



AM SPA

Treatment Guide & Prices

To Book Tel: 01273 386330 0795 7819052 or visit
www.relaxandpamper.co.uk

Our Philosophy

Our Day Spa provides Health Well-being and Beauty therapeutic treatments that address the strains of modern living, focusing on the link between your inner health and outer beauty. The modern approach to beauty is to make the most of your natural assets and focus on your positive traits. It's about subtle enhancements, not drastic transformation. The aim is to improve your self-image and self esteem.

Am Spa is the perfect antidote to the hectic hi-tech world in which we live. It's a hi-touch environment that allows full appreciation of the amazing rhythms of nature allowing you to relax and regain a sense of equilibrium. Starting from the assumption that skin beauty can be preserved only with the help of natural methods

What is the Am a Spa experience?

The spa tradition - taking the waters or bathing in mineral or hot springs in order to cure illness and relax - goes back to Roman times and before. But what is the modern spa experience all about?

According to the International SPA Association, ISPA, the spa experience can be defined as "your time to relax, reflect, revitalize, and rejoice."

Looking at it another way, most of us regularly spend time and money on preventive maintenance for our cars but perhaps not so readily on ourselves. The spa experience could be considered just that - preventative maintenance for the body and mind. An investment in your wellbeing.

We help you to devise a regime to suit you and make health and beauty an integral part of your lifestyle. We aim to promote wellness, so that you leave feeling better, much better, than when you came.

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Treatment locations are at the following sites:

Brighton (B) only
Hungary (H) only
B & H (Both)

Facial Contouring Spa Treatments

Find... Exquisite Eyes. An anti-ageing eye treatment.

An anti-ageing eye treatment to reduce fine lines and wrinkles whilst encouraging cell regeneration and deeply relaxing you. This exceptional eye treatment combines the powerful effects of Dead Sea minerals and plant extracts to refine fine lines, tone, and increase cell regeneration. This specialised treatment consists of a gentle eye cleanse followed by traditional eye massage techniques that soothe your troubles away as the active ingredients in the mineralizing eye mask hydrate and tone the eye contours. Ideal lunchtime treat!

30 minutes £32

Find... Youthful You. Anti-ageing algimud facial.

This revolutionary treatment uses the ultimate combination of minerals, Dead Sea Mud and seaweed. Your skin is deeply cleansed and gently polished before soothing facial massage techniques allow your mind and senses to unwind. Your face is then cocooned in the active ingredients of a specialised mask, formulated to refine, tone and produce instant results.

75 minutes £71

Find... Radiant Revival. A whitening & brightening facial.

This instantly beautifying facial lightens and brightens dull, sallow, uneven complexions to leave the skin radiant and glowing. Your face, neck and décolleté will be deeply cleansed and polished to prepare the skin for a specialised massage and application of an active whitening mask to purify and lighten the skin, promoting a natural luminous glow.

75 minutes £71

Body Well-Being Spa Treatments

Find... Heavenly Hydration. Full body salt brushing exfoliation.

A pure spa exfoliation treatment using Dead Sea Salts combined with the rich effects of Vitamin E and Coconut Oil to nourish and invigorate the body. To finish the treatment we smother your skin in luxurious body lotion to massage your senses.

30 minutes £35

Find... Infinite Indulgence. Body hydrating mud envelopment.

A deeply comforting Dead Sea mud envelopment treatment to nourish, soothe and condition the skin whilst totally relaxing the body and mind. Your body is luxuriously exfoliated from head to toe before it is massaged with scented oils and enveloped in heated original Dead Sea Mud.

75 minutes £72

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Body Contouring Spa Treatments

Find... Sculpted Silhouette. Inchwrap body sculpting treatment.

This powerful, detoxifying body wrap works to disperse cellulite and toxins, easing the inches away and leaving you with the perfect body contour. Your skin is deeply polished with a luxurious sea sand exfoliant and six different stimulating products before your body is cocooned in a comforting wrap.

90-105 minutes £95

Find... Marine Miracle. Alгимud body contouring treatment.

An intensive seaweed and Dead Sea Mud treatment with lymphatic drainage massage, designed to firm and tone specific problem areas and eliminate cellulite. An exfoliation ritual to invigorate the localised area begins the treatment, followed by an application of rich caffeine extracts, and specialised massage techniques to help with deep penetration of the active ingredients.

