



THE SPA



FOUR SEASONS  
HOTEL

LONDON AT TEN TRINITY SQUARE

The image features several thick, grey, wavy lines that flow across the white background. On the left side, there are multiple parallel lines that curve downwards and then back up. A single, larger line starts from the left, curves downwards, and then loops back towards the center. Another line starts from the bottom left and flows towards the right, curving upwards. The overall effect is a sense of movement and organic form.

“IT’S A GOOD IDEA ALWAYS TO DO SOMETHING  
RELAXING PRIOR TO MAKING AN IMPORTANT  
DECISION IN YOUR LIFE”

PAULO COELHO



Dear Guest,

The Spa at Four Seasons Hotel London at Ten Trinity Square is nestled at the heart of this iconic building. Harmoniously constructed around the historical footprint of the property, the Spa is a sensory journey where welcoming elliptical spaces, elegant finishes and the spirit of bygone days take on a contemporary feel as you are guided on a path to self-discovery.

A sanctuary in the heart of the City, the spa offers a thoughtful collection of effective, beneficial and result-driven treatments, created to address balance and restore equilibrium to mind and body on the ultimate journey to wellbeing.

Taking influences from proven methods and ingredients of both Eastern and Western modalities the treatments focus on bespoke care, identifying and relieving stress and tension and prescribing targeted, results-driven skincare.

With a hand-picked team, trained to excellent standards the personalised attention is second to none and sets the Spa experience apart.

The Spa Team

## OUR PARTNERED BRANDS PHILOSOPHY

### ● ESPA

ESPA is the chosen brand of the world's leading spas and skincare experts. Working with biochemists, skin experts and aroma therapists, they combine the knowledge from traditional holistic therapies with the scientific power of the purest natural ingredients from around the world, creating innovative products and treatments for beautiful skin and inner calm.

### ● DR BURGNER

Dr Burgener Switzerland is the leading visionary brand in personalized luxury skincare. Their expertise combines the latest technologies in anti-aging with exclusive natural ingredients, a real experience whether your skin needs energy, rejuvenation or specific treatment. The exquisite variety, the breakthrough formulas and cutting edge technologies, restore and renew your skin.

### ● MAROCMAROC

A refined and opulent skin care line that tells the story of Morocco - land of lights, warmth, colours and fragrant landscapes. MarocMaroc is an invitation for the senses to travel while pampering the face and body with extreme gentleness. By reinterpreting ancestral beauty customs through modern formulas, marocMaroc gives life to the most enchanting beauty tales.

### ● AMALA

The name Amala has many meanings, but it is the harmony of all of them that resonates most with the brand. Rooted in advanced plant chemistry and artisanal craft, each of the powerful products and treatments are of 100% natural origin to deliver maximum results. This means every Amala formula works in total synergy with the body, optimizing your skin's ability to strengthen and repair itself.

Some of our facials include CACI International anti-aging technology, famous for their luxury facial treatment systems worldwide. Microcurrent and a range of other technologies that allow for skin rejuvenation, facial toning, plumping and targeting of lines and wrinkles to achieve a fresh appearance naturally, alternative to invasive surgery.



## TEN TRINITY AUTOGRAPH EXPERIENCE

Created specifically for The Spa at Four Seasons Hotel London at Ten Trinity Square, these Autograph experiences harness the core spirit of the Spa, providing bespoke sensory journeys with tangible results.

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### SALT STONE RESTORATIVE RITUAL

Relax, renew, repair – rebalance energy and restore equilibrium with this unique East meets West treatment.

Warm Himalayan salt stones, rich in minerals and comforting essential oils of Palmarosa and Orange, envelope mind and body, uplifting spirits and soothing deep seated aches and pains. Areas of muscle tension are a focus as your therapist uses a combination of pressure points, deep muscle and stretching techniques with warm salt rocks to release tension and allow stress to drift away.

*Includes: Welcome foot ritual – warm salt stone body massage – scalp massage*

● 120 minutes

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### PRESTIGIOUS COCOONING

This is a unique sensorial cleansing ritual. This hammam signature treatment is designed to adapt to different skin types. Offering all the benefits of exfoliation and Hammam steam, the treatment combines, deep black soap scrub followed by Miel d'Ambre scrub and a bathing ritual. Concluding with an energizing massage.

