



# PORTO

**SANI**

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THE SPA SUITE





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# 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 personalize and blend a synergy of essential oils and trace elements to suit your skin condition and needs. These bespoke treatments will not only revitalize the skin but energize 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.



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## 24 Karat Gold Facial

1h 30min, 180€

*Radiance, Firm, Regenerate*

After your feet have been treated to a heated pouch filled with golden liquid a rejuvenating facial will cleanse and tone your skin. A detoxifying lymphatic drainage and tightening facial cupping are followed by a firming peel-off mask. Deliciously spoiling, the mask is made with gold powder and adds further to the treatment's sense of glamour.

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## Gold Rush Body Ritual

1h 45min, 190€

*Soften, Anti-age, Luminosity*

A body scrub with a gold massage balm for smooth, glowing skin is followed by a full body massage to rid your body of whatever aches and grumbles it may have. An anti-aging facial cleanse and massage will ensure you'll leave feeling years younger and with a wonderful golden glow to match.

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## Gold Seekers Face & Body

1h 45min, 220€

*Relax, Rejuvenate, Tone*

The most lavish treatment of your dreams starts with a full body massage using a gold massage balm. After your facial, choose between a lifting massage or detoxifying lymphatic drainage. A scalp massage, performed while a peel-off mask refines and brightens, will leave you in an even deeper state of relaxation. The application of a 24-karat gold serum adds a glamorous finishing touch.



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## Radiance Facial

### - with Coolifting Shot

30min, 110€

Treat your face to a cleanse and instant age-pause with our flash treatment which smooths fine lines and transforms your skin. The express lifting treatment focuses on performance and will deliver on its promise of younger skin as a result.

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## Advanced Facial

### - with Coolifting Shot

1h, 180€

Aside from the lifting massage, this treatment includes the same revolutionary age-defying steps as our Immediate Rejuvenator. This means the treatment works to combat signs of aging in a way that will ensure you leave with your best skin ever.

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## Immediate Rejuvenator

### - with Coolifting Shot

1h 30min, 230€

*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.

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## Instant Cryo Facelift

1h 30min, 250€

*Firm, Lift, Sculpt*

This dynamic treatment serves as a veritable boot camp for the face, comprising warmups, cooldowns, and various steps to work and tone your facial muscles. Expect knuckling movements and whipping strokes as part of the Anne Semonin lifting technique to sculpt your face and electrical muscle stimulation (EMS) to restore elasticity. Other stars of this treatment include a metal Gua Sha tool to drain and de-puff the skin, Anne Semonin cryotherapy products for instant rejuvenation, and a cryo-lifting procedure to lift and illuminate the face. If you're seeking a treatment that delivers immediate results, then Miracle Face Cardio is for you!





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## Beach-Ready Body & Face

1h 15min, 190€

*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.

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## Botanical Bliss Body & Face

1h 15min, 180€

*Radiance, Soothe, Prolong Summer Tan*

Inside-out hydration is essential for maintaining your skin's suppleness and prolonging your hard-earned 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.

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## After-Sun Regenerator

1h 30min, 200€

*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.



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## Uplifting Face Massage

25min, 70€

*Tone, Lift, Regenerate*

The Uplifting Face Massage involves flowing techniques which act as a natural face lift. This can be used as an alternative to surgery, helping you feel and look younger. It is designed to be a gentle non-invasive approach to looking younger. It works primarily by freeing constrictions both within the facial muscles and in the connective tissue.

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## Miracle Eyes

30min, 70€

*Depuff, Brighten, Smooth*

An exquisite treatment specifically designed for the delicate eye area brings together a unique combination of contour masks and specialized 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.

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## Radiance Express

30min, 70€

*Refresh, Firm, Health-Boost*

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.

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## Tailor Made Facial

1h, 150€

*A luxury facial treatment which is individual and utterly bespoke*

The heart of Anne Semonin's philosophy! Because everyone's skin is unique this phytoaromatic facial will be tailored to you to achieve the best possible results. It includes deep cleansing, exfoliation, a detoxifying facial drainage and specially selected mineral complexes, serums and masks to effectively meet the needs of your skin and offers the ultimate solution to regain comfort, suppleness and glow.

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## Exquisite Skin Renew

1h, 130€

*Brighten, Firm, Moisturize*

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.

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## Purifying Mineral Marvel

1h 30min, 200€

*Deep Cleanse, Decongest, Mineralize*

Reap the benefits with this purifying treatment which mixes steam and extraction techniques with products that contain marine elements and do wonders for your skin, such as Anne Semonin's peeloff mask. The mask's high concentration of minerals and algae will reveal smooth, calm-looking skin and pores that appear more refined.

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## Precious Pearl Ultra Lift

1h 25min, 200€

*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 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.





