The Spa Suite by Anne Semonin

The Anne Semonin treatment collection combines a superb blend of aromatic essential oils and marine ingredients with the classic French touch and a holistic approach to treating the individual needs of your body and skin. Anne Semonin treatments are designed to be “tailor-made” and are focused towards maximum comfort, absolute luxury and outstanding results.

Because each individual is unique, L’ Experience Anne Semonin allows your therapist to personalise and blend a synergy of essential oils and trace elements to suit your skin condition and needs. These bespoke treatments will not only revitalise the skin but energise and balance the mind and spirit providing total relaxation.

Immerse yourself into the tranquil world of the Spa Suite by Anne Semonin, rediscover your senses and emerge relaxed, recharged and glowing.
Enter the tranquil world of Spa Suite and start your selected Anne Semonin Signature treatment with the delicate fragrance of exotic verbena, steaming from a relaxing foot bath. Combining the finest natural essence of enriching sea salts with the healing and restoring benefits of warmed aromatic oils, be transported on a journey of total relaxation and bliss.
Sani Signature Sun Prep Therapy
Sun Defence Facial 50m, 95€
Sun Defence Face and Body Treatment 55m, 120€
*Protecting, age preventing, tan-preparing*

Prevention is one of the most precious gifts you can offer your skin. Prepare your skin before sun exposure with these specially developed Anne Semonin sun defence treatments. As a result your skin will develop a gradual, even and long lasting tan and its youthful appearance will be prolonged.

Sani Signature After Sun Bliss
Recovery Facial treatment 50m, 95€
Ultra Hydrating Face and Body treatment 55m, 120€
*Calming, comforting, restoring*

Too much fun in the sun? Quench your skin with this revitalizing, youth-preserving moisture treatment. This Anne Semonin After Sun remedy helps soothe and prepare skin for its next exposure to the sun, thanks to the nourishing natural Macadamia Nut Oil and Vitamin E found in the Anne Semonin Phytarosa serum. The result is smooth, soft skin while the bronze-boosting Beta Carotene extract stimulates the tanning process to preserve your golden glow.

From Paris With Love
1h 25m, 180€

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

Rejuvance
45m, 95€
1h 15m, 130€ *(included an express Anne Semonin facial treatment)*

Rejuvance Massage is a new massage technique that rejuvenates the face, improves circulation while providing a deep relaxation of the body and mind. It is a natural face lifting that relieves tension from the muscles of the face, the neck, the scalp and the shoulders. It acts directly to the connecting tissue, reinstating its elasticity and flexibility. Small wrinkles are softened while headaches and the tightness in the neck and shoulders disappears in few sessions.

Polynesian Massage Escape
1h 15m, 210€

A sublime four-hands massage experience from the shores of French Polynesia to ease away the stress and strains of everyday 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 is performed by two massage therapists working with intuition and expert skill in complete synchrony to restore your energy and strengthen your health and wellness.

Anne Semonin Parisian Ceremony
2h, 195€

The ultimate treatment to help you relax and unwind... a journey from beginning to end. You will be invigorated with a body exfoliation using natural sea salts to completely polish your body to perfection, concluding with a full body massage, using made to measure products, to suit your individual needs. Choose from one of the following:

*Detoxifying*
This experience is tailored to firm loose, slack skin tissue by using powerful spirulina seaweeds and essential oils of ylang ylang, Geranium and Tea tree to help toning and tightening.

*Ultimate nourishing*
This experience is balancing, relaxing, and nourishing. Hydrate and moisturise your body with our Pink Kaolin envelopment to surge the skin with moisture blended with a powerful concentrated Lavender and Mandarin peel to soften and repair.
Anne Semonin Ultimate Facial Collection

Discover 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 and resulting in radiant skin. This specialist massage, classic ingredients and a holistic approach make each Anne Semonin facial a tailored experience, just for you.
Marine Mineral Purifier
1h 20m, 160€
Deep cleansing, decongesting, remineralising

Traditional steam and extraction techniques combined with the power of marine elements making this a deeply purifying treatment. The advanced Anne Semonin peel off mask, with the highest concentration of minerals and algae, leaves the skin instantly calmed, decongested and silky smooth.

Ultimate Skin Renew
1h, 145€
Peeling, rejuvenating, smoothing

This medically inspired therapy brings together the gentle peeling action of micronised peeling powder with a deeper exfoliation using a magic resurfacing complex. Together the non-irritant formula softens visible imperfections on the skin’s surface, such as pigmentation and spots and diminishes wrinkles. Luxurious yet powerful, when used regularly, this treatment is truly the ultimate transformation for visibly younger and more radiant skin.