60 minutes £70

Alгимud Bust Contour

This seaweed and mineral mud treatment increases local circulation whilst toning and firming, thus changing the bust contour. Cell renewal helps heal sun-damaged skin on the chest and décolleté that can look slackened and dehydrated. Ideal for stretch marks and loss of elasticity.

60 minutes £70

Find... Body Bliss. A relaxing & firming total body experience.

A combination of heated Dead Sea Mud and cooling seaweed masks is applied to firm and tone problem areas, whilst relaxing and relieving muscle tension. The ultimate mind, body and soul experience. The rich effects of the original Dead Sea Mud and seaweed masks combined together mimics the healing, detoxifying and muscle warming effects of the Dead Sea. The treatment begins with a ritual spa polish followed by the unique masks and a traditional massage using scented oils to relax your senses.

90 minutes £93

Hands & feet

Find... Fabulous Feet. A perfect pampering treat for tired feet (including Am Spa Pedicure).

A nourishing spa foot treatment, combining exfoliation, massage and warm Dead Sea mud therapy, to hydrate, soothe and relax tired feet. Your treatment includes a full Am Spa Pedicure.

60 minutes £61

Am Spa Reflexology (selected locations only)

Reflexology works on pressure points on the feet which affect your body parts and organs. This treatment can help reduce stress, aid relaxation, boost energy and improve the circulation.

60 minutes £65

Find... Hydrated Hands. An indulgence for neglected hands (including Manicure).

A hydrating hand treatment combining exfoliation, massage and warm Dead Sea mud therapy, to leave you feeling totally pampered and relaxed, with silky smooth hands. Your treatment includes a full Am Spa Manicure.

60 minutes £61

Am Spa for Men

Am Spa For Men treatments are expertly designed to promote ultimate relaxation, along with a total body boost. Taking regular time out from a chaotic, modern lifestyle helps to refresh and revive your body and mind – this promotes greater happiness, contentment and an invigorated outward appearance, thus improving the overall quality of your life. We are confident that Am Spa unisex Spa offers you a complete range of high performance treatments to give you real and lasting results – so relax, enjoy, and let us do the work.

Mud Works

A treatment designed to relieve physical and mental tension by combining powerful minerals and boosting oils. After your head-to-toe body buff you will receive a deep massage utilising stress-relieving oils. We then envelop your body in heated original Dead Sea Mud, to effectively soothe and eliminate muscular aches and pains, whilst refreshing your skin with rich minerals from the lowest place on earth.

75 minutes £76

Full Body Massage

An essential treatment that will enhance the quality of your life by inducing profound mental and physical recuperation, thus acting as an escape from a hectic and stressful lifestyle. This energising massage relieves tired, injured or overused muscles, and returns the body to its naturally relaxed state as well as re-stimulating the body's natural defences. You will leave feeling fit, healthy and fully refreshed.

60 minutes £63

Hydrating Hand and Nail Treatment

A highly effective mineral-based hand treatment that immediately restores the hydration and 'soft touch' to rough, tough and over-worked hands. For a needed boost and a return to healthy and nourished hands, a rich Dead Sea Mud mask is applied, followed by a relaxing and rejuvenating hand massage using 'body essential' oils.

45 minutes £40

Refreshing Foot Treatment

A classic treatment utilising healing Dead Sea Salts and sand to deeply exfoliate the feet, before specialised deep massage techniques effectively soften and revitalise tired and hard-working feet. Warm Dead Sea Mud is then applied all over the feet, bringing nourishment, hydration and high-performance tension relief.

45 minutes £40

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Body Fit

A powerful inchwrap treatment that utilises minerals, Dead Sea sand exfoliant and six different stimulating products, before a toning and defining wrap is applied to your body. The perfect treatment to ease away unwanted inches from your body – so take a well-deserved break, relax, unwind, and let the products do the exercise.

90 minutes £95

Rest and Refresh Back and Shoulder Massage

The ultimate quick fix massage, designed to directly target and eliminate tension in muscular areas of the back and shoulders. This treatment promotes complete relaxation and a return to the body's naturally calm state of being. Enjoy.

