



## our philosophy

A statuesque tree found in the tropical rainforest of Asia, the Angsana is best noted for its crown of flowers that bursts into a fragrant shower of golden-yellow blooms unexpectedly. The glorious Angsana beholds the maxim to live life and savour time as it passes inexorably.

**Sense of Serenity:** Calm your mind and draw in the serenity of your surroundings. Relax as our therapist welcomes you with a soothing foot wipe. Complete the Angsana Spa experience with some post-treatment time to shed the cares of the world over a herbal drink and refreshments. All Angsana Spa treatments come with a complimentary 30-minute Calm Time of refreshments and relaxation. Enjoy the difference.

## PLEASE TAKE A MOMENT TO READ THIS

### **Etiquette**

The spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly.

Cellular phones and electronic devices are discouraged.

### **Attire**

Please arrive at the spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available on request.

### **Reservations**

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

### **Check-in**

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

### **Calm Time**

Guests will be accorded one complimentary 30-minute Calm Time of refreshments and relaxation per visit, except hand, foot and waxing treatments.

### **Spa Treatment Hours**

Angsana Spa Wyndham Grand Regency Doha is open from 10am to 10pm daily and the last treatment ends at 10pm.

### **Special Consideration**

If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy.

If you have high blood pressure, heart conditions, allergies, or other medical complications, we advise that you consult your doctor before signing up for any Spa services. Please inform your therapist of any medical conditions.

### **Smoking and Alcohol**

Smoking and the consumption of alcohol within the spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any Spa treatment.

### **Cancellation Policy**

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

### **Valuables**

We recommend that no jewellery be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

### **Gift Certificates**

Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details.

### **Refund Policy**

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

### **Payment**

We accept cash and all major credit cards. All prices are quoted in Qatari Riyal (QAR) and are subject to change without prior notice.

### **Disclaimer**

The spa treatments, services and/or facilities received or utilised at Angsana Spa Wyndham Grand Regency Doha are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Angsana Spa Wyndham Grand Regency Doha, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

*All Angsana Spa treatments (except hand, foot and waxing treatments) come with a complimentary 30-minute Calm Time of refreshments and relaxation, comprising a welcome foot wipe, and some post-treatment time to relax over a herbal drink and refreshments.*

# essence of angsana

*Angsana Spa presents Essence of Angsana, a selection of spa packages specially designed to refresh and rejuvenate the mind, body and spirit.*

## **DELIGHT**

**Worries Be Free**

150-minute treatment & 30-minute refreshments and relaxation

*30-minute body polish • 60-minute body massage or body conditioner • 60-minute facial*

**Spa Tip:** Free your tension and worries with a series of body treats and a facial.

## **ROYAL TREAT**

**Pure Reviver**

120-minute treatment & 30-minute refreshments and relaxation

*30-minute body polish • 60-minute body massage • 30-minute foot massage*

**Spa Tip:** Experience the ultimate top to toe indulgence that will send you into a state of bliss.

## **AYURVEDIC TREAT**

**Touch Of Tradition**

90-minute treatment & 30-minute refreshments and relaxation

*60-minute Ayurvedic massage • 30-minute Shirodhara*

**Spa Tip:** Experience the holistic system of healing which originated from ancient India.

## **GLOW**

**Wear Radiance Like  
Second Skin**

90-minute treatment & 30-minute refreshments and relaxation

*30-minute body polish • 60-minute body massage*

**Spa Tip:** Personalise your spa package with your choice of a body polish and massage combo to create a healthy glow.

## **RENEWAL**

**Perking You Up**

90-minute treatment & 30-minute refreshments and relaxation

*30-minute body polish • 30-minute back massage • 15-minute face cleansing • 15-minute face massage*

**Spa Tip:** Lie back and let this intensely uplifting experience recharge your body and mind.

# angsana for her

*A contemporary selection of spa packages featuring holistic signature therapies, specially tailored for the cosmopolitan lady.*

## **TOP TO TOE**

### **Rejuvenate**

210-minute treatment & 30-minute refreshments and relaxation

*30-minute body scrub • 50-minute body conditioner • 60-minute body massage • 60-minute facial • 10-minute spa bath*

**Spa Tip:** Give your body a well-deserved tune up all over with this ultimate treatment that combines all of Angsana Spa's signature therapies.