Precious Pearl Ultra Lift
1h 25m, 165€
Anti-ageing, regenerating, radiance

This ultimate wrinkle-fighting facial will restore the skin’s lack of firmness and tone leaving your skin and face contours in top condition. This brand new treatment includes a series of comprehensive lifting and drainage massage techniques that are a godsend for those suffering from tight facial muscles and a tired complexion. The perfect remedy for mature lacklustre skin.

Cryo-Time Freeze
1h, 130€
Immediate radiance, toning, luminous

A flawless skin brightening experience, this facial uses the age defying effects of cryotherapy with our Active Serum to reinforce the skin’s firmness at a cellular level. Complemented by a neurocosmetic containing Wild Indigo this refreshing treatment stimulates the release of B-endorphins, flooding the body with a total sense of well-being.

Ultimate Experience Age Protect
1h 20m, 170€
Nourishing, revitalising, revealing radiance

A ritual that delivers an experience as individual as you. Bespoke blending of aromatic essences and trace elements combine with a tailored eye, face and décolleté treatment to perfectly balance, hydrate and revitalise, while offering the ultimate in skin protection. Unsurpassed at revealing the skin’s true radiant beauty, it is the complete treatment, designed to address your every need.
Soothing Skin Saviour
50m, 120€
*Calming, hydrating, restoring*

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

Age Defend
55m, 130€
*Anti-ageing, firming, toning*

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

Exquisite Miracle Eyes
30m, 65€
*Brightening, de-stressing, refreshing*

An exquisite treatment specifically designed for the delicate eye area brings together a unique combination of contour masks and specialised lymphatic massage, ideal for reducing the signs of ageing and melting away stress. Cryotherapy ice cubes diminish puffiness and refresh the eyes. Finally, a divine application of miracle eye cream completes this total eye care experience.

Sublime Radiance Express
30m, 65€
*Refreshing, firming, healthy look*

Suitable for everyone, this clever combination of cleansing, exfoliating and a mask allows even the busiest person to achieve a look of instant freshness. The fast effective results leave skin hydrated, soft and radiating health.

CACI Anne Semonin Non-Surgical Face Lift
1h, 130€
1h 30m, 180€ *(included an express Anne Semonin facial treatment)*

An intense, non-surgical face-lifting treatment using Anne Semonin serums and actives for amazing anti-ageing results. Perfect for mature complexions or those affected by environmental factors, CACI offers a proven and tested method for reducing expression lines and accelerating collagen regeneration. For optimal effect we recommend 2-3 treatments a week.
Anne Semonin Exquisite Massage Collection

Anne Semonin draws inspiration from around the world to offer you a blissful, effective, premium massage experience. Choose from 4 unique therapies, each brilliantly combining an innovative fusion of massage techniques and oil blends, delivering a treatment that works specifically for you every time.
**Aroma Energiser**
25m, 70€ · 50m, 140€ · 1h 20m, 175€
*Energising, tension releasing*

The exotic, warming aroma of ginger stimulates and uplifts the senses. Enriched with vitamin E this delightfully nourishing oil is perfectly merged with classic deep tissue and stretching techniques to enliven the senses and release tension in the muscles.

**Pure Rejuvenation**
25m, 65€ · 50m, 130€ · 1h 20m, 165€
*Protecting, regenerating, smoothing*

Designed to deliver a flawless marriage of protective treatment and pure relaxing care. Long, rhythmic strokes glide across the entire length of the body while the Omega 3 and 6 found in cranberry and vitamins A & E from olive oil penetrate the skin deeply achieving maximum skin regeneration.

**Vital Detox**
50m, 130€ · 1h 20m, 165€
*Detoxifying, stimulating, draining*

The sublime synergy of lemongrass and peppermint is infused into your body using specialised lymphatic massage techniques to effectively release toxins and stimulate circulation. This improves drainage and leaves the body feeling light and refreshed.

**Relax and Renew**
25m, 65€ · 50m, 130€ · 1h 20m, 165€
*De-stressing, unwinding, restoring*

Hazelnut and sesame form a rich base of oils to facilitate the slow, flowing movements of this ultimate body de-stress therapy. The lavender and mandarin infused oil permeates the skin easily releasing stored tension from deep within the muscles completely unwinding the entire body.