30 minutes £40

Salt It Out

An invigorating high-performance exfoliating treatment using Dead Sea Salts combined with the rich effects of Vitamin E and body boosting oils to revitalise and buff the body from head-to-toe. To finish the treatment, warmed body lotion is massaged into the skin for an instant body hit.

30 minutes £40

Facial Skin Boost

This revolutionary treatment uses the ultimate combination of minerals, Dead Sea Mud and seaweed. Your skin is buffed and refreshed before traditional facial massage techniques allow your mind and body to unwind, as you relax and enjoy your essential time out. A high-performance mask is then applied to the face, formulated to groom, tone and protect.

75 minutes £76

Soft and Sleek Back and Chest Wax

Exclusively for men, this is a highly effective waxing treatment that removes all unwanted hair from your back and chest areas, leaving your skin irresistibly smooth.

60 minutes £49

The Am Spa Business Man Spa Day

A relaxing and reviving top to toe retreat which will leave you totally de-stressed and refreshed. Your spa therapist will give you a series of treatments to release muscle tension and relax your mind whilst hydrating and brightening your appearance to really give you a boost.

240 minutes £180

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product and treatment philosophy



"We are all surrounded by a rich and fertile mystery."
HENRY DAVID

Spa Find offers non-comedogenic, skin-friendly formulas, blending natural de-ionised water with pure Dead Sea minerals (Harmonised Water™) and organic plant extracts – products contain allergen-free fragrance and no parabens, genetically modified organisms (GMOs) or animal ingredients. Spa Find is against animal testing and supports care of the environment. We offer spa experiences to allow you to escape from a chaotic and stressful lifestyle and find a more primitive, peaceful and natural state of being - to have totally indulgent time for 'you' and just 'you'.

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Facial Treatments

These intensive treatments focus on the Am Spa Touch using ultra-concentrated professional products. The Intensive Plus Formula products are reserved exclusively for the expert hands of the Am Spa trained therapist. For the on-going benefit of your skin, all of these products have a homecare counterpart (B & H)

1. Age-Defying

This rejuvenating treatment helps preserve and protect the skin, while focusing on delicate areas prone to premature aging, such as the eyes and neck. The intensive lifting and firming massage relaxes, tones and stimulates to bring immediate and long-term benefits, while age-defying extracts of avocado, aloe vera and apple seed oil give the complexion a youthful glow.

Duration of the treatment: 50 or 75 minutes. (B & H) £58

2. Radiance

This revitalizing treatment revives dull, lacklustre skin. Nourishing and energizing extracts of papaya, kiwi and orange enhance skin condition, while the stimulating Am Spa Touch boosts circulation and lymphatic drainage to help restore skin's natural radiance and vitality.

Duration of the treatment: 50 or 75 minutes. (B & H) £55

3. Hydrating

Skin exposed to pollution and environmental aggressors is prone to sensitivity and dehydration. This hydrating facial combats these negative elements to restore skin's natural balance. The reviving massage with extracts of seaweed, cactus, pine and white lupin replenishes vital moisture levels, leaving skin feeling super-soft, smooth and more radiant looking.

Duration of the treatment: 50 or 75 minutes. (B & H) £58



4. Purifying

Hormonal imbalances, stress and diet can lead to clogged pores and leave skin prone to excessive oil production. This calming facial uses purifying and rebalancing techniques and extracts of wintergreen, witch hazel and orris root to calm, soothe and purify, leaving skin radiant and refreshed.

Duration of the treatment: 50 or 75 minutes (B & H) £55

5. Super Restorative

This high-performing treatment addresses the specific needs of women whose skin has suffered the effects of hormonal modifications and has become dull and devitalised. The unique, energy-boosting action of isoflavones found in the plant extracts of Pueraria and Pueraria Lobata (whose botanical name literally means 'state of perpetual youth') helps the skin quickly regain a fresher appearance. Results that last: firmer, replenished, brighter-looking skin

Duration of the treatment: 75 minutes. (B & H) £78

6. Gentle

Subject to variations in the climate, pollution and stress, your skin can become increasingly reactive while its defence mechanisms weaken. Pamper your skin with this Gentle treatment whose soothing massage respects the fragile nature of sensitive skin. Rich in the essential oils of Lavender, Marjoram and Mint, it soothes and helps calm your skin while moisturizing, restoring and rebalancing skin's natural defence system. An instant feeling of well-being, guaranteed.

