

## Packages of Club Med Spa

**Ultimate Indulgence** 140 mins  
An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath or Herbal Steam ~ Four Hands Massage ~ Refresher Facial ~ Foot Massage.

**Harmony** 110 mins  
A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Pure Nature Facial.

**Spa Discovery** 85 mins  
Age old tradition combines with the finest European skin care for a deliciously relaxing experience. Enjoy a Balinese Massage followed by a Decléor Aromassage Facial.

**Spa Sampler** 80 mins  
Experience more of the pleasure with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

**Heaven and Earth** 50 mins  
A cleansing and refreshing facial followed by a foot massage to pamper you from head to toe.

## Decléor Face

*Ideal for both male and female skin, Decléor combines the science of aromatherapy with the art of treatment to offer relaxing high performance and personalised skin care. All facials include an indulgent back massage for total relaxation.*

**Beauty Boost** 6 x 90 mins  
An intensive program of six facial treatments for optimum results.

**Brightening** 90 mins  
*For uneven skin tone*  
This treatment is designed to brighten and even out the complexion by preventing and neutralizing the appearance of dark patches. Moisturizing and anti-ageing agents are used to re-establish the skin's natural glow, leaving your skin brighter and more radiant.

**Lift** 90 mins  
*For mature and aged skin*

The ultimate holistic answer to face lifting, this exceptional anti-ageing treatment uses a unique combination of essential oils including iris, jasmine and cinnamon to combat the signs of ageing in mature skin.

**Purify** 90 mins  
*For oily and combination skin*

A cleansing and purifying treatment for oily, congested and shiny skin. It eliminates impurities, cleanses and balances the skin surface. Mineral rich marine algae and pure essential oils leave the complexion fresh, clear and matte.

**Pour L'Homme** 90 mins  
*For male skin*

An innovative treatment dedicated to male skin. This unique aromatic experience restores and rebalances skin irritated by shaving, pollution and environmental conditions. Leaves the skin feeling fresh, soft and smooth.

## Face of Club Med Spa

**Pure Nature Facial** 50 mins  
Club Med Spa's signature facial is rich in enzymes that can peel away dead skin, antioxidant vitamins to protect and treat the cells from environmental (and self-induced!) pollutants and natural oils for deep nourishment. We use only natural ingredients with no harmful preservatives or additives. There are three options for different skin types, relying on nature's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin.  
**Preserve** – a cleansing and rejuvenating facial for normal skin type.  
**Renew** – a fruit acid facial for treating environmentally damaged skin.  
**Enrich** – a nourishing facial for dry or mature skin.

## Body of Club Med Spa

**Four Hands Massage** 50 mins  
Not to be missed, never to be forgotten. Our signature massage, performed by two therapists working together, is a unique blend of five different massage styles – Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

Shiro Dhara 50 mins

This oil flow treatment aims to clear the mind and encourage deep relaxation acting as a gateway to total rejuvenation. It begins with an Abhyanga Massage, Ayurveda's principal healing tool and the mother of all massages. Next, for 10 minutes, a gentle flow of aromatic oil is poured onto the third eye on your forehead. An uplifting and inspiring experience.

Warm Stone Massage 50 mins

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

Balinese Massage 80 mins or 50 mins

Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems. For jetlag recovery, choose our Tranquility massage oil blend.

Fancy Foot-work 50 mins

The most blissful ride your feet will ever take you on. It's like reflexology without the 'ouch'. Based on the same therapeutic principles of its ancient ancestor, this foot massage will help to release toxins and restore your body's energy flow. And it feels like bliss at its celestial best.

## More of Club Med Spa

Spa Pedicure 50 mins

French Manicure 50 mins

Spa Manicure 50 mins

These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, nail polish and a wonderfully relaxing hand and arm or lower leg massage.

The Spa Pedicure also includes a rejuvenating foot mask.