

## 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 Head Massage, 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.

## Anne Semonin Signature Collection Mediterranean Bliss

Wellness treatments can be wonderfully evocative of a long and lazy Mediterranean summer. A refreshing facial can feel like a cooling plunge in an idyllic turquoise cove. A deliciously relaxing massage? Like sneaking off for a secret nap under a shady lemon tree.

With our Mediterranean Bliss treatments, revitalizing marine ingredients and uplifting notes of lemon, grapefruit and mint transport you to sunny shores and dreamy hideaways, while innovative techniques ensure you emerge revived, refreshed and ready to enjoy a sunset aperitivo.

## Mediterranean Lifting Facial

1h 30min, 160€ Anti-age, Lift, Luminosity

Expect instant gratification as your feet slip into a warm pouch filled with silken body cream. A facial cupping will lift and tighten the skin, making you look as if you've just enjoyed the world's longest and most relaxing siesta. Hands and feet are treated to a lavish massage while an olive peel-off mask soothes and moisturizes your newly revealed skin.

### Memories of a Mediterranean Summer

1h 30min, 165€ Detoxify, Refresh, Renew

This body treatment begins with an invigorating body brush before your therapist delicately administers a scrub and moisturizing body mask. Similar to a snooze on soft golden sand, a soothing scalp massage will silence busy minds and release tension. A short but relaxing body massage will help you slip further into a place of balmy idyll.

### Mediterranean Blush Body & Face

1h 30min, 185€ Release Tension, Relax, Restore

If you're looking for a rejuvenating facial as well as a relaxing body ritual, this treatment is definitely for you. After a back scrub, your therapist gently pummels away pressure during a relaxing back massage. A personalized facial is followed by the application of an olive peel-off mask. While the mask works to boost radiance, you'll enjoy a soothing scalp & hand or foot massage.

# Dramatic Body & Face Renewal Collection

From an exclusive pressotherapy treatment which improves skin elasticity and helps redefine legs, stomach and arms to our revolutionary CooLifting facial, which results in a dramatic decrease in the appearance of fine lines and wrinkles, these treatments work to deliver fast and visible results. Your more sculpted limbs and rejuvenated skin will turn heads so both results-driven treatments are ideal for those preparing for a special event or night out.

## Impress Lite Pressure Therapy

45min, 130€

Sculpt, Detoxify, Revitalize

Pressotherapy is an exclusive detoxifying treatment which helps facilitate the body's natural toxin elimination functions. By oxygenating and revitalizing skin tissue, pressotherapy helps to slim and redefine the legs, stomach and arms while enhancing skin tone.

## Radical Facial Rejuvenation - with Coolifting Shot

1h 30min, 200€

Lift, Plump, Rejuvenate, Radiance

If you're looking for a purely results-driven treatment, our radical facial rejuvenation is most definitely it. From a deep lifting massage to an advanced CooLifting technique, each and every one of the treatment's steps are geared towards one ultimate goal: unveiling a younger-looking you. The accompanying hand-and-foot massage with botanical oil is an added treat.

## Sun-kissed Collection

Whether you'd like to prepare your skin for a languid sunbathing session by the pool or ensure you return from your vacation with a golden, long-lasting tan, our before and after sun treatments won't disappoint. Our therapies are devised with sun worshippers in mind and revolve around innovative exfoliation and moisturizing techniques that will leave you with smooth, beach-ready skin, not to mention an envy-inducing glow.

## Beach-Ready Body & Face

1h 15min, 165€

Radiance, Renew, Tanning Preparation

The secret behind the most gorgeous tan is preparation and this face and body ritual ensures you're suitably prepared to sunbathe and relax under the blazing sun. Your body is gently brushed and scrubbed so you'll tan evenly while a cleansing facial and mask work to regenerate the skin. You'll emerge beach-ready and with your body and face flaunting a head-turning glow.

### Botanical Bliss Body & Face

1h 15min,150€

Radiance, Soothe, Prolong Summer Tan

Inside-out hydration is essential for maintaining your skin's suppleness and prolonging your hardearned tan which is why this treatment starts with a deeply moisturizing body mask. You'll be treated to a soothing scalp massage while a calming face mask diminishes the damage caused by UV light. The application of 'Glow' adds a glamorous finishing touch to this soothing, calming treatment.