## **ESSENTIALS**

### **The Quintessential Of Spa Treats**

120-minute treatment & 30-minute refreshments and relaxation

*60-minute body massage • 60-minute body conditioner or facial*

**Spa Tip:** An essential body pampering treat.

## **SERENITY**

### **One Step Closer To Tranquility**

120-minute treatment & 30-minute refreshments and relaxation

*90-minute Angsana massage • 30-minute milk & rice pouch treatment*

**Spa Tip:** Experience our signature Angsana massage which culminates with a milk & rice pouch to nourish the skin and relieve aching muscles.

# angsana for him

*A contemporary selection of spa packages featuring holistic signature therapies, specially tailored for the modern man.*

## **VIGOUR**

### **Recharge Your Body**

120-minute treatment & 30-minute refreshments and relaxation

*30-minute foot massage • 60-minute body massage • 15-minute face cleansing • 15-minute face massage*

**Spa Tip:** Push the reset button of your body and mind with this intensely relaxing and rejuvenating experience.

## **EQUILIBRIUM**

### **Get Back To Basics**

60-minute treatment & 30-minute refreshments and relaxation

*30-minute back massage • 30-minute face & head massage*

**Spa Tip:** This treatment's intensity varies with your preference.

# rainmist experience

*A signature Angsana Spa innovation, the revitalising Rainmist experience combines cascading Rain Shower and Steam Bath with pampering body treatments to awaken your senses and soothe your body.*

## **ROYAL RAINMIST**

### **Fit For Royalty**

150-minute treatment & 30-minute refreshments and relaxation

*60-minute rain shower • 60-minute dreams massage • 30-minute face massage*

**Spa Tip:** A definitive royal treatment complete with the signature rainmist experience to bring back that added shine to your skin.

## **RAINMIST INDULGENCE**

### **Ultimate Pampering**

120-minute treatment & 30-minute refreshments and relaxation

*60-minute body massage • 10-minute steam bath • 15-minute orange yoghurt body polish • 5-minute rain shower • 15-minute soy milk conditioner & steam bath • 15-minute rain shower & hair wash*

**Spa Tip:** A definitive pampering treat complete with the signature Rainmist experience to bring back that added shine to your skin.

# body massages

*Angsana Spa features a pampering array of massages, each designed to soothe the body and release muscle tension, leaving you completely refreshed and rejuvenated.*

## SIGNATURE

### ANGSANA

#### Our Gift To You

90-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** A signature massage created exclusively for Angsana Spa, to work on your body's key pressure points to strengthen inner "qi" or energy.

### BAMBOO

#### Natural Touch

90-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Let the soothing touch of warm bamboo and therapeutic long, firm massage strokes ease stiff muscles and stimulate blood circulation, to promote a sense of deep relaxation.

### FUSION

#### Cuisine For The Soul

60-minute treatment & 30-minute refreshments and relaxation

90-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** A blend of Thai and Swedish massage techniques to soothe all aches, unblock stiffness and enhance flexibility.

# body massages

*Angsana Spa features a pampering array of massages, each designed to soothe the body and release muscle tension, leaving you completely refreshed and rejuvenated.*

## CLASSIC

### AROMA THAI Thai Essence

90-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Adapted from a traditional Thai massage, this massage improves blood circulation and mobility as well as relieves tension with the use of oil.

### AYURVEDIC The Healing Touch

60-minute treatment & 30-minute refreshments and relaxation  
90-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Ease aches and tension while promoting blood circulation through the smooth and relaxing strokes of this treatment using sesame oil.

### JAVANESE Take A Nap

60-minute treatment & 30-minute refreshments and relaxation  
90-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Adapted from ancient Balinese techniques, this deep tissue massage relieves body tension and promotes better sleep patterns.