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## Relax and Recharge Ritual

1h 30min, 220€

*Relax, Regenerate, Soften*

This 'just-let-go-and-drift-off-to-sleep' treatment is devised to give you head-to-toe relaxation. It starts with an ultra-soothing scrub and back massage and is followed by a made-to-measure facial. A deeply cossetting leg and foot massage will ease the stresses of your busy urban life and make your limbs go all tingly. This treatment, quite literally, covers all the (body's) bases.

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## Soothing Scrub and Massage Ritual

1h 20min, 185€

*Exfoliate, Nourish, Sooth*

A soothing scrub will sweep away dead skin cells and the application of aromatic oils will make your skin feel as soft as a baby's. The revitalizing exfoliation are capped off with a full body massage to give you lots of get-up-and-go

*\*Deep Tissue Massage upon request with an additional charge of 15€.*

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## Busy Minds De-stress

55min, 160€

*De-stress, Balance, Recharge*

This treatment begins with a back therapy which releases tension and restores calm to busy minds. Then, a bespoke facial will reveal healthy-looking skin while a scalp massage will help you sink further into a place where deadlines don't exist.

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## Anti-Stress Back Therapy

1h / 1h 30min, 160€ / 200€

*Release Tension, Restore, Relax*

Shut the door on the world outside with this miracle treatment created to alleviate tension in the back, neck and shoulders. After a self-heating, effervescent mud mask releases muscle stiffness and stress, you'll further slip into a world of bliss with a massage. Both energizing and relaxing, this stress boosting treatment leaves the whole body with a complete sense of well-being.

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## Feet and Legs Massage Ritual

50min, 150€

*Renew 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.

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## Lighter Legs Therapy

1h 15min, 160€

*Lighten, Tone, Soothe*

Show off sculpted limbs this summer with the help of this treatment which combines a modeling 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.

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## Heavenly Anti-Stress Face and Body Experience

2h, 250€

*Release tension, Nourish, Revitalize*

Those looking to de-stress need look no further than this aaah-inducing treatment. Expect a relaxing back therapy to melt away stored tension while tired feet and legs are massaged and made to tingle. Combined with a relaxing cryotherapy facial, the treatment will result in a body and mind renewal and you feeling so relaxed it's as if you're walking out of the spa horizontally.





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## Aromatic Body Scrub

30min, 80€

*Moisturize, Nourish, Soften*

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.

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## Bespoke Body Wrap Experience

1h 10min, 150€

*Regenerate, Soften, Hydrate*

This indulgent body wrap experience combines a revitalizing exfoliation with a nurturing mask in a treatment that is tailored to your skin's specific needs. Let our luxurious scrub smooth and soften your skin, then choose from one of our three replenishing masks to envelop your body in luxury. The Deep Moisture mask enhances hydration, the Detoxifying spirulina algae mask is known for its purifying properties, while the Red Grape rejuvenating mask boosts firmness. As your skin is nourished, smoothed and refreshed, let us quiet your mind with a relaxing scalp massage to complete the experience.

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## Exquisite Cellulite Minimizer

1h 15min, 180€

*Anti-Cellulite, Firm, Tone*

If your main concern is dimpling and uneven skin, this 3-phase treatment is for you. Powerful cryotherapy techniques ensure immediate results: your legs feel refreshed, your skin will be more even and skin contour, firmer. A special massage using the natural powers of algae will get rid of toxins in a flash while a firming body mask will work to target problematic areas.

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## Anne Semonin Parisian

### Ceremony

2h, 230€

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:

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#### *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.

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#### *Exquisite nourishing*

This experience is balancing, relaxing, and nourishing. Hydrate and moisturize 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.



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## Baby Bliss Pregnancy Facial

50min, 130€

*Calm, Regenerate, Enhance*

The hormonal effects on your skin during pregnancy can cause dryness, breakouts, increased pigmentation and a lack luster complexion. Regain that beautiful pregnancy glow with this re hydrating soothing facial. Using an intensive nourishing oil, special attention is paid to relaxing your neck and shoulders followed by a heavenly scalp massage which will leave your skin glowing.

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## Pregnancy and Beyond Spa Ritual

1h 30min, 180€

*Pamper, Rejuvenate, Radiance*

A relaxing, unwinding therapy, targeting areas of aches and pains and rejuvenating the face and body to give ultimate radiance back to the skin. Your body will be supported and caressed by soft cushions whilst your therapist massages your back neck and shoulders. Followed by a sublime facial treatment, combining a foot and leg massage to alleviate achy, heavy and tired legs.

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## Pregnancy Massage

50min, 140€

*De-stress, Unwind, Relax*

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



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## Aroma Energizer

30min, 95€ · 55min, 180€ · 1h 20min, 200€

*Uplift, Energize, Release Tension*

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.

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## Pure Rejuvenation

30min, 85€ · 55min, 160€ · 1h 20min, 180€

*Protect, Regenerate, Smoothen*

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.

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## Vital Detox

50min, 140€ · 1h 20min, 170€

*Detoxify, Stimulate, Refresh*

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

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## Indian Head Massage

45min, 150€

*Deep relax, Relieve*

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.