Duration of the treatment: 50 or 75 minutes. (B & H) £76

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Body Treatments

Concentrated formulations of active plant extracts and aromatic oils are applied with specialized massage movements. These intensive treatments redefine body contours, streamline and tone problem areas or renew stressed, aging body skin. (B & H)

7. Redefining

This intensive body toning treatment makes getting into shape a pleasurable experience. Stimulating active botanicals of geranium, butcher's broom, orange and horse chestnut help your body eliminate toxins. The rhythmic Am Spa Touch boosts circulation and lymphatic drainage, reduces fluid retention and enhances skin tone and elasticity
Duration of the treatment: 75 minutes. (B & H) £78

8. Renewing

If you have neglected your body care regime, spent too much time in the sun, or are concerned your body is showing signs of aging, this luxurious treatment revitalizes the skin and rejuvenates the body. This treatment utilizes stimulating and lifting massage movements and active botanical extracts of olive and white lily.
Duration of the treatment: 75 minutes. (B & H) £73

9. Extra-Firming

The first age-control treatment for the body that reconciles extreme comfort and firmer skin. Intensely firms and revitalizes thanks to exceptional plant extracts such as Amazonian Bocoa that helps promote enhanced elasticity, better toned and firmer body skin. The draining effect of massage optimises results: the body feels more relaxed, fatigue is minimized. This unique body treatment immediately promotes a feeling of well-being.
Duration of the treatment: 75 minutes. (B & H) £72

10. Hydrating

Do you dream of achieving fresh, supple, luminous and well-hydrated skin? This unique treatment will help make your dream a reality. It meets the skin's moisture needs with unequalled effectiveness and precision. Optimized by a revitalizing massage, Peach extract, Shea Butter and vegetal perhydroqualene deeply nourish and replenish your body's skin to promote a wonderful feeling of comfort. Pea extract, gentle fruit acids and Keratolin smooth while Hawaiian Candlenut oil and Orange flower extract help firm surface skin. Your body's skin regains all of its youthful qualities, is smooth, soft and firm.
Duration of the treatment: 75 minutes. (B & H) £78

11. Polish & Body Redefining Treatment

Top-to-toe exfoliation using an advanced body scrub, enriched with fruit enzymes, prepares the skin by removing surface skin cells and impurities. This exclusive body treatment using our intensive formulations helps redefine body contours as it streamlines and tones problem areas.
Duration of the treatment: 75 minutes. (B & H) £73

12. Polish & Body Renewing Treatment

Top-to-toe exfoliation using an advanced body scrub enriched with fruit enzymes prepares the skin by removing surface skin cells and impurities. This exclusive body treatment using our intensive formulations helps renew stressed, aging body skin.
Duration of the treatment: 60 minutes. (B & H) £65

13. Polish & Body Extra-Firming Treatment

To step up the activity of the Extra-Firming Body Treatment, top-to-toe exfoliation using an advanced body scrub enriched with fruit enzymes is highly recommended. By removing superfluous skin cells and impurities, it prepares the skin for all the application of the intensive formulations and heightens the benefits of the treatment. This treatment tones and firms body skin with youthful results.
Duration of the treatment: 75 minutes. (B & H) £72

14. Polish & Body Hydrating Treatment

Thanks to a body exfoliator rich in fruit enzymes, dead surface skin cells and impurities are gently eliminated and your skin is better prepared to benefit from the intensive formulas used in the Hydrating Treatment.
Duration of the treatment: 75 minutes. (B & H) £72

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WELLBEING TREATMENTS - Relaxation, fitness, beauty

MASSAGE

Relaxation Massage

All massages are performed by qualified masseurs most of whom have had many years of experience. The guest lies on a massage bed whilst the masseur massages part or all of the body. Massage is known to improve blood circulation, muscle flexibility and the oxygen supply to the muscles and connective tissues. The time of the massage depends on the wishes of the guest. The time is generally between 20 - 40 minutes, however many clients choose longer as part of their relaxation program. (B & H) £40