**Scrub and Massage Ritual**
1h 20m, 165€
*Exfoliating, nourishing, soothing*

The ultimate exfoliating experience using the amazing Nude Body Scrub. A luxurious blend of sea salt, white sand, pink quartz crystal powder and aromatic oils actively sweeps away dead skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The warming elements of the Scrub create a sense of well-being and elevate the spirits. Aromatic oils are applied all over the body to deeply nourish, soften and re-mineralise the skin, followed by a revitalising exfoliation. This therapy concludes with an Haute Couture full body massage to awaken your senses.

**Volcanic Thermal Stones Massage**
1h 15m, 165€
*Relaxing, warming, powerful*

Muscles yield to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energy are skillfully combined with the perfect blend of essential essences designed to stimulate the senses and unwind both body and mind.

**Glowing Mother to be**
1h 30m, 160€
*Pampering, rejuvenating, radiance*

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the face and body. The pregnancy specific massage and tailored facial combine into one seamless pleasure melting away fatigue and revealing a radiant you.
Anti-Fatigue Back Remedy
55m, 130€
*Tension releasing, restoring back therapy*

An exceptional therapy created to alleviate tension stored in the back, neck and shoulders and reduce fatigue. The exquisite combination of heat, minerals and oils begins with a generous application of a self-heating mineral mud mask to release any stiffness and stress in the muscles. This is followed by a bespoke massage with blended oils just right for your needs. Both energising and relaxing, this treatment leaves the whole body with a complete sense of well-being.

Thai Massage
1h 15m, 170€
*Energising, increasing flexibility*

This traditional therapy is designed to energise, stimulate and completely alleviate tight and stressed muscular aches and pains. Your therapist uses his or her hands, knees, legs and feet to move you into a series of yoga-like stretches. Muscle compression, joint mobilisation and acupressure are also used during this treatment.

Indian Head Massage
45m, 115€
*Deeply relaxing, relieving*

Indian Head Massage is a valuable technique for combating stress and loosening 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.

Feet And Legs Massage Ritual
50m, 120€
*Renewing energy levels*

Following a self-heating, slightly bubbling foot mask, this foot massage will stimulate the reflex zones and thus the whole body. This therapy is completed by a relaxing shoulder, neck and hand massage.
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.
Aromatic Body Scrub
30m, 70€
*Moisturizing, nourishing, soothing*

An express exfoliation with the Nude Scrub or the Sea Salt Scrub, leaving skin delightfully soft, smooth and hydrated. The warming and nourishing qualities of these scrubs ensure a soothing experience and visible results.

Pure Detox Wrap Experience
60m, 130€
*Detoxifying, purifying, uplifting*

Wrap your body in a cocoon of Spirulina micro-algae to stimulate toxin release and purify the skin. A scrub of sea salt combined with uplifting lemongrass and peppermint body oil, prepares the skin for the green algae and laminaria body mask, rich in iodine and powerful marine elements. Together these dynamic ingredients purify, energise and help inch loss.

Hydra-Intense Wrap Experience
55m, 125€
*Soothing, re-hydrating, healing*

A wonderfully gentle treatment suitable for even the most sensitive of skins. Choose from antioxidant or relaxing oil blended with the delicate Noirmoutier Sea Salt and enriched with marine minerals to exfoliate and nourish. An envelopment hydrating mask encases the body replenishing nutrients as it instantly heals and hydrates.

Silhouette Re-sculptor
1h 25m, 165€ (full treatment)
1h 10m, 140€ (excluding exfoliation)
*Anti-cellulite, firming, toning action*

The Sea Lotus extract, an innovative scientific discovery, holds the secret to smoother skin. A unique exfoliation is followed by an inspired combination of Lipoliss anti-cellulite gel and a stimulating massage to target specific areas of fatty tissues. The energising abdominal massage and body-contouring mask further eliminate toxins that contribute to cellulite formation, resulting in smooth and velvety soft skin.

La Sélection du Sommelier
1h, 125€
*Anti-Ageing body cocooning*

This pampering body rejuvenation will regenerate your 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, maximize hydration, plump and smooth to perfection while nurturing your body in a cloud of wellbeing.
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
1h 30m, 160€ *(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
2h, 185€ *(price per person)*
The ultimate in relaxation: This treatment starts in the warmth of the private Steam Room before you drift away for an hour and half of Anne Semonin therapies. A Made to Measure 55-minute full body massage with your favorite Botanical Body oil to soothe, relax, restore or detox followed by a unique express facial to replenish and hydrate the skin.