### MUSCLE EASE A Much Kneaded Massage

60-minute treatment & 30-minute refreshments and relaxation  
90-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** An invigorating massage that relieves tensed muscles and improves body circulation.

### SIAM Classic Flavour

90-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Relieve tension and unwind with a delicate stretching of your body that improves mobility and flexibility, followed by Thai massage techniques of palming and thumbing, without the use of oil, on your meridian lines.

### WAVES Smooth As A Hula Dance

60-minute treatment & 30-minute refreshments and relaxation  
90-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** This strong massage is inspired by traditional Hawaiian techniques. The therapist delivers long flowing strokes to restore balance and harmony.



# body massages

*Angsana Spa features a pampering array of massages, each designed to soothe the body and release muscle tension, leaving you completely refreshed and rejuvenated.*

## SOOTHING

### DREAMS

**Perfect For Jet Lag**

60-minute treatment & 30-minute refreshments and relaxation  
90-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Created specially for tired and worn-out bodies, this calming massage soothes tense muscles and aid to synchronise body clock, mind and soul.

### OASIS

**Thirst Relief**

60-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** This soothing massage is perfect for sun-exposed and matured skin as a blend of six massage oils, rich in vitamins and minerals, is used to reduce the dryness of the skin.

### RHYTHMIC

**Must Try For  
Mothers-To-Be**

60-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** For mothers-to-be or those who prefer to lie on their sides, this nurturing massage is a good choice. Our therapist will use gentle strokes and a rice flour pouch dipped in warm clarity oil.

# body massages

*Angsana Spa features a pampering array of massages, each designed to soothe the body and release muscle tension, leaving you completely refreshed and rejuvenated.*

## ON THE SPOT

### BACK ENERGY

#### Iron Out Tense Muscles

30-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Iron out aches and tension in the back with this medium to strong pressure massage.

### FOOT LOOSE

#### Sole To Soul

30-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Step out with happier feet after an energising foot massage.

### HEAD & SHOULDERS

#### Been To Cloud Nine Lately?

30-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Banish fatigue with this deceptively simple combination of upper body massages that focus on head and shoulders.

### INDIAN HEAD MASSAGE

#### Clear Headed

30-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** After a hard day's work, clear your mind with this massage to relax and remove fatigue caused by mental stress.

### MATAHARI

#### Youthful Looks

30-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Regain your youth with this blood circulation booster which relaxes tense facial muscles and soothe tired eyes.

# spa samplers

*A delightful medley of spa treatments to pamper you from top to toe.*

## **HERITAGE SAMPLER**

### **Back To Basics**

90-minute treatment & 30-minute refreshments and relaxation

*10-minute warm mud foot soak • 25-minute Chinese foot massage • 30-minute Thai back massage • 25-minute Indian head massage*

**Spa Tip:** An ultimate indulgence, with traditional therapies to pamper you from top to toe.

## **AYURVEDIC SAMPLER**

### **Holistic Healing Therapies**

60-minute treatment & 30-minute refreshments and relaxation

*30-minute Indian head massage • 30-minute Shirodhara*

**Spa Tip:** Experience the holistic system of healing which originated from ancient India.

# facials

*Indulge in our revitalising facial treatments that leave your skin glowing with refreshed vitality.*

## **EXCLUSIVELY ANGSANA**

*for all skin types*

90-minute treatment & 30-minute refreshments and relaxation

### **Pump Up The Volume**

**Spa Tip:** A unique skin therapy that stimulates cellular metabolism to plump up fine lines, improve elasticity and restore natural brilliance to firmer skin. The revitalising treatment includes a soothing back and shoulders massage to induce deep relaxation and soothe muscular tension.

## **AGE DEFYING**

*for matured/dehydrated skin*

60-minute treatment & 30-minute refreshments and relaxation

### **Beat The Clock!**

**Spa Tip:** Combat the visible signs of ageing with this ultimate anti-ageing treatment that uses an innovative botanical extract infused with ice-cold cryotherapy benefits to "melt" away fine lines.