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## Regain Your Power

55min, 180€

*Function, Restore, Empower*

Specially designed massage right after your sporting activity. Your therapist will use massage treatments and stretching techniques on all the muscles worked, restoring their elasticity and strength, achieving maximum restoration of your body's functionality.

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## Miracle Lifting & Modeling Massage

45min, 170€

*Sculpt, Tone, Lighten*

Devised to deliver an immediate and dramatic lipo-sculpting effect, there is no better way to start your summer than with our lifting & modelling body massage. The treatment's manual drainage technique, a combination of firm pressure and fast rhythmic and pumping movements, delivers quick, head-turning results. After just one treatment, you'll leave our spa with smooth, even skin and a more sculpted body.

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## Polynesian Four Hands Massage

1h 15min, 250€

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 tranquility, 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.

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## Volcanic Thermal Stones Massage

1h 15min, 190€

*Relax, Warm, 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.

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## Thai Massage

1h 15min, 210€

*Energize, Increase flexibility*

This traditional therapy is designed to energize, 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 mobilization and acupressure are also used during this treatment.





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## Wellness Reset for Two

1h 15min, (price per person) 200€

*Exfoliate, Nourish, Connect*

Lie side by side with your S.O. while enjoying a 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.

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## Suite Package for Two

1h 30min, (price per person) 230€

*Detox, Smoothen, Destress*

This treatment starts with a Made to Measure 55-minute full body massage with your favourite Body oil to soothe, relax, restore or detox followed by a unique express facial to replenish and hydrate the skin. Afterwards, a massage with Gua Sha Mushroom Stones will lift, sculpt and relieve facial tension.



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## Little Miss "Petit Mani"

40€

After nails are buffed, they are massaged with a heavenly-scented hand cream. Perfect fingers are finished off with a sweep of polish in your favorite color.

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## Little Miss "Petit Pedi"

45€

Nails are buffed and toes perfectly polished during this toe-tingling treat. Your feet will feel soft like feathers after they've been pampered with a sweet-smelling body lotion.

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## Dreamy Massage

25min, 75€

Pick your most favorite aromatic oil from our collection and enjoy a dreamy Neck & Back massage.

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## My Fantastic Facial

25min, 60€

Treat your face to a little TLC while hands and feet are pampered with a silky-soft massage at the same time.

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## My Favorite Massage with Mum/Dad

25min, 145€

Make your way to Porto Sani Spa Suite for the perfect side-by-side relaxing neck & back massage.

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## Soft as Velvet

30min, 65€

A super relaxing body peeling will leave your skin feeling velvety soft and smelling yummy all day.



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## Hands and feet

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### **Anne Semonin Supreme Hands Manicure** 80€

*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.*

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### **Anne Semonin Perfect Feet Pedicure** 90€

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

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Manicure	60€
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French Manicure	65€
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Kure Bazaar Organic Manicure*	70€
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Pedicure	70€
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French Pedicure	75€
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Kure Bazaar Organic Pedicure*	80€
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Shellac & manicure	80€
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Shellac & pedicure	90€
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Hand shellac colouring	50€
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Feet shellac colouring	50€
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French shellac & manicure	85€
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Remove shellac	25€
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File and Polish	30€
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*Your nails are filed and shaped followed by application of your favourite nail polish*

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Kure Bazaar Organic File and Polish*	40€
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*\*Kure Bazaar is the leading nail varnish of a new generation; combining the ethics of a new, environmentally friendly formula with the vibrant colors of Paris fashion. Enjoy an organic manicure/ pedicure with your favorite color and take it home with you as a gift at the end of the treatment.*

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## Waxing

Eyebrow shape	30€
Upper lip wax	25€
Under arm wax	30€
Full arm wax	40€
Half leg wax	45€
Full leg wax	60€
Chest wax	50€
Back wax	60€

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## Hair Salon by **YIANNI** Tel. 8252 HAIR SPA

Female Haircut	50€
Male Haircut	40€
Child's Haircut	30€
Hair Styling	from 50€
Total Elixir Hair Spa Treatment - <i>spa mist, luminator</i>	70€
Coloring	from 70€
Highlights	from 130€



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## Spa policies

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*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.

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*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.

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*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.

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*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.

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*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.

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*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.

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*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.

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## Health questions

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*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.

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*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.

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## Upon arrival

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*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.

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## Prior to arrival

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*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 10 minutes before your treatment to complete our spa consultation form.

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*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.

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*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.

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*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.



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## **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.

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## **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.

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## **Facilities**

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### **Indoor swimming pool**

With Swim Jets.

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### **Relaxation area with tisannerie thermal suite**

Comprising of hammam, sauna, emotional shower with chromotherapy (color therapy), ice bucket and heated recliners.

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### **Beauty corner**

Offering Anne Semonin products

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## **Opening hours**

Open every day 8am – 8pm

Treatments available from 9am – 7.45pm

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## **Spa contact**

Internal: 8250

External: +30 23740 99250







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