Just the Two of Us
2h 25m, 250€ *(price per person)*
This pampering body rejuvenation couples’ ritual 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. This therapy concludes with a Haute Couture full body massage to re-awaken your senses. 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 wellbeing.
Gentleman’s Collection

This 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.
Essential Oligo Defence
50m, 115€
*Cleansing, nourishing, skin perfecting*

Defending the skin against environmental elements, this treatment uses the ultimate in anti-oxidant expertise. Products rich in chlorella cleanse and exfoliate the skin and the addition of a corrective mask injects the cells with a much needed boost of nutrients.

Revitalising Gentleman’s Tonic
55m, 135€ · 1h 20m, 175€
*Relaxing, draining, energising*

Recharge tired muscles and relieve tension with this potent blend of enriching oils. Spicy ginger oil penetrates the muscles, stimulating the blood flow, alleviating aches and releasing tightness from deep within the muscles.

Back, Face and Scalp Revitaliser
55m, 120€
*De-stressing, balancing, recharging*

Beginning with a relaxing back therapy, body and mind are immediately de-stressed. A unique facial treats the skin’s specific needs as the scalp is massaged, unravelling tensions and leaving the skin exuding health.

Bubbling Mud with Massage Ritual
1h 15m, 145€
*Uplifting, remineralising, revitalising*

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 a cold ice pressure point face and eye massage to leave you completely zoned out!
Teenager Collection
Little Miss “Petit Mani”  
25m, 25€  
Complete your holiday look with a fab make-over for your hands. Nail buffering, nail polish and to finish a massage with the luxurious Anne Semonin Hand Cream.

Little Miss “Petit Pedi”  
30m, 30€  
Give your feet a toe tingling holiday treat too. Enjoy a foot bath, followed by nail buffering, nail polish and completed with a Botanical Body Milk massage.

My So Soothing Neck and Back Massage  
25m, 50€  
After a hard day on the beach enjoy a soothing neck & back massage with the new AS Botanical Body Oil – Anti Oxidant and Vitamin (massage using Anne Semonin’s Vitamin Rich Body Oil, essential-oil free and rich in anti-oxidants).

My Fantastic Facial  
25m, 40€  
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:_ Anne Semonin Botanical Milk & Botanical Toner (or Oligo-Cleansing Gel)  
_Peeling:_ Anne Semonin Exfoliating Mask  
_Mask:_ Anne Semonin Cream Mask  
_Finish:_ Anne Semonin Marine Emulsion & Tissue Serum if sensitive.

My Favourite Massage with Mum/Dad  
25m, 100€  
Make your way to Porto Sani Spa Suite for the perfect side-by-side relaxing neck & back massage.

My Dreamy Body Peeling  
30m, 50€  
Holidays are all about chillin’ out, so take things very easy with this ultra relaxing and soothing body exfoliation.  
_Body peeling:_ Nude Body Scrub / Exotic Verbena Shower Gel  
_Finish:_ Botanical Body Milk
As we believe in total beauty, we want to ensure that your nails and hair receive the same special pampering, for a complete, healthy and well-maintained look.
### Hair Spa by Yianni

**Tel. 8221**

#### Hands and feet

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<tr>
<th>Service</th>
<th>Price</th>
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<td><em>French Manicure</em></td>
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<td>Pedicure</td>
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<td>Shellac &amp; manicure</td>
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<td>Feet shellac colouring</td>
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<tr>
<td>File and Polish</td>
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*Your nails are filed and shaped followed by application of your favourite nail polish*

#### Waxing

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

To help you enjoy your visit at The Spa Suite... 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 authorisation.

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 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 The Spa Suite? 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.

Facilities
Fitness studio
Including contemporary Cardio fitness facilities. Yoga, Pilates programs and personal training are available to book through “The Spa Suite” reception.

Indoor swimming pool
With jacuzzi & hydro Jets.

Relaxation area with tisannerie thermal suite
Comprising of hammam, rasul and sauna

Hair salon
By Yanni hair spa

Nail salon

Beauty corner
Offering Anne Semonin products

Deli spa bar
Serving healthy natural drinks

Opening hours
Open every day 8am – 8pm
Treatments available from 9am – 19.45pm

Spa contact
Internal: 8220
External: +30 23740 99596