## **DEEP MARINE PURIFYING**

*for oily skin*

60-minute treatment & 30-minute refreshments and relaxation

### **Pure As Snow**

**Spa Tip:** This deep-cleansing purifying treatment detoxifies and includes sheer indulgent massage techniques to soothe, calm and rebalance the epidermis for a youthful look.

## **HYDRA EXPRESS**

*for normal/combo skin*

60-minute treatment & 30-minute refreshments and relaxation

### **Radiance In A Flash**

**Spa Tip:** Soak in the goodness of this skin replenishing facial that instantly adds moisture and brings luminosity back to your complexion.

## **SOOTHING REMEDY**

*for sensitive skin*

60-minute treatment & 30-minute refreshments and relaxation

### **Skin's Best Friend**

**Spa Tip:** Ideal for sensitive and sun-damaged skin, choose this anti-inflammatory and calming facial that features soothing aromatic complexes to nourish delicate skin and restore skin equilibrium.

## **MIRACLE EYES TREATMENT**

30-minute treatment & 30-minute refreshments and relaxation

### **Eyes Want To Be Gorgeous**

**Spa Tip:** An anti-ageing treat with ice-cold cryotherapy benefits for the eye contour. This specialised treatment hydrates and focuses on delicate areas around the eyes with lifting techniques to reduce dark circles and puffiness.

# essential pampering

*The key essentials to relax and pamper your hands and feet, leaving them in tip top condition.*

## **HAND DELUXE**

### **Thirst Relief**

90-minute treatment

**Spa Tip:** Pamper your hands and nails back to tip top condition with this intensive hand care programme. The nails are cleaned, trimmed and shaped according to your preference. A soothing hand massage is provided after the hands are gently scrubbed, followed by a paraffin hand mask application to nourish the hands for a smooth and silky feel. It concludes with nail colouring or nail buffing.

## **HAND ESSENTIALS**

### **Lovely Hands**

45-minute treatment

**Spa Tip:** Keep your hands and nails in tip top condition with this hand care programme. The nails are cleaned, trimmed and shaped according to your preference, while the hands are scrubbed and conditioned before a hand mask is applied to restore moisture to the skin.

## **SMOOTHER HANDS**

### **Soft as Silk**

30-minute treatment

**Spa Tip:** Relax and cleanse the hands with a warm towel, gently exfoliate the dead skin cells followed by a dip in warm paraffin to promote anti-ageing and regain smoother hands.

## **HAND MASSAGE**

### **Hands And Fingers**

30-minute treatment

**Spa Tip:** Relax and cleanse the hands with a warm towel followed by a delicate hand massage using enriching massage cream to nourish and relax the hands.

## **SHAPE & HAND REVARNISH**

### **Fingernails 1-0-1**

30-minute treatment

**Spa Tip:** Relax and cleanse the hands with a warm towel followed by shaping and nail colouring.

# essential pampering

*The key essentials to relax and pamper your hands and feet, leaving them in tip top condition.*

## FOOT DELUXE

**Glamorous Feet**

90-minute treatment

**Spa Tip:** Pamper the neglected soles back to tip top condition with this foot care programme. The nails are cleaned, trimmed and shaped according to your preference. A relaxing foot massage is provided after the feet are gently scrubbed, followed by a paraffin foot mask application to treat the feet for a velvety feel. It concludes with nail colouring or nail buffing.

## FOOT ESSENTIALS

**Add A Spring To Your Step**

45-minute treatment

**Spa Tip:** Keep your feet and nails in tip top condition with this foot care programme. The nails are cleaned, trimmed and shaped according to your preference, while the feet are scrubbed and conditioned before a foot mask is applied to restore moisture to the skin.

## SOFTER SOLES

**Tender Feet**

30-minute treatment

**Spa Tip:** Enjoy a warm refreshing foot wipe followed by gentle exfoliation with foot file and a dip in warm paraffin for softer and smoother skin.