*Includes: Hammam steam bath – black soap scrub – gentle scrub with Miel D'Ambre – full body energizing massage with Onguement d'Argan.*

● 120 Minutes

### HARMONISING DETOXIFYING RITUAL

Relax your senses and experience a unique full-body ritual providing pure harmony for body and soul. Enjoy a full-body massage with wild organic crafted myrtle, cypress, juniper, avocado and olive oils to boost hydration and create a subtle smoothness. A warm body mask cocoon using sun-dried Indian Rassoul clay & silky body butter will be applied to detoxify, lift and sooth your skin, leaving a feeling of complete relaxation.

*Includes: Harmonizing breathing ritual – full-body massage – full-body wrap – scalp massage*

● 90 minutes



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## FACIALS

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### LUXURY GREEN CAVIAR LIFT FACIAL

With the power of Swiss age-defying excellence, this treatment suits particular skin types in need of a regenerative boost. Ultrasonic peeling deeply cleanses, exfoliates and lifts out impurities. Ultrasonic rejuvenation also activates circulation and re-hydrates the skin. Combining LED Light Therapy and current stimulation to plump fine lines and wrinkles with an intense dose of green caviar and gold trace elements to repair and revamp the skin.

*Includes: Ultrasonic treatment, LED Light Therapy and current stimulation. Gold mask, Green Caviar, hyaluronic acid and stem cells for revamping the skin*

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● 90 minutes

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### SWISS AGE PERFECTING JEWEL LIFT FACIAL

This facial commences with a deep cleansing and exfoliation using a bamboo infused scrub, followed by a rejuvenating massage and the application of a nutrient rich serum. Extracted directly from the Alpine hives, nourishing Royal Jelly is then applied as a mask, giving the extra dose of vitamins.

*Includes: Royal Jelly, Honey extract and Propolis, deep exfoliation with natural Bamboo extract enriched with Shea butter and vitamin E.*

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● 60 minutes

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### SKIN RADIANCE FACIAL

A skin brightening treatment to prevent and reduce the appearance of dark spots and illuminate your complexion. This facial will help to treat hyperpigmentation, block melanin synthesis and reduce free radical damage. The skin is left brighter, unified in appearance through complete epidermal exfoliation.

*Includes: Glycolic acid, fruit acids and lactic acid to a deep treatment of hyperpigmentation.*

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● 60 minutes

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### ULTIMATE LIFESTAGE FACIAL

An effective age-defying facial, targets all the visible signs of ageing. Unique Natural Encapsulation Technology (NET) releases, stage-by-stage, ten powerful active ingredients to liberate your skin from signs of stress and strain to prolong cell vitality, safeguard elasticity, look good and feel wonderful. This luxurious facial uses the award winning ESPA LifeStage product range and will help minimise wrinkles and immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness, to leave skin visibly more plumped, with a firmer appearance

*Includes: Deep brush cleanse - skin analysis with SkinVision™ lamp - Steam & extraction if required - Skin Radiance Mask - Contouring & lifting facial massage techniques - Professional Lifting & Smoothing Mask*

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● 90 Minutes

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### REJUVENATING INFUSION FACIAL

Nourish and revitalize your skin with a facial inspired by restorative fruits and plants of the Amazon region. Organic and pro-collagen plant peptides stimulate the skin cell renewal, help promote microcirculation and repair the skin moisture barrier. Amala's special "Vedic Marma Point Massage" combined with pure seed oils rebalances your skin with a gentle lifting effect and an organic Sea Algae face mask will smooth lines and create a healthy, radiant and youthful skin.

*Includes: Harmonizing ritual - marma cleansing technique - special anti-aging serums & concentrates - refining sea algae face mask - harmonizing facial massage - hand massage - collagen lifting mask - awakening ritual*

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● 90 Minutes





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#### NATURE'S PUREST FACIAL

This facial starts with the relaxing Amala Harmonizing Ritual. Organic narcissus, algae, butterfly bush and alpine herbs infuse protective antioxidants and help slow down the melanin synthesis and correct hyperpigmentation. Sun-dried Indian Rassoul evens the skin tone for a brighter, radiant complexion. followed by the unique marma point Cleansing technique and marma point massage for face and hands, skin glows with new and perfect smoothness.