### After-Sun Regenerator

1h 30min, 175€ Radiance, Relax, Soothe

Soothe your body and senses after a hard day on the beach with a moisturizing body mask and lavish after-sun facial. A scalp and full-body massage will take the edge of a scorching summer's day while the use of beta-carotene will calm your skin and enhance your tan. Vitamin-laden products will ensure you leave with regenerated, healthy skin, with a touch of Glow that will add a lashing of gorgeous glamour.

## 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...

## Pantai Luar Massage

50min, 120€

Your therapist's healing hands and warm sea salt 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

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 50min. 120€

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 Head Massage 40min, 110€

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 230€

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 therapists working with intuition and expert skill in complete synchrony to restore your energy and strengthen your health and wellness.

#### Gua Sha Face Massage 40min, 85€

Originating from traditional Chinese medicine, this renowned Eastern technique is gradually becoming very popular in the West due to its ablity to eliminate toxins by stimulating blood circulation. Your therapist will perform this massage using a specially adapted natural jade board all over the face, neck and decollete with firm upward movements to soften fine lines and puffiness in the eye contour as well as firm and tone the entire face contours. This nourishing and oxygenating therapy is ideal for dehydrated skins and those with pigmentation issues and can help improve skin tone and texture

## Lava Shells Massage

50min, 150

This revolutionary and unique full body massage uses naturally self-warming shells to deliver a seamless treatment tailored to suit your individual needs. The warm smooth shells are expertly glided over the body with varying pressures, techniques and precision, enabling the therapist to reach the deepest muscle aches and pains alleviating all stress and tension. Hydrating oils are used during the treatment to moisturize the skin as the warming energy of the shells helps to revitalize and rebalance the body and mind.

## Warm Candle Massage

50min, 130€

This luxurious massage uses a pure Beeswax candle which burns and transforms itself into a body oil, releasing a gorgeous fragrance of therapeutic essential oils. The warm oil is then poured all over the body to create a stunning sensory experience which relaxes your mind and hydrates your skin.

## L' Experience Facial Treatments by Anne Semonin

Encounter this unique collection of facial therapies that combines elegant French skincare with results driven, madeto- measure therapies which transform and resculpt 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.

#### White Star

55min, 120€ Brighten, Firm, Moisture

Using the exclusive Anne Semonin Brightening Complex, this correcting treatment visibly lights up the complexion and reduces the appearance of sun spots and age spots to unveil a more even skin tone. Its detoxifying antioxidants neutralize damage from air pollutants while sea-sourced minerals and moisturizers keep skin glowing.

### Haute Couture Experience

1h 20min, 160€

The quintessence of tailor-made skin care

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.

### Deep Marine

1h 30min, 150€ Deep cleanse, Decongest, Mineralize

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.

## Exquisite Lifting Facial

1h 25min, 175€

Anti-age, Regenerate, 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 15min, 150€ Tone, Brighten, Radiance

Your skin will be visibly firmer and glow beautifully after this facial which features Anne Semonin's Super Active Serum, a gel which harnesses some of the world's most potent natural ingredients. Aside from its age defying results through cryotherapy, the treatment uses neuro-cosmetics which stimulate the release of B-endorphins and boost your sense of wellbeing.

#### Made to Measure Facial

50min. 140€

A luxury facial treatment which is individual and utterly bespoke

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.

## Skin Renewing Peel Therapy

1h 15min, 170€

Skin renew, Anti-age, Radiance

The urge to hold your head high will come naturally after this treatment, which unlocks brighter, clearer, and more beautiful skin. With its results-driven combination of peel methods, advanced ingredients rich in fruit acids, drainage and lifting techniques, this treatment dissolves dead cells, radically renews the skin's surface texture and tackles the ageing effects of pollution and stress.

#### Radiance Express

25min, 90€

Refresh, Firm, Health-Boost

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

### All about Eyes

45min, 90€

Depuff, Brighten, Smooth

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 in combination with a therapeutic lymphatic eye massage to relax muscular fatique and target the signs of ageing.

