

**TREATMENTS AND WELLNESS**

**Part massage**

- Shoulders, neck and head massage in a sitting position (30 min.) **30,-**
- Face, neck, low neck, nape of the neck and head massage (30 min.) **35,-**

**Combined massage** (45 min.)

- Massage of the back, shoulders, neck, arms and legs from behind (60 min.) **60,-**
- Massage of the back, shoulders and neck (35 min.) **40,-**

**Anti-stress massage** (50 min.)

- Soft and relaxing massage of the back, shoulders, nape of the neck, head, face, neck and low neck (Particularly during contractions of the shoulders, nape of the neck, jaws and/or headaches) **50,-**

**Complete-Wellness massage** (75 min.)

- Soft and relaxing massage of the body (back, shoulders, nape of the neck, head, face, neck, low neck, arms, legs and feet) **80,-**

**Total whole-body relaxations massage** (60 min)

- Massage of the back, shoulders, neck, décolleté, arms and hands, legs and feet with oil of bio-lavender **65,-**

**„Hot-Stone“ – Back** (35 min.)

- Profound relaxation thanks to the heat of the stones and to the massage with a warm oil. **40,-**
- Treatment of the back, shoulders, nape of the neck, arms (manual and with hot stones).



**„Hot-Stone“ – Combination** (50 min.)

- Pleasant relaxing back muscles while hot stones are placed on your back. **55,-**
- After a short break, enjoy the massage of the feet, back, shoulders, neck and hands.

**„Hot -Stone“ – Back Plus** (75 min.)

- During warm stones relax the back muscles, the legs from behind are massaged manually and with warm stones (not in case of varicose veins), then the whole back is massaged with warm stones, a special oil and an alga-cream. **75,-**



**SPA – RITUALE**

**„Modelage Aromacéane“** (60 min.)

- Initiation of treatment with very light pressure and stroking the back of the body massage (without oil) - the " modeling of the sea " **70,-**
- Pleasant relaxation during the massage "Aromacéane" with natural, neutral massage oil and an essential oil of your choice
- Treatment of the back-legs; belly-plexus

**„Mémoire Océane“** (60 min.)

- Profound relaxation thanks to a soft manual massage with a special warm oil **75,-**
- Treatment of the whole body (back, legs, feet, arms, belly-plexus-chest, head, shoulders and neck)

**„Mémoire Océane Plus“** (120 min.)

- Massage „Mémoire Océane“ **100,-**
- Care with a body cream „Mémoire Océane“

**„Mer & Sens “** (90 min)

- Ritual treatment with hot stones at your back, hands and legs, recovery period **100,-**
- Profound relaxation due to a whole body treatment with hot stones
- Massage with relaxing oil and a rematerialized alga-cream
- Treatment of the whole body



For the treatment of the massages, we only use products from the firm THALGO : Diverse massage oils, essential oils (with a alcohol basis), creams. You can also receive cares with „aloe vera“, from the firm FOREVER LIVING PRODUCTS.

A pleasant relaxing music accompanies the treatments.

We ask you to reserve your appointment at the front desk, as soon as possible, and we wish you a nice relaxation.

Our pool and our gym are opened for you from 6h30 to 20h00. There you have:

Inside and outdoor pool	Finnish Sauna	Thermo Spa
Hammam Livello (40°C)	Infrared Cabin	Spa Suite
Hammam traditionally (40°C)	Relaxing Room	Recovery Room
Caldarium (40°C)	Tuli Sauna (90°C)	
Sanarium (60°C)	Massage	Jacuzzi (7,50 for 20 min.)

We open you our Spa-Wellness Center at your convenience. Please contact the reception for any further information.