*Includes: Harmonizing Ritual – marma cleansing technique – special brightening concentrates – sun-dried Indian Rassoul clay mask – Harmonizing facial massage – hand massage – brightening peptide mask – awakening ritual*

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● 90 Minutes

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#### SOOTHING FACIAL

Enjoy the aromatic scent of wild lavender accompanied by a calming ritual for the face and neck. Drench your skin in nature's most comforting botanicals from Morocco; desert fig oil provides hydration; Argan oil and jasmine nourish and restore the skin's optimal moisture level and a calming yogurt mask combined with a relaxing head massage helps to cool the body and mind. Amala's facial massage with golden pure jojoba oil and calming elixirs provides powerful antioxidant protection.

*Includes: Harmonizing lavender ritual – special calming elixirs – hydrating yogurt mask – harmonizing facial massage – head massage – awakening ritual*

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● 60 Minutes



## BODY TREATMENTS

This exceptional collection of results-oriented body treatments and massages are designed and tailored specifically according to your needs, to ensure you experience the optimal physical and emotional therapeutic benefits.

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### HOLISTIC BACK, FACE AND SCALP MASSAGE WITH OR WITHOUT HOT STONES

Restore calm to mind and body with this renowned 'hero' treatment. Loved by all, this relaxing and deeply effective ESPA experience delivers triple results by focussing on three key areas – the back, the face and the scalp – making it the ideal treatment for anyone.

*Includes: Foot Ritual – Back exfoliation and hot stone back massage – Personalised facial – Scalp massage*

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● 90 or 120 minutes

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### STRESSBUSTER WITH OR WITHOUT HOT STONES

Melt away tension and bring your body and mind back into harmonious balance. Body brushing and exfoliation smooth and soften skin, followed by an indulgent massage using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a comforting scalp massage and gentle stretching allows you to relax and unwind

*Includes: Body exfoliation – Massage with/without hot stones Scalp massage*

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● 90 or 120 minutes



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#### PRE & POST NATAL TREATMENT

Nourish skin and calm the mind with this soothing and deeply nurturing treatment.

Focused entirely on your personal needs, a gentle yet effective exfoliation to the back area is followed by a comforting body massage to safely target areas prone to stress and tension during or after pregnancy and alleviate muscular aches and pains, leaving you feeling relaxed and revitalised. A course of 6 treatments is recommended following the first trimester of pregnancy.

*Includes: Back exfoliation (if required) – Body and scalp massage*

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● 60 or 90 minutes

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#### VELVET & SILK SCRUB

A gentle rich sea salt and crushed olive stone body polish is combined with golden organic jojoba oil to lightly exfoliate, stimulating and cleansing your skin. Enjoy a deeply relaxing head massage and feel nourished with a firming cream which moisturises and rejuvenates to provide silky smooth skin.

*Includes: Harmonizing breathing ritual – full-body massage scrub – rose water mist – scalp massage – silky firming cream application – Awakening ritual*

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● 75 minutes



## HAMMAM TREATMENTS

An elegant interpretation of the traditional practise, the glistening silver and stone Hammam provides a stunning backdrop for the ultimate body smoothing experience.

Hammam treatments have many benefits such as enhancing deep relaxation and rejuvenation while reducing stress and anxiety. Physical and emotional detox, helping nourish skin and hair. The heat and steam can also stimulate ones' metabolism.

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#### INDULGENCE HAMMAM RITUAL

Revitalise and nourish skin while calming the mind with this total body experience.

This traditional experience incorporates a deeply cleansing and refining body scrub, full body foam massage, richly nourishing Marine Mud body mask and refreshing hair and scalp massage treatment.

*Includes: Scrub – Foam massage – Hair wash and conditioning treatment - Mud body mask - Body cleanse*

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● 60 minutes

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#### ESCAPE TO TALIOUINE

This treatment begins with an ultra-purifying exfoliation using the detoxifying body scrub Miel d'Ambre followed by a soothing cleansing with orange blossom infused shower milk. At the end of the ritual, the nourishing balm Onguent d'Argan moisturizes the skin, relieves tensions and regulates the body's energy.

