



.....Spa

Step into the temple of touch and aroma... where time is left at the door and a new journey begins a sensory space for men and women... escape from the pressures of everyday life and transport yourself to a more tranquil world step back in time to rituals of ancient understanding... discover an exotic blend of therapies from around the world... Bali, Tibet, Polynesia, Japan, Morocco and Thailand discover a pathway to inner peace, reflection, restoration and enlightenment... no clocks, no stress, no urgency... re-discover your senses... rest your mind... and breathe freely. Welcome to the world of Elemis-spa-therapy...



FACIALS

ELEMIS TASTER FACIAL

30mins 40.00€

This introductory facial provides a quick and instant pick-me-up for any occasion.

Prescribed to your skin's needs, this facial is excellent before a make-up or special occasion, to leave your skin glowing.

ELEMIS SKIN SPECIFIC FACIALS

60mins 75.00€

Elemis Fruit Active Glow

Bring back the glow to a lifeless complexion.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Elemis Exotic Moisture Dew

Treat your skin to a moisture boost.

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Elemis Herbal Lavender Repair

For perfect restoration of skin balance.

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.



ELEMIS SKIN SOLUTIONS FACIALS

75mins 105.00€

Elemis Oxygen Skin Calm Facial

Pure soothing heaven for sensitive skin.

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask impregnated with Absolute Skin Calm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

Elemis S.O.S. Purifying Facial

A purifying treatment for congested skin.

A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

ELEMIS ADVANCED ANTI-AGEING FACIALS

75mins 115.00€

Elemis Visible Brilliance Facial

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this Anti-Ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to **61%** and elasticity by **40%** after just 1 treatment.* Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

Elemis Pro-Collagen Quartz Lift Facial

ONE Anti-Wrinkle Facial with Proven Results

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to **94%*** and improves skin firmness by up to **57%***.

Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

**Independent Clinical Trials 2007*

Elemis Tri-Enzyme Resurfacing Facial

Peel away the years for smoother, more radiant skin

This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to **75%*** and increase skin smoothness by up to **32%***, after just 1 treatment, this unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin.

Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

**Independent Clinical Trials 2006*

TIME FOR MEN FACIALS

ELEMIS SKIN IQ+ FACIAL

75mins 115.00€

Anti-Ageing booster for tired, stressed skin.

Charged with the clinically proven*, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

**Independent Clinical Trials 2006*

ELEMIS URBAN CLEANSE FACIAL

75mins 105.00€

This super-grooming facial works overtime to help eliminate blocked pores rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

**Independent Clinical Trials 2004*

ELEMIS FACE & BODY THERAPY

NEW FACE AND BODY SENSATION

55mins 115.00€

The perfect treatment duo

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial.

Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind.

You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance:

- Pro-Collagen Quartz Lift Facial
- Tri-Enzyme Resurfacing Facial
- Visible Brilliance Facial
- Skin IQ+ Men's Facial

Recommended: 1 treatment every 3 weeks

MASSAGE

ELEMIS DEEP TISSUE MUSCLE MASSAGE

60mins 100.00€

Deep rhythmic pressure massage.

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Stress-a-Way: Wind down and release the tension of the day.

Spirit Reviver: A powerful surge to invigorate and recharge.

Muscle Melt: Relax and re-energise a tired and aching body.

Chakra Balancing: Reconnect your mind, body and soul.

ELEMIS DEEP TISSUE BACK MASSAGE

30mins 55.00€

Minimum time, maximum tension-relieving results.

Specifically targeting the back, shoulders and neck areas, where you need it most.

AROMATHERAPY MASSAGE

75mins 95.00€

It is a complete body treatment which uses essential oils made from plant and herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils has therapeutic effect and brings a feeling of well being.

INDIAN HEAD MASSAGE

45mins 75.00€

The Indian Head Massage is a therapy which has been practiced for over 4.000 years.

This Indian practice relieves the tension from your shoulders, neck, head and face and brings balance to the body and mind. The treatment is concluded by spreading the hair with oil monoi which comes from the exotic shores of Tahiti.

HOT STONE MASSAGE

75mins 110.00€

Volcanic stones that were blown into the ocean thousands of years ago are used for this massage. The constant movement of the waves made the stones tumble gently and smoothed their sharp edges. The energy from the volcano (fire) combined with the ocean waves (water) gives these stones a nice balance of energy.

The Hot Stone Massage is a unique treatment of heated stones applied to the body with essential oils in a way that brings about relief to sore and stiff muscles, releases the tension and offers the body tranquility and a more balanced flow of energy.

EXOTICS

ELEMIS EXOTIC LIME & GINGER SALT GLOW

45mins 60.00€

Invigorated, cleansed and polished to perfection.

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

ELEMIS TOTAL GLOW SELF TANNING TREATMENT

60mins 75.00€

The healthy way to radiant sun-kissed skin.

We know the sun is good for the soul, but not necessarily for the skin, so fake it with this rich and sensual treatment. The Elemis Total Glow Self Tanning Cream mimics the skin's natural colour and helps give a warm glow within 2-3 hours.

Recommended: 1 treatment for a natural golden glow. Subsequent applications will result in a deeper tan. Colour fades over 4 to 5 days.

