

## SPA & HAMAM

<b>Opening Hours</b>	10:00–20:00
<b>Contact</b>	Contact Spa Reception on WhatsApp at +20 128 897 7819, or directly from your room on 549 (extension). We are glad to respond to your preferences.
<b>Arrival</b>	Arriving at least 30 minutes before your treatment would ensure a relaxed experience with all Spa amenities and smooth preparation for the treatment. Late arrivals cannot receive an extension to their treatment.
<b>Cancelation</b>	If you would like to cancel or change your treatment, please let us know 12 hours before your scheduled time.
<b>Consultation</b>	Please share with us if you have any special health concerns or needs within our Consultation form.
<b>Spa Etiquette</b>	La Maison Bleue Spa stands for a tranquil, harmonious ambiance 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

<b>Organic Glow – Face Lift</b>	<b>3,000</b>
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.	
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<b>Correction &amp; Intense Care</b>	<b>5,000</b>
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.	
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<b>Detox &amp; Oxygen Facial Ritual</b>	<b>5,750</b>
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.	
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<b>Natural Healing &amp; Rejuvenation</b>	<b>6,250</b>
70 minutes	
This regenerative treatment for the face, neck and décolleté combines skin vitalizing 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.	
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# BODY TREATMENTS

<b>Deep Cleansing</b>	<b>5,750</b>
60 minutes	
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.	
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<b>Natural Firming</b>	<b>6,250</b>
60 minutes	
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.	
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<b>Herbal Detox – Face &amp; Body with Icelandic Algae Brush Massage</b>	<b>6,750</b>
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.	
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<b>Premium Balancing Face &amp; Body Bliss</b>	<b>7,250</b>
90 minutes	
Please 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.	
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<b>Full Body Ritual – Slimming &amp; Anti Cellulite</b>	<b>7,250</b>
90 minutes	
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.	
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<b>Prime Foot Ritual</b>	<b>3,500</b>
45 minutes	
Experience the ritual that offers full care for your sensitive and demanding foot skin. 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.	
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# BODY MASSAGES

## **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.

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## **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.

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## **Traditional Thai Massage**

The time-honored 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.

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## **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.

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## **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.

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**Any choice of body massage (60 minutes / 4,000)**

**Any choice of body massage (90 minutes / 5,500)**

# REINFORCING EXTRAS

## **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.

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## **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.

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## **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 foot skin but also stimulates energy flow throughout the body granting a full regeneration experience.

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## **Facial Massage**

30 minutes

Please 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 visage and overall relaxation.

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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 / 2,000)

# MINDFUL MOVEMENTS

## **Yoga Class**

45 - 60 minutes – Wednesdays & Fridays

Find your balance mentally and physically as our Vinyasa classes target mobility, flexibility and strength most fluidly. Movements are synchronized with breath, accessible for many fitness levels, reduce stress and improve overall health.

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## **Pilates**

45 - 60 minutes – Wednesdays & Fridays

Ensure a good balance of flexibility, posture, and muscle tone. Our Pilates classes are focused on the building of muscle strength and tone to benefit your coordination and body awareness.

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## **Personalized LMB Workout**

60 minutes – On Demand

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

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A range of complementary yoga & pilates classes are available every Wednesday and Friday at 9:00.

We offer additional beauty care –hairdresser, pedicure, manicure, and private wellness activities according to your preferences. Please find more details at Spa Reception and let them guide you through our outdoor activities offer....