Revitalizing Aromatic Massage

A massage with Swedish technique enhancing blood circulation and lymph flow, re-energising the body with special aromatic blend of aroma oils (peppermint, rosemary, lemon oil, in hazelnut oil base).
Duration of treatment: 55 minutes (B & H) £55

Relaxing Aromatic Massage

The treatment is a slow massage with steady, gentle stroking movements, the primary goal of which is to relax the muscles. A mix of effective oils gently absorbed through the skin (lavender, tangerine orange flower oil in a hazelnut oil base) is used to enhance relaxation of the body.
Duration of treatment: 55 minutes (B & H) £55

Relaxing Head and Neck Massage

This massage is performed with gentle slow movements of the hand. During the treatment the guest lies in a comfortable position. A revitalising massage technique is applied to the face with gentle pumping movements around the forehead, the nose, the eyes and the ears. This technique is used on the nape/back of the neck and the neck.
Duration of treatment: 30 minutes (B & H) £38

Traditional Dry Brush Massage

This massage uses stroking techniques applied in a special way with a brush of half bristles. It helps increase blood circulation in the skin and remove the dead skin cells from the upper skin layer, making the skin surface smoother and more receptive in preparation for certain nourishing skin packs. It is furthermore suitable for detoxification and cellulite treatments owing to its effect as a metabolism stimulator.
Duration of treatment: 45 minutes (B & H) £50

Anti-cellulite Massage

This is a body shaping massage in which the fat cells in the connective tissue under the skin are broken down by powerful massaging. Sauna and infra-sauna usually applied as additional treatment. Sufficient fluid intake is also recommended alongside the treatment to flush out toxins in the body. Minor bleeding under the skin may appear as a side effect. It is therefore not recommended for over 60-s and those with varicose vein problems.
Duration of treatment: 55 minutes. (B & H) £55

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Lymph Drainage Massage

This smooth massage helps to filter and purify the lymph glands. The massage also tightens the skin surface and helps improve the blood circulation. This treatment is focused on the face and neck.

Duration of treatment: 40 minutes B & (H) £46

Reflex Zone Massage (Foot massage)

This is a refreshing massage on the feet, targeting acupressure points, resulting in positive physiological after effects.

Duration of treatment: 20 minutes. (B & H) £25

Tibetan Massage with Honey

This massage was originally developed based on the traditional massage techniques carried out by Tibetan monks and is similar in style to the relaxing massage. It has a pain relieving, muscle relaxing, immune strengthening effect and is especially effective for general detoxification. The honey adds an additional benefit through its high content of enzyme, vitamins and minerals.

Duration of treatment: 15 minutes. (H)

Manager Massage

This is a massage that can be applied in a sitting position and the guest is able to be clothed if they so wish. For this reason it can easily be applied in breaks of conferences and such like events. The guest is massaged sitting on a special chair leaning. Techniques include loosening the shoulder and neck muscles with gentle movements by putting pressure onto the acupressure and trigger points. As a result, it improves the blood circulation in the head; it also relaxes tense muscles and reduces stress.

Duration of treatment: 15 minutes. (B & H) £15

Hungarian Wine Cream Massage

The relaxing massage treatment with a unique massage cream made of famous special Hungarian wines is considered a "Hungarian Speciality". Its beneficial effects are due to the effective agent content of the wine cream and result in a relaxing, but stimulating sensation.

Duration of treatment: 20 minutes. (H)

BATHS

Revitalizing Aromatic Bath

The treatment involves the guest bathing in softly whirling water which has a gentle massage effect combined with revitalizing oils, the natural extracts of different plants. The following oils are used in this bath: rosemary, muscat sage, pine. The treatment is followed by a 20 minute relaxation.

Duration of treatment: 15 minutes. (B & H) £20

Relaxing Aromatic Bath

During treatment soft whirling water applies a gentle massage as the guest lies in a warm bath. This is combined with natural oils, the natural extracts of different plants. The following oils are used in this bath: rose tree, orange flower, tangerine, lavender oil. The treatment is followed by a 20 minute relaxation period.