*Includes: Hammam steam bath – gentle scrub with Miel D'Ambre – application of Onguent d'Argan.*

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● 60 minutes

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#### ULTIMATE SENSORY HAMMAM JOURNEY FOR TWO

MarocMaroc offers the possibility to share the cocooning ritual with your loved one in the privacy of spa suite which has direct access to the Hamman. This is a unique sensorial cleansing ritual designed to adapt to different skin types. Offering all the benefits of exfoliation and Hammam steam, the treatment combines, deep black soap scrub followed by Miel d'Ambre scrub and a bathing ritual. Concluding with an energizing massage.

*Includes: Hammam steam bath – black soap scrub - gentle scrub with Miel D'Ambre – full body energizing massage with Onguent d'Argan.*

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● 180 minutes for 2 guests





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## MASSAGES

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### AROMATHERAPY MASSAGE

Luxurious, indulgent and entirely personalised to your needs.

This tailor-made, therapeutic full body massage unites effective, targeted massage with soothing and richly nourishing essential oils to ensure the very best results for your individual needs.

Choose from: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energizer, Body Toner.

*Includes: Aromatherapy massage to back, legs, arms, abdomen and neck/shoulder area.*

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● 60 or 90 minutes

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### HOT STONE MASSAGE

A therapeutic full body massage to relieve deep muscle tension.

Allow this bespoke combination of aromatherapy oils, warm volcanic stones and targeted massage relax your muscles and soothe aches and pains, helping you to unwind and your body to feel rejuvenated.

*Includes: Hot Stone Aromatherapy massage to back, legs, arms, abdomen and neck/shoulder area.*

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● 60 or 90 minutes

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### SWEDISH MASSAGE

Ease muscular tension and alleviate aches and pains with this stimulating massage.

Firm, targeted techniques effectively release knots and soothe tight muscles and joints, leaving you relaxed and revived.

*Includes: Swedish massage to back, legs, arms, abdomen, neck/shoulder massage.*

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● 60 or 90 minutes

#### DEEP MUSCLE MASSAGE – WITH OR WITHOUT HOT STONES

Alleviate deep-seated tension and muscular stress with this powerful massage.

Specialised techniques increase circulation to the muscle, helping re-align deeper layers of muscle, release chronic patterns of tension and alleviate common areas of discomfort such as a stiff neck, painful lower back and sore, tight shoulders.

*Includes: Specialised massage to specific areas of concern.*

● 60 or 90 minutes

#### ESPA'S PERSONALISED MASSAGE

Comforting, luxurious and indulgent, this targeted body treatment is entirely personalised to your needs.

Following a personal consultation and sensory test, your expert therapist selects the most suitable combination of essential oils and massage techniques to suit your needs and ensure you get the most out of this bespoke body treatment.

*Includes: Tailored massage using Aromatherapy - Hot stone or Swedish techniques.*

● 60 or 90 minutes

#### AMALA'S PERSONALIZED MESSAGES

Skillful massage techniques are applied in this bespoke therapy to address individual needs. Refined organic cold pressed massage elixirs are applied to provide a nourished, soft, glowing skin. Choice of Detoxifying Massage Oil with Myrtle & Cypress or Energizing Massage Oil with Frangipani & Grapefruit or Fitness Massage Oil with Rosemary & Peppermint or Jojoba Massage Oil for super sensitive skin

*This includes: Harmonizing breathing ritual - back, legs, arms, abdomen and neck and shoulder area massage.*

● 60 or 90 minutes

#### BLUE LOTUS MASSAGE

Surrounded by the powerful scent of wild crafted blue lotus, this sensory experience uses a marma point harmonizing foot ritual and blue lotus shower to create a purity of body and mind. Special Asian massage techniques are used to relieve all tensions and offer full body relaxation.

*This includes: Harmonizing breathing ritual - foot ritual - back, legs, arms, abdomen and neck and shoulder area massage.*

● 90 Minutes

#### RELAXING HEAD MASSAGE

This powerful de-stress treatment starts with a purifying back exfoliation inspired by the healing plants of India. Tiger Grass, Bamboo green & white clay soothe the skin for a pure healthy complexion. Followed by an aromatic hot scalp compress the scent of Indian Blue Lotus and Peppermint will relax and refresh your mind. Special head massage with warm, golden Jojoba Oil is used to bring you into a total harmonized feeling – back to energy.

