



SENSES SPA



OCEAN AND EARTH

WE DRAW INSPIRATION FROM THESE SANCTUARIES OF NATURE, WHERE THE ELEMENTS ARE CHERISHED AND THE SENSES COME ALIVE.

OUR COMBINATION OF PROFESSIONAL THERAPISTS AND HIGH RANGE NATURAL PRODUCTS WILL LEAVE YOU RESTED AND REVITALISED, ELEVATING YOU TO A STATE OF BLISSFUL WELLBEING.

EARTH ELEMENTS

TRADITIONAL TECHNIQUES INFUSED WITH MODERN INFLUENCES THAT REVITALISE AND RESTORE BALANCE TO YOUR BODY.

OCEAN ELEMENTS

BEYOND SENSES

Four hands, one heart. Indulge yourself with a fusion of five massage therapies, performed by two therapists working simultaneously on your body. The sensation of warm stones gliding along the body will dissolve tension before the body is massaged with a silky honey-ginger balm which sends you to blissful relaxation.

ORIENTAL HERBAL BLEND

We are proud to unveil the secrets of this ancient art. Harvested from the earth and ocean our unique blend of herbal remedies is applied and compressed along your entire body, followed by a full body massage. This philosophy brings relief to sore muscles and stiff joints while relieving tension to leave you feeling relaxed and stress-free.

OCEAN MEMORY

A sensory ritual inspired by the sea. Plunge yourself into the heart of the ocean and discover the four steps to aquatic bliss. Start with an exfoliating body scrub and jacuzzi soak with effervescent mineral salts before allowing a wave massage to restore your inner balance and refocus energy. Finally the sea becomes a source of nourishment in the form of a tingling algae mousse. Savour the moment as you slowly awaken to a new you.

INDOCEANE JOURNEY

A journey of sensory discovery through the continents. Escape to the Mediterranean for a smooth exfoliation before moving to India to relieve tension with an energising balm and massage. Then it is on to China where your entire body is enveloped in sublime silk body cream. You will return, relaxed and reflecting on the sensual pleasure of your skin feeling reborn.



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FACIAL TREATMENTS: THE AWAKENING OF BEAUTY

AROMA ESSENCE

Perfect for dry and fragile skin, this facial uses pure essential oils and a unique massage technique to help rejuvenate skin.

URBAN ORIENTAL

A unique recipe combining age-old ingredients designed to detoxify, purify, nurture & hydrate the skin.

PURE COLLAGEN

A pure collagen treatment to soften and brighten dull skin, leaving it intensively hydrated, smoother, firmer and visibly refined. Renowned as the perfect pre-party facial because of its instant results!

EXCEPTIONAL CONTROL

Ideal for mature or prematurely aged skin - a revolutionary synergy treatment which works on the signs of aging to soothe and firm the skin.

EXTREME COMFORT

A deeply moisturising and soothing treatment for dry, fragile skin. The warm Algomega mask helps heal the skin, providing instant relief from skin discomfort.

ABSOLUTE HYDRA

The Hydra moisture facial is an invitation to totally unwind while your skin is rejuvenated. You will emerge with freshly hydrated skin - supple, glowing and restored.

OCEAN MEN

Intense Thalgo treatment to decongest and recharge stressed skin, leaving the most irritated of skins refreshed, repaired and soothed.

BODY THERAPY: THE SECRET OF ENHANCEMENT

GINGER PURIFY

Exfoliating and soothing, this body treatment locks in moisture, brightens and firms the skin - reducing the signs of aging and helps enhance skin renewal.

MICRONISED MARINE BOOSTER

This marine-based booster works by activating the circulation while refining skin texture. The marine-sourced ingredients improve the suppleness and radiance of your skin.

BAMBOO GREEN TEA

A perfect treatment for mature or tired skin. Deeply replenished, your skin is revitalised, incredibly soft and hydrated.

MYTH OF BALI

A traditional Javanese ritual of a massage, scrub, body mask & hydration treatment to enhance the elimination of toxins and creating glowing skin.

TOUCH OF BEAUTY

ESCAPE MANICURE

A soothing hand soak and therapeutic exfoliation wrap, gentle massage and professional OPI manicure.

OPTIMUM PEDICURE

Often overlooked, your feet deserve to be nourished and pampered – specialist massage combined with sophisticated OPI pedicure.

Waxing, Tinting and Tanning available.



MASSAGE THERAPY: THE MAGIC OF TOUCH

MAORI ROCK HEALING

The soothing heat of warm stones are combined with aromatherapy and traditional Maori massage to release tension, creating a feeling of profound well being and balance.

TRADITIONAL THAI

Pinpointing pressure points, an ancient sequence of massage movements and stretches are used to realign the body's energy flow. Thai massage relieves tension and restores physical and mental harmony.

LE AROMATHERAPY

Luxurious medium or firm pressure massage using organic essential oils to soothe away tension and stress.

ANCIENT DEEP TISSUE

Energetic, intense and deep pressure massage to release stress knots and tension, alleviating muscular discomfort and provides deep relaxation.

TROPICAL BALINESE

Ancient massage of gentle deep tissue work, combined with long energetic kneading strokes to relieve tension and improve circulation.

SENSES FOOT RITUAL

Delightful pampering ritual with warm stone compression of the feet followed by a relaxing foot massage – profoundly relaxing, deeply blissful.



AYURVEDIC THERAPY: THE JOURNEY OF RITUALS

Ayurveda, the ancient oriental healing system, honours the body as a sacred temple - a vehicle for the divine spirit within. With origins dating back 3,000 years, Ayurveda translated means 'Science of Life'.

AYURVEDIC THERAPY

Indian Ayurveda blissful body therapy is performed with three types of movements- strong pressure, delicate stroking and pinching to balance the influences of Vata, Kapha and Pitta, the physical forces of heat, water and the wind.

REFLEXOLOGY ZONE

Reflexology is a Chinese holistic healing technique that applies pressure to specific reflex points on the feet and hands to promote good health and induce a state of balance and harmony.

ROYAL ACUPRESSURE

Thai Therapeutic Acupressure uses finger pressure to release blockages in the flow of life force energy along the meridians in order to reduce tension, relieve pain and help support the immune system, resulting in mind & body balance.



SENSORY PACKAGES:

LIFE-BALANCE

A unique spa journey – a sensory experience to evoke memories of being at peace in the natural world, balancing inner wellness with outer rejuvenation to find harmony of body, mind and spirit.

INSPIRED SENSES

This spa experience is a sensory sanctuary – sequential beauty therapies deliver a new you. Reawaken your senses and restore your energy levels.

TOUCH OF SERENITY

The perfect blend of treatments to pamper, relax and polish.

ORIENTAL ZEN

Take your body on a journey of transformation, harnessing an Oriental understanding of inner wellbeing. Leave stress behind and enjoy new radiant skin.

BLISS & MEMORY

Celebrate your journey together and make time to indulge your mutual senses. Let our wonderful treatments revitalise and spoil you both – a touch of paradise in the most romantic of settings.



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