Duration of treatment: 20 minutes. (B & H) £20

Cleopatra Bath

During the treatment the soft whirling water applies a gentle massage as the guest lies in a warm bath. Milk and honey are added to the water for they contain a large concentration of natural minerals, trace elements and vitamins. Furthermore honey is also known for its skin smoothing and antibacterial effect. The treatment is followed by a 20 minute relaxation period.

Duration of treatment: 20 minutes (B & H) £21

Hydro massage

The guest lies in a hot bath with the water temperature at 35 degrees C. The soft massaging effect of the warm water has a relaxing and healing effect on the muscles and joints. It is excellent for blood circulation and a general feeling of relaxation and well being.

Duration of treatment: 20 minutes (B & H) £25

OTHER

Inno-reuma Cream Pack

This treatment is recommended to help loosen painful muscle knots, and sooth shoulder and back aches. The painful body part is smeared with a special cream, covered with foil and kept warm with a blanket. The treated body part should not come into contact with water for 30 minutes following the treatment.

Duration of treatment: 20 - 30 minutes (H)

Oxygen Therapy

A course of oxygen therapy treatments is excellent in increasing the oxygen supply to the cells and improving immunity. This treatment is recommended as part of the recuperation process and is of beneficial to guests with respiratory problems. Because oxygen increase in the body gives an overall feeling of 'well being' many healthy persons use this treatment in conjunction with their exercise programs to further improve their health. A breathing tube is inserted into the nostrils, whilst the guest relaxes.

Benefit is usually felt after 5 treatments. (H)

Duration of treatment: 60 mins

Treatment with lava stone

The invigorating fragrance of the massage oil develops its Far-Eastern magic during the treatment and allows you to forget your daily cares.

The gentle pressure-point massage with smooth, heated lava stones moves along the meridians, the body's energy channels, creating a sense of total relaxation for the skin and the senses, and promoting harmony and renewed beauty.

Duration of treatment: 75 minutes (B & H) £76

Salt cave

The salt cave is an exciting, original new treatment using the healing effects of salt.

Our cave is constructed specially with rocks of salt from the Dead Sea and is an excellent therapy for relaxation, many medical conditions and for boosting the immune system. The salt in the grotto creates a specific microclimate, the particles in the air effectively cleaning the respiratory system.

Beside the advantageous negative ionisation, the air in the cave includes: iodine, potassium, calcium, magnesium, selenium and many more elements.

Duration of treatment: 45 minutes (H)

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MEDICAL TREATMENTS ALSO EFFECTIVE FOR RELAXATION - DOCTOR'S CONSULTATION REQUIRED

Kneippness

The Kneipp treatment is named after **Sebastian Kneipp**, a German priest who lived in the 19th century. Recovering from an illness he treated with water and herbs, he developed the theoretical and practical fundamentals of his cure. The cure is effective for the treatment of sleep disorders, exhaustion, certain heart conditions, strengthening the vascular and immune systems, but also effective in stress reduction.

Our treatments integrate the traditional Kneipp methods with the fundamentals of wellness that is why they are called **KNEIPPNESS**. (H)

Kneipp treatments are applied onto the skin, our largest organ. They stimulate the nervous system that controls our inner organs. Treatments include pouring cold and warm water and jets of water on the various body parts, as well as packing, washing down, wrapping in herb infusions and aroma baths. In order to reach the correct balance between our body and soul, traditional Chinese and Indian therapies are applied (Thai Chi, Yoga etc) along with walking or jogging bare foot in dewy grass or snow. This is supplemented by lifestyle and medical advice. Meals include mainly vegetables, herbs and fresh bakery products.

A medical examination is needed before treatments, as the various complaints, determine the quantity and the type of the individual treatment combinations for an effective course. The optimal duration of a cure is 2-3 weeks. (H)

Mud packing

The fresh mud - comprising of decomposed aquatic plants - comes from the Hévíz thermal spring pond in Western Hungary. The packs are directly applied to the skin and are beneficial in the treatment of rheumatic complaints. The mud can be used for either full or partial packs depending on the doctor's prescription. The pack temperature is normally 40 degrees C. The effect of the hot mud is extremely relaxing to the muscles and improves the blood circulation of the whole body. Many of our guests without locomotive problems use this as part of a 'Well Being' program.