*Includes: Harmonizing breathing ritual – relaxing back cleansing treatment – aromatic compress –head massage.*

● 45 Minutes

#### CEREMONIAL MASSAGE

A therapeutic aromatic massage with nourishing 'Onguent d'Argan' formulated with Argan oil and monoi butter to relieve tensions. Inspired by the Hammam ritual, this massage uses Moroccan stretching and massage techniques to deeply relax the muscles.

*This includes: stretching and warm and vigorous massage technique, focus on abdomen, hands and feet and full body massage to energise the muscles and senses.*

● 60 Minutes



## EXPRESS DESTRESS

Ideal as standalone  
30-45 minute treatments  
or perfect to complement  
a longer experience:

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### BACK, NECK AND SHOULDER MASSAGE

Ease tension and aching muscles  
with this targeted treatment,  
using the most suitable massage  
techniques and oils – as well as hot  
stones, where required – to address  
areas of concern.

● 30 minutes

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### TRADITIONAL HAMMAM ESCAPE

Relieve tensions and relaxes mind  
with this ultra-purifying exfoliation  
with the traditional Moroccan Kessa  
massage glove. Teksal massage  
techniques are combined with a  
detoxifying scrub and gentle soaping.

● 45 Minutes

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### THE INSTANT SKIN BOOSTER

Using cutting edge technology this  
facial will boost and regenerate  
the skin. A mask composed with  
a 3D collagen and Myoxinol, an  
oligopeptide obtained from hibiscus,  
will relax and smooth the stressed  
muscles of the face for an instant  
lifting effect.

*Includes: Ultrasonic treatment,  
LED Light Therapy and an application  
of Myoxinol mask, concludes with a  
facial massage.*

● 45 minutes

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### SALT & OIL SCRUB

Reveal nourished, smooth and  
supple skin with this  
exceptionally softening full body  
exfoliation, using your preference  
of salt and oil scrub or a body  
polish containing refining Apricot  
Seed Kernels, cooling Spearmint  
and conditioning Aloe Vera.  
Perfect as a stand-alone  
treatment, or to complement our  
body treatment.

● 30 minutes

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### STRESS- BREAKER

Relieve tension and stress through  
this soothing body treatment. A  
refreshing peppermint concentrate  
is applied to relax the head and  
neck, followed by the Vedic marma  
cleansing technique, in combination  
with a pure cooling specific serum,  
to stimulate the eye-area. Bring  
your body back to balance with a  
peppermint head, shoulder and neck  
massage.

● 30 Minutes



## TEN TRINITY MAN

Carefully designed for those that understand the value of work life balance in the fast paced city.

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### SKIN FITNESS

This facial treatment uses the latest technology to effectively minimise the appearance of pores and remove impurities from the skin. This all in one anti-aging treatment leaves the skin purified and cells reactivated.

*Includes: Ultrasonic treatment that purifies and boosts the skin. This treatment can also be tailor made for men*

● 75 minutes

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### DEEP MUSCLE MASSAGE WITH OR WITHOUT HOT STONES

Alleviate deep-seated tension and muscular stress with this powerful massage. Specialised techniques increase circulation helping to re-align deeper layers of muscle, release chronic tension and alleviate common areas of discomfort in the

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neck, lower back and shoulders  
*Includes: Specialised massage to specific areas of concern.*

● 60 or 90 minutes

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### MUSCLE REVIVER

Relieve stress while alleviating pressure and tightness in the back, face and scalp with this fast-acting and focussed massage. Ideal for those who suffer with tension headaches or neck strain, this treatment soothes tight muscles and calms the mind, leaving you feeling revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

*Includes: Back massage – Facial massage – Scalp massage.*

● 45 minutes

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### TEKMIDA HAMMAM RITUAL FOR HIM – EXFOLIATION & MASSAGE

A complete treatment that provides exfoliation to the face and body to regenerate the skin cells, intensively nourish the skin and prevent dryness. Designed specifically for gentlemen, this treatment exfoliates with Miel d'Ambre and Grains de Lumiere before cleansing and applying Onguent d'Argan to rebalance, sooth and calm. The practice of Tekmida (tapping using hot towels) is used to improve blood circulation and relax the muscles.

● 60 Minutes

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## SPA SUITE ESCAPE

180 minutes for 2 guests

Indulge in the ultimate private spa experience. Our beautiful Spa Suite offers a couple's treatment room, changing area and steam shower, making it perfect for sharing relaxation time with a friend, loved one or simply by yourself.