ELEMIS EXOTIC COCONUT RUB & MILK RITUAL WRAP

60mins 105.00€

Pure sensuality to enliven the senses.

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap or unique dry float. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

ELEMIS EXOTIC FRANGIPANI BODY NOURISH WRAP

60mins 105.00€

For immediate softness and suppleness.

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

DETOX

ELEMIS AROMA SPA OCEAN WRAP

75mins 110.00€

A deeply detoxifying blend to decongest and stimulate the system.

Let thoughts drift away whilst being cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

Cellutox: A detoxifying blend of Juniper and Lemon essential oils decongests and stimulates the bodies systems. Excellent for improving the dimpled appearance of cellulite and reducing fluid retention

Musclease: A warming blend of Pine and Rosemary essential oils helps ease the pains of rheumatism, arthritis, muscular spasm and fatigue.

BODY SCULPTING CELLULITE & COLON THERAPY

60mins 115.00€

Redefine and smooth your silhouette.

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

HANDS & FEET

ELEMIS SOLE DELIGHT GROOMING FOR FEET

75mins 50.00€

A total sensory experience for your feet.

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

ELEMIS PRO-COLLAGEN HAND & NAIL TREATMENT

60mins 45.00€

Redefine the hands of time.

Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the anti-ageing Pro-Collagen Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

ELEMIS RITUALS

ABSOLUTE SPA RITUAL

120mins 175.00€

Elemis Deep Tissue Muscle Massage

Elemis Advanced Facial

TOTAL TIME OUT

120mins 175.00€

Elemis Deep Tissue Muscle Massage

Elemis Advanced Facial for Men

TAHITIAN SMOOTH & SOOTHE

90mins 140.00€

Elemis Exotic Lime & Ginger Salt Glow

Elemis Exotic Frangipani Wrap

ULTIMATE DETOX RITUAL

160mins 220.00€

Hammam/Rasul

Elemis Body Sculpting Cellulite & Colon Therapy

Elemis Skin Specific Facial

DEEP CLEANSING RITUAL

150mins 210.00€

Elemis Exotic Lime & Ginger Salt Glow

Elemis Cellutox Aroma spa Ocean Wrap

Elemis Skin Specifics Facial

TROPICAL DELIGHT

120mins 150.00€

Elemis Exotic Coconut Rub & Milk Ritual Wrap

Elemis Exotic Hand Ritual

Elemis Exotic Sole Delight Foot Treatment

VOYAGE OF THE SENSES

160mins 255.00€

Elemis Exotic Frangipani Wrap

Indian Head Massage

Elemis Advanced Performance Facial

SENSORY EARTH

150mins 180.00€

Hot Stone Massage

Elemis Advanced Performance Facial

DAY PACKAGES

Day of Escape

3hrs 210.00€

Elemis Exotic Lime & Ginger Salt Glow
Elemis Deep Tissue Massage
Grand Serai Spa Light Lunch
Elemis Advanced Performance Facial

Day of Purity

4 ½ hrs 270.00€

Hammam
Elemis Body Sculpting Cellulite & Colon Therapy
Grand Serai Spa Light Lunch
Indian Head Massage
Elemis Skin Specific Facial

Day of Tranquility

5 hrs 295.00€

Elemis Exotic Coconut Rub & Milk Ritual Wrap
Elemis Sole Delight Foot Treatment
Elemis Exotic Hand Ritual
Grand Serai Spa Light Lunch
Hammam
Hot Stone Massage

..... SPA ETIQUETTE

Please arrive 15 minutes before your treatment.
Prior to your treatment you will be requested to complete a lift style questionnaire.

We request a minimum of 4 hours cancellation notice for a single treatment
or 24 hours advance notice for rituals.
Without notification you will be charged for the scheduled service.
Being late for your appointment may shorten the length of your treatment.

You will be given a bathrobe, towels and slippers.

Please remove your jewelry and clothing except underwear before each treatment.
For some treatments you will be provided with disposable underwear by your therapist.

Please make sure that your valuables are kept in your locker.
The management cannot be held responsible for the loss of any personal possessions.

During treatments, please let your therapist know whether you feel comfortable or not,
too warm or too cold and whether the room's temperature satisfies you.
Your comfort and care is our greatest concern and priority.

If you have a particular injury or pain, please explain it to the therapists.
In this way, they can suggest appropriate adjustments to the treatment for your comfort and enhancement.

ΧΡΗΣΙΜΕΣ ΟΔΗΓΙΕΣ

There is no pressure to talk with your therapist during the treatment.
This is entirely up to you.
If you have any questions or queries our therapists are willing to answer them.
In case you are silent they will too.

Mobile phones are not permitted in Spa.
Besides, you came here to ease your body and mind.

We are here to relieve you of the stress of every day and offer you moments of relaxation!

We remind you that smoking is not permitted in Spa.
Thanks for not smoking!

..... *Spa Gift Vouchers*

For a gift totally unique and beautiful presented, we will personalize yourSpa
voucher, enclose it in an exotic gift box with a small tester of what is to come.

Choose one of our spa therapies or let them decide!

Our spa team will be delighted to help if you need advice.