Duration of treatment: 20 minutes (H)

Underwater Jet Massage

This treatment uses the effect of a hot bath and massage to provide relief and relaxation for the muscles. The guest lies in a large bath with warm water at a temperature of 35 to 37 degrees C. The therapist using a strong jet of water gently massages the main muscle groups.

Duration of treatment: 20 minutes (H)

Carbon Dioxide Bath

The bath is saturated with carbon dioxide gas covering the guest in thousands of tiny bubbles. The temperature of the water is kept at around 35 degrees C. Medically the bath strongly congests the skin with Carbon Dioxide thereby slowing down the heart activity and reducing the blood pressure and stress of the heart. The treatment is ideal for general relaxation as the guest experiences a feeling of gentle tickling from the carbon bubbles.

Duration of treatment: 20 minutes (H)

Treatments for Men

15. Personal Blend Facial

Purifying, hydrating and refreshing, this facial treatment is individually tailored to suit all skin types. Skin is cleansed, toned and gently exfoliated before the face, neck and shoulders are treated to a relaxing aromatherapy massage. This treatment addresses overall skin condition, targets specific problems and soothes shaving bumps and irritation, leaving skin feeling refreshed, healthy and ultra smooth.

Duration of the treatment: 60 minutes. (B & H) £60

16. Reconditioning Back & Scalp Massage

Stress, tension and anxiety all melt away with this rejuvenating treatment. After the back is deep-cleansed and gently exfoliated, an intense back, neck and scalp massage eases stress, revives fatigued muscles and rejuvenates the body. Ideal as a post-exercise pick-me-up or for restoring balance to body and mind.

Duration of the treatment: 30 minutes. (B & H) £32

Express Face and Body Zone Treatments

17. Face Work

This relaxing facial gently purifies, tones and rejuvenates the skin. It guarantees skin will look and feel great in a matter of minutes.

Duration of the treatment: 30 minutes. (B & H) £35

18. Eye Work

Helps diminish fine lines and wrinkles around the delicate eye area. Reduces dark circles and puffiness and conditions the skin.

Duration of the treatment: 20 minutes. (B & H) £21

Aroma blend Treatments

19. Face Treatment

The essence of Aroma Beauty Care for a radiant, beautiful face... The "relaxation" treatment of your dreams... Leave yourself in the expert hands of your Beauty Therapist and discover the exceptional aromatic benefits of essential oils: rebalanced, detoxified and soothed, your skin is fresh and supple again, its texture smoothed and contours refined. It glows with a youthful radiance. Duration of the treatment: 60 minutes. (B & H) £62

20. Body Polish (Tonic or Relax)

After an aromatic relaxation with Am Spa famous essential oils, discover this "pure pleasure" Exfoliating treatment using the exclusive Am Spa Touch. Cleansed of its impurities and dead cells thanks to a magic "Tonic" or "Relax" cocktail of essential oils, exfoliation and a cool bath, your skin will be replenished, firmer, energized and incredibly soft... The skin is more beautiful, younger-looking and luminous... Your body is rested and revitalized... Your mind soothed and calm... Duration of the treatment: 60 minutes. (B & H) £65

21. Super Relax Body Treatment

The total "relaxation" treatment that rebalances and regenerates the body and mind and lets you totally unwind. Thanks to the subtle alchemy of Am Spa Aromatherapy and Physiotherapy, this ultra-relaxing treatment envelops you in essential oils, to leave the skin incredibly soft, luminous, smooth and younger-looking, and the mind calm and rested. The perfect treatment after sport. Duration of the treatment: 60 minutes. (B & H) £71

22. Super Tonic Body Treatment

The "vitality" boost you need! An aromatic treatment of pure pleasure that energizes your body and mind thanks to a dynamic cocktail of essential oils and an "invigorating" massage using the exclusive Am Spa Touch. It leaves you feeling physically and mentally rejuvenated and full of energy, while the skin is softer, firmer and perfectly moisturized. For real sports lovers, try this treatment before you play! Duration of the treatment: 60 minutes. (B & H) £72



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Urban Treatments

FACIALS

Am Spa VISIBLE BRILLIANCE

With revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst smoothing, sculpting and restoring its youthful tone and texture. Combining the unique benefits of a two-phase Amino Active Mask with the pure luxury of clinically proven products - Liquid Radiance and Cellular Recovery Skin Bliss Capsules - transforming stressed, tired and slackened skin. These powerful formulations are combined with micro-circulatory massage techniques to re-define facial contours and restore skin radiance and plumpness.