## SHAPE & FOOT

**REVERNISH**

**Toenails 1-0-1**

30-minute treatment

**Spa Tip:** Start with a skin softening foot soak in warm water followed by shaping and nail colouring.

# hydrotherapy

*Angsana Spa Wyndham Grand Regency Doha offers a range of hydrothermal facilities including Bucket Drench Shower, Cold Mist Shower, Ice Fountain, Spring Shower, Therapeutic Foot Spas, Thunderstorm Shower and Tropical Storm Shower to complement the spa experience.*

## **THERAPEUTIC FOOT SPAS**

Treat your feet and calf muscles to this delightful sole therapy that helps to soothe aches and pains, bringing the bounce back to your steps. This therapy promotes a healthy sole with a tingling foot spa that combines the rejuvenating effects of alternating cool and warm hydrotherapy.

## **TROPICAL STORM SHOWER**

The warm mist signals the start of a tropical shower and a light sprinkling of rain warms the body and massages the feet, as it transforms into a tropical rain shower, with a cooler temperature. In the distance, lightning flashes repeatedly and essential oil essence is infused. The heavy rain soothes the skin and intensifies the shower experience, before the body is cooled down with a cold mist which closes the skin's pores and prepare the body for the next warm cabin experience.

## **SAUNA**

Feel your tension melt away in this dry chamber. With a high temperature, heavy perspiration is induced which in turn promotes the elimination of one's internal impurities. Your immune system also receives a boost as circulation improves.

## **ICE FOUNTAIN**

This unique and refreshing experience helps boost one's blood circulation. Rub fresh ice on your body to tighten your skin while enhancing your circulatory system. Recommended for those who wish to address a specific cellulite-prone area.

## **BUCKET DRENCH SHOWER**

Brace yourself for the Ice Bucket experience as the sudden change in temperature closes the pores of the skin to improve its tone and clarity. Then try the age-old unique hydrotherapy as one is drenched from head to toe with a massive amount of water falling from a bucket feature. An invigorating experience!

## **SPRING SHOWER**

Surrender yourself to an invigorating Spring Shower. Be caressed with droplets from the shower head and feel the water all over your body as it drenches you in a soothing Spring Shower – a truly enjoyable, cool rain shower experience.

## **THUNDERSTORM SHOWER**

Experience the warmth of the summer rain, followed by cool mist depicting the nearing of a storm with this refreshing treat. The intensity of the rain increases, with lightning overhead, the sound of thunder and the lighting changes accordingly to re-create an authentic thunderstorm. The essential oil essence infused into the storm helps to intensify the shower experience to stimulate the senses, leaving you feeling refreshed and rejuvenated.

## **COLD MIST SHOWER**

Let the cool mist that fills the treatment room embrace you with a fresh scent to enhance the feeling of freshness and coolness, which will refresh you completely.

## **STEAM ESSENCE**

High humidity steam gently warms the body to stimulate the blood circulation, while your mind slowly relaxes with the infusion of therapeutic aromas into the cabin.

## **PELOOTHERAPY**

Expect a sensory sensation in the pre-heated Pelotherapy Chamber as therapeutic mud, with detoxifying effects, is applied to the body. The chamber is beautifully designed with a ceiling filled with twinkling starlights for a tantalising experience.

*All Angsana Spa treatments (except hand, foot and waxing treatments) come with a complimentary 30-minute Calm Time of refreshments and relaxation, comprising a welcome foot wipe, and some post-treatment time to relax over a herbal drink and refreshments.*

# hydrotherapy

*Angsana Spa Wyndham Grand Regency Doha offers a range of hydrothermal facilities including Bucket Drench Shower, Cold Mist Shower, Ice Fountain, Spring Shower, Therapeutic Foot Spas, Thunderstorm Shower and Tropical Storm Shower to complement the spa experience.*

## **HYDRO & SPA DELUXE**

### **Rediscover Wellness**

150-minute treatment & 30-minute refreshments and relaxation

*60-minute body massage • 30-minute body polish • 60-minute Hydrotherapy experience*

**Spa Tip:** Let the benefits of the hydrothermal therapies complement your top to toe spa experience.

## **HYDRO & SPA ESSENCE**

### **Realign Your Senses**

120-minute treatment & 30-minute refreshments and relaxation

*60-minute body massage • 60-minute Hydrotherapy experience*

**Spa Tip:** Surrender to the therapeutic touch of the therapist before the hydrothermal experience to soothe your senses.



