

SPA & HAMMAM MENU

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Opening Hours

10:00–20:00

Contact

Contact Spa Reception on WhatsApp at +20 128 897 7819,
or directly from your room on 549 (extension).
We would be glad to respond to your preferences.

Arrival

Arrive at least 30 minutes before your treatment to ensure a
relaxed experience with all Spa amenities and smooth preparation
for the treatment. Late arrivals cannot receive an extension to
their treatment.

Cancellation

If you would like to cancel or change your treatment,
please let us know 12 hours before your scheduled time.

Consultation

Please share any special health concerns or needs directly with our
spa therapists.

Spa Etiquette

La Maison Bleue Spa stands for a tranquil, harmonious ambience
and discretion. To ensure pleasant moments for all our guests,
we kindly ask that you speak quietly and switch off your mobile
phone. Spa premises are smoke-free areas.

FACIALS

Organic Glow – Face Lift

3,000

(30 minutes)

Effective plant-based skincare enhanced by intensive lifting massage stimulates cell regeneration, collagen production and reduces fine lines. The high-quality oils from avocado, apricot kernels and argan soothe, nourish and leave the skin silky and radiant.

Correction & Intense Care

5,000

(50 minutes)

The active face, neck and décolleté ritual brings together deep cleansing, various firming massages and nourishing face & eye masks to immediately generate skin hydration and soothing. The long-lasting transformative effects on your complexion and facial contours leave the skin radiant and healthy.

Detox & Oxygen Facial Ritual

5,750

(60 minutes)

Experience powerful cleansing and detoxifying treatment with a highly effective red clay mask, natural plant & algae extracts. Detox face care and purifying massages improve the removal of lymph fluid, dead cells and pollutants resulting in relaxed facial features and a well-balanced skin glow.

Natural Healing & Rejuvenation

6,250

(70 minutes)

This regenerative treatment for the face, neck and décolleté combines skin revitalizing techniques and herbal balancing potentials. Fruit acids, active ingredients and lifting facial massage will visibly hydrate, firm the skin, strengthen the connective tissue, and stimulate blood circulation and rejuvenation.

BODY TREATMENTS

Deep Cleansing (60 minutes) 5,750

Relaxing body treatment with a special focus on natural body purifying, skin hydration and cell regeneration. The soothing body butter, revitalizing oils and multi-effective massages support collagen production and enhance well-being, recovery and skin beauty.

Natural Firming (60 minutes) 6,250

Meet the professional organic fruit acid body care for sustainable skin moisturizing. Natural marine sponges, plant extracts and body butter purify the skin, activate cell metabolism, relax the muscles and refine the complexion. Firming massage improves lymphatic flow and prepares the skin for subsequent care.

Herbal Detox – Face & Body with Icelandic Algae 6,750

Brush Massage (60 minutes)

The highly effective full-body detoxification includes face and body peeling, regenerative overnight mask and brush massage. Bamboo crystals stimulate blood circulation and purify the skin while algae and organic ingredients initiate regeneration. Choose complete toning for fine-pored, and smooth skin with a healthy glow.

Premium Balancing Face & Body Bliss (90 minutes) 7,250

Treat yourself with ultimate face and body treatment and enjoy professional rejuvenating facial and nourishing, moisturizing body care. The natural, multitasking cosmetics ensure long-lasting renewal effects, while the relaxing foot, scalp and body massages activate and hydrate the skin. As a result, the face and body skin is visibly even, tightened and refined.

Full Body Ritual – Slimming & Anti Cellulite (90 minutes) 7,250

The unique combination of body peeling, brush massage and effects of white mustard, capsaicin and liposomal caffeine concentrate stimulates the release of fatty acids and combats cellulite. A tightening massage, active plant ingredients and slimming techniques firm contours, and lead to a slender silhouette and moisturized skin.

Prime Foot Ritual (45 minutes) 3,500

Experience the ritual that offers full care for your sensitive and demanding feet. Foot peeling, special care, massage and energetic points activation lead to well-nourished, energized and relaxed foot skin bringing well-being to the whole body.

BODY MASSAGES

Any choice of body massage (60 minutes / 5,000)

Any choice of body massage (90 minutes / 7,000)

Personalized Massage

You are welcome to tailor the massage to your body, needs, sensibility and preferences. Modulated massage techniques (from soft to strong pressure) and selected aromatic oils improve muscle performance, reduce tightness and release body tension.

Deep Tissue

This special technique of sustained pressure enhanced with slow, deep strokes, targets the inner layers of your muscles and connective tissues and relieves muscle pain and stiffness providing stress-relieving relaxation for the body and mind.

Traditional Thai Massage

The ancient technique, influenced by Ayurvedic and Chinese medicine has the special focus on the energy flow throughout the body. The practitioner uses stretching, pulling, and rocking techniques to relieve tension, achieve relaxation and improve flexibility and circulation.

Thai Oil Massage

The fine balance of stretches and massage gives you the best of both worlds. A blend of passive stretching and pressing massage movements followed by an oil massage relieves stress, tiredness and leaves feeling refreshed.

Stone Massage

The stone effects and harmonized massage techniques together are particularly suitable for restoring the balance of body, mind and soul. This special sensation stimulates blood circulation, provides a detox effect and activates the lymphatic system.

REINFORCING EXTRAS

If you would like to intensify & extend your relaxing and well-being experience, please feel free to pair treatment and massages with any of the following...

Any choice of reinforcing extras (30 minutes / 3,000)

Back Massage (30 minutes)

Choose a back massage and spend your well-deserved time enjoying an excellent treatment to soothe away aches, pains and stiffness promoting a deep sense of relaxation and renewed vitality.

Head & Neck Massage (30 minutes)

This unique well-being experience combines head and neck relaxation and cares for your hair and scalp. The pure organic coconut oil intensively looks after your hair and scalp.

Foot Massage (30 minutes)

Activate your self-healing powers and increase general well-being. Relaxing foot massage not only nourishes the sensitive, tired and demanding feet but also stimulates energy flow throughout the body granting a full regeneration experience.

Facial Massage (30 minutes)

Treat yourself and add to your routine effective massage that majorly benefits your skin: reduces the appearance of fine lines, wrinkles and stress, stimulates lymphatic drainage and relieves muscle tension. Discover the secret to a healthy, youthful glow and overall relaxation.

WELLNESS & CARE

A range of complementary yoga & pilates classes are available for hotel guests every Sunday, Tuesday, and Friday at 9:00.

Yoga/Pilates Class

45 - 60 minutes – Sundays, Tuesdays & Fridays at 9:00

Ensure a good balance of flexibility, posture and muscle tone with Sandy, our instructor. Our classes focus on building strength and enhancing your coordination and body awareness.

Personalized LMB Workout

2,200 for one – 3,300 for two

60 minutes – Everyday at 10:00 or 11:00

Choose the style of your workout with Coach Abdelrahman to match your personal goals. Release the tension and improve your physical condition and strength through deep muscle manipulation, stretching and elongation of muscles.

Manicure

1,245

Nail shaping and cuticle care for a clean, polished look.

Manicure (+color)

1,490

Complete manicure finished with your choice of nail color.

Pedicure

1,490

Foot soak, nail shaping, and cuticle care.

Pedicure (+color)

1,740

Complete pedicure finished with your choice of nail color.
