfoliating experience with Black Sand from Tahiti and aromatic oils actively sweeps away dead surface skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The delicate fragrance of exotic verbena promotes a holistic sense of wellbeing and relaxation. Aromatic oils are applied all over the body to deeply nourish, soften and re-mineralise the skin, followed by a revitalising exfoliation and body wrap. This therapy concludes with a Phyto-Aromatic full body massage, to reawaken your senses.

Nude Sand Warming Scrub Experience

45 min / 85 €

A wonderful Bora Bora sand exfoliation, to softly warm up your senses and leave your skin smoothed to perfection, hydrated and glowing. A relaxing massage using botanical oils, full of vitamins and omega 3 & 6 makes this treatment a truly divine experience.

Detoxifying Spirulina Wrap

55 min / 95 €

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

55 min / 95 €

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.

COLLECTION POUR HOMME

Pour Homme is a treatment menu devised especially with men in mind, as we know you need “downtime” as well... but should you see a treatment you like anywhere else on the menu just let us know.

Deep Cleansing Facial

1h 30 min / 130 €

Ideal for city skins or imbalanced, stressed skins suffering from breakouts or congestion. This complete deep cleansing facial is achieved through traditional steam and extraction techniques. A detoxifying and rebalancing peel-off mask is then applied using intensive complexes to give that deep clean feeling.

'Made To Measure' Facial pour Homme

50 min / 95 €

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

Bubbling Mud with Massage

1h 15 min / 120 €

The Bubbling Mud Back Therapy Treatment with an extra zing! After the mud has been removed it doesn't end there, you get a de-stressing back and soothing scalp massage combined with warmed stones and cold ice pressure point face and eye massage to leave you completely zoned out!

Black Sand Polish and Hot Oil Massage

55 min / 90 €

An express black sand exfoliation, leaving skin smooth & hydrated followed by a soothing hot oil massage to banish muscle aches and tension.

COUPLES RETREAT

The Couples Suite has been designed with privacy in mind. A double seated Steam Room heated to 45° will warm and prepare the body before a treatment and two treatment beds enable you to have your treatments at the same time.

Spa for Two

90 min / 130 € (price per person)

Relax together in the privacy of your own VIP Suite. Enjoy the warmth of the Steam Room to release tension before you drift away with an Anne Semonin "Made to Measure" massage where your therapist will blend a unique mix of Phyto-Aromatic oils to suit your needs.

Drift Away Face and Body Treat

2 h / 155 € (price per person)

The ultimate in relaxation: Back in the warmth of the private Steam Room before you drift away for an hour and half of Anne Semonin treatments. A Phyto-Aromatic Express Facial to replenish and hydrate the skin is followed by 55 minutes of sheer bliss of a "Made to Measure" full body massage with your own unique blend of Phyto-Aromatic oils to soothe, relax, restore or detox.

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 Mums and Dads can fully enjoy their spa day while their young children 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

30min / 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 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 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!

Cleansing: Botanical Milk & Botanical Toner (or Oligo-Cleansing Gel), Peeling: Exfoliating Mask, Mask: Cream Mask, Finish: Marine Emulsion & Tissue Serum if sensitive

My Massage with Mum/Dad

25min / 80 €

Make your way to the Club Spa for the perfect soothing side-by-side relaxing neck& back massage.

My Dreamy Body Peeling

30min / 45 €

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

ESSENTIAL GROOMING

MANICURE

Manicure

40 €

A nail tidy and polish application of your choice and you are ready to go.

Anne Semonin Supreme Hands Manicure

65 €

A softening and hydrating arm, hand and nail treatment which includes gentle exfoliation and a luxurious southern sea ocean hand bath. Cuticles and nails are refined & skin is nourished. Finish with a file & polish.

Pedicure

50 €

Freshen and liven up toes with this quick fix pedicure. Includes a choice of polish.

Anne Semonin Perfect Feet Pedicure

70 €

Treat your feet with this nourishing, conditioning foot and nail treatment to leave you groomed and revitalised. Finish with a file & polish.

French manicure or pedicure upon request with an additional charge of 5.00€

MAKE UP

Special Occasion

55 €

A full make-up so you look a million dollars for your special event

Pre-Wedding Day Make-up Trial and Consultation

50 €

Your make-up artist will take you through the best options depending on the style and color of your wedding dress and your chosen hair style helping you to make the most appropriate choice for the most important day of your life.

Wedding Day Make-up

140 €

Whether you opt for our trial service or not, our make-up artist will do her utmost to help you choose the make-up most suited to your face and features. She will work with you to create a stunning look for your special day. Plus there is a complimentary gift at the end of your session, courtesy of Sani.

WAXING

Eye Brow Shape	20 €
Upper Lip Wax	10 €
Under Arm Wax	15 € <i>female</i> / 20 € <i>male</i>
Full Arm Wax	20 €
Full Leg Wax	35 € <i>female</i> / 40 € <i>male</i>
Half Leg Wax	30 € <i>female</i> / 35 € <i>male</i>
Bikini Line Wax	20 €
Chest Wax	30 €
Back Wax	35 €

HOW TO SPA... AND A FEW OTHER THINGS!

To help you enjoy your visit at The Club Spa...

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 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 your 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 The Club Spa?

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: 8614
External: 23740 99614

...and finally a tip

'Take the time to wander through your room to the spa. Breathe the pure air, relaxing your mind and body as a prelude to your treatment'