# body polishes

Complete your spa package with a sumptuous selection of body polishes made from natural ingredients and freshly concocted before your treatment.

## ALMOND LEMON SHINE

*for all skin types*

30-minute treatment & 30-minute refreshments and relaxation

**Zesty Aroma**

**Spa Tip:** This moisturising scrub refines skin and lightens blemishes, restoring a healthy shine to your skin.

## AVOCADO HONEY LIME

*for dry skin*

30-minute treatment & 30-minute refreshments and relaxation

**Smooth As Silk**

**Spa Tip:** The irresistible combination of avocado, honey and lime works well on dry skin to unveil soft and smooth skin.

## CITRUS YOGHURT

*for oily skin*

30-minute treatment & 30-minute refreshments and relaxation

**Zesty Recipes**

**Spa Tip:** A mixture of yoghurt blended with grated lemon and orange peel is all you need for soft and bright skin.

## HONEY SESAME

*for dry skin*

30-minute treatment & 30-minute refreshments and relaxation

**Soothing Queen**

**Spa Tip:** Smell as sweet as honey after this treatment and emerge with smoother skin after the gentle exfoliation.

## PURE GOLD POLISH

*for all skin types*

30-minute treatment & 30-minute refreshments and relaxation

**All That Glitter**

**Spa Tip:** Emerge with a glow as this scrub works to stimulate blood circulation and reveal radiant skin.

## TROPICAL FRUIT WASH

*for all skin types*

30-minute treatment & 30-minute refreshments and relaxation

**Tutti Fruitti**

**Spa Tip:** The action of mild acids in this delightful fruit wash releases impurities and pumps up moisture level.

# body conditioners

Complete your spa package with a delectable selection of body conditioners to nourish to your skin, leaving it soft and supple. All body conditioners are not available individually.

## **ALMOND DATE WRAP**

*for all skin types*

30-minute treatment & 30-minute refreshments and relaxation

**Food For The Body**

**Spa Tip:** Here's a treat that's every bit as delicious as it sounds and is good for cleansing, nourishing and moisturising all skin types.

## **ALOE SUNKISSER**

*for sensitive/dry skin*

30-minute treatment & 30-minute refreshments and relaxation

**After-Sun Treatment**

**Spa Tip:** Discover the tingle of soothing aloe vera as it stimulates new cell growth and moisturises sunburnt skin.

## **GINGER BANANA**

*for oily skin*

30-minute treatment & 30-minute refreshments and relaxation

**Go Bananas!**

**Spa Tip:** Nourish, moisturise and smoothen your skin, with olive oil added as an ingredient for its pain relieving benefit.

## **HONEY MILK**

*for all skin types*

30-minute treatment & 30-minute refreshments and relaxation

**Blemish Free**

**Spa Tip:** Skin blemishes are lightened and the skin is moisturised, the natural way.

## **ORANGE COOLER**

*for all skin types*

30-minute treatment & 30-minute refreshments and relaxation

**Refreshingly Cool**

**Spa Tip:** This delightful combination of orange and turmeric leaves your skin purified, moisturised and silky soft.

# calming baths

*Choose your favourite calming bath to complete your pampering spa experience.*

## **JASMINE FRANGIPANI**

*for all skin types*

**Floral Refresh**

30-minute treatment & 30-minute refreshments and relaxation

**Spa Tip:** Feel suitably refreshed with this fragrant bath to conclude your wellness treat.

# waxing

*Experience fast and effective waxing in the comfort of the spa.*

## **UNDERARMS**

**BIKINI LINE**

**BRAZILIAN**

**HALF LEGS**

**FULL LEGS**