**THERMO SPA**

<p><b><u>Body-wrap with alga</u></b> (50 min.) <span style="float: right;"><b>80,-</b></span></p> <ul style="list-style-type: none"> <li>- Initiating with a massage of back and legs (20 min.)</li> <li>- Body-wrap with sea-alga for the whole body (20 min)</li> <li>- a lot of minerals for the whole body, muscle pain, cellulite, stress, stimulate the thyroid, metabolism, detoxification</li> <li>- Shower</li> </ul>
<p><b><u>Body-wrap with natural marine mud</u></b> (50 min.) <span style="float: right;"><b>60,-</b></span></p> <ul style="list-style-type: none"> <li>- Initiating with a massage of back, arms, legs and feet (25 min.)</li> <li>- Body-wrap with natural marine mud (20 min.)</li> <li>- Excessive intake of minerals, muscle pain, osteoporosis, arthritis, after fractures, detoxification, very good for the skin</li> <li>- Shower</li> </ul>
<p><b><u>Body-wrap with alga foam</u></b> (50 min.) <span style="float: right;"><b>60,-</b></span></p> <ul style="list-style-type: none"> <li>- Initiating with a massage of back, arms and legs (25 min.)</li> <li>- Very warm and relaxing by the sea magnesium – only backside and abdomen</li> <li>- Shower</li> </ul>
<p><b><u>Body-wrap with fine Body-cream “Subliminal”</u></b> (50 min) <span style="float: right;"><b>60,-</b></span></p> <ul style="list-style-type: none"> <li>- Massage with a neutral oil (back, neck, arms, legs and feet) (25 min.)</li> <li>- Body-wrap with a special cream subliminal (relaxing effect) (25 min.)</li> </ul>
<p><b><u>Relaxing Body-wrap with oil of bio-lavender</u></b> <span style="float: right;"><b>60,-</b></span></p> <ul style="list-style-type: none"> <li>- Relaxing massage of back, shoulders, neck, arms and legs (25 min.)</li> <li>- Body-wrap with warm oil of bio-lavender (25 min.)</li> </ul>
<p><b><u>Body-wrap with essential oil</u></b> (50 min.) <span style="float: right;"><b>60,-</b></span></p> <ul style="list-style-type: none"> <li>- neutral oil with an essential oil of your choice</li> <li>- essential oils :             <ul style="list-style-type: none"> <li>- détente = beruhigend, entspannend = relaxing</li> <li>- drainant = entwässernd = drainage</li> <li>- minceur = entwässernd und fettverbrennend, unterstützend bei Cellulite = slender</li> </ul> </li> <li>- Massage of back, feet, arms and legs (25 min.)</li> <li>- Body-wrap with an oil of your choice</li> <li>- Recovery-period</li> </ul>
<p><b><u>Body-wrap „Natural“</u></b> (25 min.) <span style="float: right;"><b>20,-</b></span></p> <p>neutral oil with wild chicorée</p>



**HYDROXEUR at the SPA SUITE**

<p><b><u>Detoxify „gel Plasmalg“</u></b> (25 min.) <span style="float: right;"><b>30,-</b></span></p> <ul style="list-style-type: none"> <li>- the alternative to sea-alga baths, with a pleasant flavor</li> </ul>
<p><b><u>Bath with addition of essential oils (based on alcohol)</u></b> (25 min.) <span style="float: right;"><b>30,-</b></span></p> <ul style="list-style-type: none"> <li>- détente = beruhigend, entspannend = relaxing</li> <li>- drainant = entwässernd = drainage</li> <li>- minceur = entwässernd und fettverbrennend, unterstützend bei Cellulite = slender</li> </ul>
<p><b><u>Precious milk bath</u></b> (25 min.) <span style="float: right;"><b>30,-</b></span></p> <ul style="list-style-type: none"> <li>- indoceane milk bath with a pleasant flavour</li> </ul>
<p><b><u>Well-being lagoon water bath</u></b> (25 min.) <span style="float: right;"><b>30,-</b></span></p> <ul style="list-style-type: none"> <li>- for a good feeling and pure relaxation</li> </ul>