The Private Spa Suite will be your haven of tranquillity for a minimum of three hours, including a two hours' treatment of your choice from the below;

- ESPA RETREAT
- MAROCMAROC RITUAL
- AMALA'S REJUNEVATION

Please contact the Spa Reservations team for help in creating your ideal private spa experience...





## FINISHING STUDIO

Complete your spa and beauty experience and indulge in our finishing studio. Manicures, Pedicures and a list of pampering and effective foot and nail care services are available for men and women.

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### MANICURE

The treatment begins with nail shaping, cuticle care and a nourishing hand massage completed with a polish in a colour of your choice.

60 minutes

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### PEDICURE

Our Pedicure treatment begins with nail shaping, cuticle care and hard skin removal followed by a relaxing foot massage completed with a polish of your choice.

60 minutes

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### LUXURY MANICURE

Our most luxurious manicure provides you with perfect hand and nail grooming. This treatment is accompanied by a softening exfoliation, warm paraffin gloves to moisture, followed by a hand to forearm massage completed with a polish of your choice.

90 minutes

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### LUXURY PEDICURE

A pure pampering treatment, to leave your feet feeling totally renewed. This luxurious pedicure includes an exfoliation and peel to remove hard skin from your heels, followed by a warm paraffin wax treatment, completed with a polish of your choice.

90 minutes

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### EXPRESS MANICURE

This is the perfect treatment if your nails are already in great shape and need a quick file and renewed polish.

30 minutes

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### GENTLEMAN'S MANICURE

Shaping nails, cuticle grooming, exfoliation to sooth the rough dry skin, followed by a moisturising hand massage.

45 minutes

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### GENTLEMAN'S PEDICURE

Shaping nails, cuticles grooming, removal of built up hard skin followed by a scrub and soothing foot massage.

60 minutes

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## FITNESS STUDIO

A state-of-the-art Fitness Studio equipped with latest strength machines from Hammer Strength and Life Fitness and cardiovascular equipment from Matrix. Instructors are on hand to help you reach specific goals or provide advice. Upon advance reservation, a personal training session could be booked and enjoyed. The Fitness Studio is accessible 24 hours for our hotel guests.



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**SCHEDULING AN APPOINTMENT**

To schedule an appointment for your perfect treatment, please contact our Spa reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

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**ARRIVAL TIME**

Please allow sufficient time before your treatment to complete a Spa Health Questionnaire. We recommend you arrive up to 15 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

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**SPA FACILITIES AND ACCESS**

The following facilities are available at the Spa: sauna, steam room, power showers, pool, vitality pool, spa changing, relaxation areas.

A minimum of two hours of spa treatment bookings is required to enjoy spa facilities and to avoid a surcharge for our non-resident guests.

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**POOL AND VITALITY POOL**

A 14-metre pool and vitality pool with air and water massage jets is available to hotel guests, members and day spa guests only.

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**FINISHING STUDIO**

A glamorous studio dedicated to manicures and pedicures. Guests who have booked a nail treatment only, will be escorted directly to and from the Finishing Studio.

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**CHILDREN'S POLICY**

We are delighted to offer treatments for children between 12 and 16 years old however they must be accompanied by an adult for the whole duration apart from manicures and pedicures taken in the Finishing Studio. Please contact the spa reservations team for details on treatments available for our younger guests. Access to the rest of the spa including the changing facilities, spa and heat experiences and fitness studio are restricted to over 16 years.

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**CANCELLATION POLICY**

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

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**SPA ETIQUETTE**

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, pager, camera and smoke free zone.

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**HEALTH CONDITIONS**

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

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**PREGNANCY**

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

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**IN-ROOM TREATMENTS**

Selective treatments can be performed in the room with a surcharge depending on the treatment time and the time required to prepare this treatment.

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**GIFT VOUCHERS**

An ideal gift for someone special. Please contact the spa reservations team for details.

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**HOMECARE**

To continue your spa experience at home, most products used in our treatments are available at reception.

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**VALUABLES**

The Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

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**LOST PROPERTY**

All lost property found on the premises should be handed in at Spa reception. Items will be stored for four months, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.

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**PRICES**

All prices are subject to change at any time. Gratuities are not included and are welcomed at your discretion.