## L' Experience Body Treatments by Anne Semonin

Treat your senses to a cocooning wrap and/or satisfying scrub made to suit you and your body's needs. Each bespoke experience is built around a host of lavish essential oils, trace elements and marine ingredients and devised for you to leave feeling relaxed and your limbs incredibly silky.

## Nude Sand Warming Body Polish & Massage Ritual

1h 20min, 170€

Exfoliate, Nourish, Sooth

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.

## Parisian top to toe Ritual

1h 20min, 170€

Relax, Regenerate, Soften

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 as an overall sense of calm and harmony that is complemented with a wonderful pressure point foot & leg massage.

### Lighter Legs Therapy

1h 15min, 140€ Lighten, Tone, Soothe

Show off sculpted limbs this summer with the help of this treatment which combines a modelling body massage and cooling leg mask. A stimulating leg massage will knead out lumps and bumps and is followed by a leg mask to further tone and lighten heavily leaden legs. Enjoy an indulgent neck, shoulder and head massage before you walk out of the spa on summer legs you'll love.

### Cryo Lipoliss

55min, 150€

Anti-Cellulite, Firm, Tone

A specialized 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, 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.

### Glowing Mother to be

1h 15min, 150€

Pamper, Rejuvenate, Radiance

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.

## Shape & Firm Abdominal Treatment

45min, 110€

Define, Detoxify, Digestion

If you're looking to reduce bloating, this therapy's modeling massage aids digestion and will leave you feeling infinitely lighter. It's followed by the application of a refreshing abdominal mask and hot stone massage to relieve tension and boost circulation. The application of Lipoliss firming body serum adds a sumptuous finishing touch and ensures a stomach definition the likes of which you've never had before.

## 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.

#### Nude Scrub

45min, 90€

Moisturize, Nourish, Soften

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

1h, 140€

Detoxify, Purify, Uplift

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 remineralizing benefits of the ocean. This natural seaweed wrap remetabolizes 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. As a final touch, choose between 2 organic detoxifying juices, the perfect ending to a body purifying experience like no other

## Deep Moisture Body Envelopment

1h. 130€

Hydrate, Soothe, Regenerate

An ultra-moisturizing 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 mask combined with nutrient rich treatment oils. A perfect full body thirst quencher for tired sensitive skin.

## Men's Collection

Men's Collection 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.

## Back, Face & Scalp Revitalizer

55min, 130€

Relax, Regenerate, Soften

This 'all in one' treatment commences with a soothing back massage to ease away all tension, continue to relax with an invigorating facial & finally drift away while having a therapeutic scalp massage...heaven.

### Deep Cleansing Detox Facial

1h 30min, 150€ Detoxify, Purify

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.

### Bubbling Mud with Massage

1h 15min, 150€ Uplift, Mineralize, Revitalize

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!

## Aroma Salt Polish & Warm Oil Massage

55min, 110€ Sooth, Tension Release

An express aromatic sea salt exfoliation, leaving skin smooth & hydrated followed by a soothing warm oil massage to banish muscle aches and tension.

## Anne Semonin Specific Massage Collection

Disconnect from the world and dive into one of Anne Semonin's made-to-measure massages. From treatments that shine for their uplifting effects on the body to therapies that work like a dreamy bedtime story, our massages are uniquely tailored to suit your needs. Traditional strokes and age old techniques are combined with modern views and innovative moves in our multisensory massages. Personalized blends of heated botanical oils are used throughout - their soothing scents add to the ambience and leave skin smelling lovely for the rest of the day.

### Made to Measure Massage

De-Stress / Revitalizing / Detoxifying 50min, 125€ or 1h 15min, 150€ Body Fitness 50min/140€ or 1h 15min/160€

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.

### Volcanic Thermal Stones Ritual

1h 15min 170€

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.

## Traditional Relief Back & Shoulder Massage

25min. 90€

"Grandma'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 deep tissue muscle massage are experienced in this mini massage.