£70 mins £70.00

Am Spa SKIN SPECIFIC FACIAL

A selection of four harmonizing facials specifically prescribed to treat the skin at the deepest level without aggression. A synergy of specialized Eastern massage movements and aromatherapy complexes stimulate and oxygenate the tissues, whilst bringing the mind and body into balance.

choose from:

- Herbal repair deep cleansing
- Absolute lift lifts and revitalizes
- Fruit glow reviving
- Moisture dew hydrating

60 mins £65.00

BODY WRAPS

Am Spa Cellutox Aroma Spa Ocean Wrap

Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying at all levels. A warm seaweed body mask containing a synergy of cleansing juniper and lemon essential oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away whilst you have a soothing face and scalp massage and let the active ingredients work to detoxify, decongest and stimulate your body systems.

70 mins £66.00

MUSCLEASE

The power of aromatherapy is combined with the riches of the ocean in this deeply warming muscle treatment. A heated dead sea mask and essential oils is applied before you are cocooned in a comforting heated wrap. Relax and indulge and let your thoughts drift away

55 mins £66.00

MASSAGE

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Am Spa STONE BACK MASSAGE

An intensive treatment designed for the upper body, harnessing the properties of volcanic basalt stones. These stones are bathed in warm water and anointed with spicy, sensual aromas of the orient. The deep penetrating heat from the stones is used to massage the back using traditional techniques to release tension and balance the spirit.

60 mins £66.00

Mother-To-Be-Massage

Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning to ensure the ultimate in comfort and relaxation. Helps to relieve tension in your lower and upper back and alleviate any swelling in the hands and feet, whilst easing your mind and uplifting the spirit.

Recommended:

1 treatment every 2 weeks in 1st/2nd trimester

1 treatment every week in 3rd trimester

* subject to availability

70 min £71.00

DEEP TISSUE MUSCLE MASSAGE

Destress management oil - soothe and relax with a blend of lavender, chamomile, melissa, geranium and bergamot essential oils.

Cellutox active body concentrate - uplift, detoxify and renew your zest for life with a blend of lemon, lime, peppermint and grapefruit essential oils.

Musclease active body concentrate - relieve tired, aching muscles with a blend of warming rosemary, juniper, thyme, birch and chamomile essential oils.

Excellent for rheumatic or sports related pains.

60 mins £65.00

BACK AND NECK MASSAGE

An intensive treatment to alleviate tension and stress in the upper body. Concentrating on the back, neck and shoulders to loosen and relieve tight and tense muscles.

25 mins £38.00

THERAPEUTIC BODY MASSAGE

A firm, but soothing full body massage designed to ease away tension and unknot tight muscles, restores a sense of tranquillity leaving you feeling totally relaxed

55 mins £57.00

AROMA STONE THERAPY

Since the birth of time, many ancient cultures have used the healing power of stones for medicinal and spiritual purposes. In Bali it is believed that 'batu' stones are filled with the vitality and energy of the water that flows over them in an eternal stream. Harnessing the properties of these volcanic basalt stones, we bathe them in warm water and anoint them with spicy, sensual aromas of the Orient. Small stones are placed on key energy points of the body, evoking an aura of warmth. The deep penetrating

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heat from the stones is used to massage the body using traditional techniques to release tension and balance the spirit.

85 mins £75.00

BEAUTY ESSENTIALS – MANICURES AND PEDICURE

EXPRESS PEDICURE 30 mins

25 mins £19.00

LUXURY SPA HAND & NAIL TREATMENT 60 mins

55 mins £36.00

MANICURE

40 mins £27.00

FRENCH MANICURE

55 mins £32.00

DELUXE MANICURE

55 mins £35.00

PEDICURE

French

Pedicure 55 mins £32.00

Pedicure 40 mins £30.00

DE-LUXE PEDICURE

55 mins £37.00

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