## Reflex Feet & Legs massage 30min, 90€

Based on reflexology methods, this massage is a very effective technique that helps eliminate fatigue and totally reinvigorates legs and feet. It will also help relax the central nervous system and regulate your body energy, which during our daily routines tends to gather on the shoulders, the back of the neck and the head

## Relaxation Times for Two

### Relax & Reconnect

1h 30min, 160€ (price per person) Relax, Reconnect, Destress

An hour and a half of heavenly togetherness this treatment starts with some quality couple time in a private steam bath. Then, you can let your minds be whisked away to another world with a bespoke massage treatment. Your personal therapists will combine their capable hands with a luxury oil of choice, in a way that suits each of your bodies' needs to a tee. Be it soothing or revitalizing.

#### Wellness Reset for Two

1h 45min, 180€ (price per person) Exfoliate, Nourish, Connect

After some quality couple time in a private steam bath, lie side by side with your S.O. and enjoy a luxurious full-body scrub. Slough away dead skin cells and you'll be left with smooth, detoxified skin as a result. Then, forget all about the world outside as a buttery body balm is applied all over your bodies and your therapists' massage strokes hit sweet spots you both didn't even know you had.

### Suite Package for Two

2h, 195€ (price per person) Detox. Smoothen. Cleanse

This treatment begins with some quality couple time in a private steam and is followed by a lathering of exfoliating aromatic salts. Once gently scrubbed, you'll be treated to a facial cleanse and lymphatic or drainage massage. Afterwards, a massage with Gua Sha Mushroom Stones will lift, sculpt and relieve facial tension. The treatment's final act, a soothing scalp massage, will see you slip into an even deeper sense of relaxation

## 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 ₃0€

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

## My Perfect Pedicure

35€

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

## My So Soothing Neck & Back Massage

25min, 60€

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

25min, 45€

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, 120€

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

#### My Dreamy Body Peeling 30min, 55€

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

## Essential Grooming

## Manicure 50€

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

### Anne Semonin Supreme Hands Manicure ™

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

### Pedicure

60€

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

## Anne Semonin Perfect Feet Pedicure

80€

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

#### Shellac

Flaunt your creativity and bring your nails to life with Shellac coating system. The original system that delivers 14+days of flawless wear, superior colour and mirror with zero dry-time plus no nail damage.

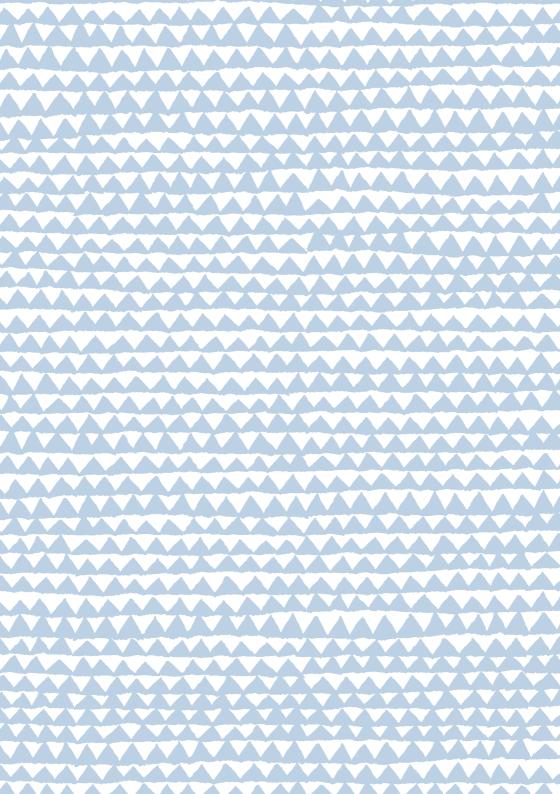
Shellac & Manicure	70€
Shellac & Pedicure	80€
Shellac File & Polish Hands	40€
Shellac File & Polish Feet	40€
Shellac Removal	15€

<sup>\*</sup>French manicure or pedicure upon request with an additional charge of 5€

#### Waxing Eye Brow Shape 15€ Upper Lip Wax 15€ Under Arm Wax 20€ Full Arm Wax 25€ Full Leg Wax 45€ 35€ Half Leg Wax Bikini Line Wax 25€ Deep Bikini Wax 40€ Chest Wax 30€

35€

Back Wax



## 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 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. The thermal area is subject to change according the current Covid-19 protocols.

#### 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 7.45pm

#### 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'

