



Begin your Spa day with a swim in the salt pool or simply sit and enjoy the hydrotherapy bench before you begin one of our thermal treatments which include the salt cabin, herbal steam, sauna, with the experience shower to revive and invigorate. You may choose to enter the Rasul room where you will smooth mineral mud over the body and face enjoying the warmth and cleansing-utopia. The Spa lounge beckons with its soft lighting, herbal refreshments and luxurious loungers inviting you to rest and reflect before your therapist escorts you to a private treatment suite.

Full Day Spa Packages

All full day packages include:

- Complimentary robe and slippers for the day
- Use of Salt Pool with hydrotherapy bench
- Sauna and Herbal Steam Room
- Salt Cabin and Experience Shower
- Spa Lunch and Refreshments
- Relaxation lounge

Cleansing Spa Day

A day of gentle cleansing and purifying will begin with full body brushing and exfoliating with sea salt and seaweed combined. The skin is then ready to absorb the rich stimulating algae and essential oils which will be applied to the body in a warm envelopment. A mineral hair treatment with tension relieving massage is then administered (wonderful for tension headaches and stiff necks).

Full body massage using lemon and juniper with lymphatic drainage techniques to reinforce the elimination of toxins is next on the list. Gentle facial steaming and thorough cleansing makes this an experience which will leave the skin glowing with lift and radiance. To complete the detoxifying effects of this day a combination pedicure and Tibetan foot massage; deep cleansing exfoliation, and removal of dry skin from the feet will be followed with a stimulating active mask completed by the grounding effect of foot massage which will leave you feeling purified and glowing!

- Sea Salt and Seaweed Exfoliation
- Radiance Facial
- Club Spa Foot Treatment
- Pure Detox Envelopment
- Aromatic Fusion Body Massage

3 hours 50 minutes £249

Recovery Spa Day

This series of therapies promises you released tension, peace of mind and a good night's sleep. Ayurvedic herbs and oils will be selected on the day to suit your individual constitutional needs. Warm clay and herbs are smoothed over the body to purify and exfoliate; warm herbal oil is then poured over the entire body before enveloping you in a warm heat, while marma point facial and cleansing massage is carried out.

To still the mind and soothe the central nervous system a continuous flow of sesame oil is passed over the forehead (third eye) continuing with marma point scalp massage and herbal hair treatment. To complete this day of ultimate stress relief a full body massage with warm ayurvedic oil-your body will thank you!

- Warm Herbal Envelopment
- Shirodhara Oil Therapy
- Balancing Full Body Massage
- Perfect Balance Facial

2 hours 50 minutes £210

Joyful Spa Day

Your day will begin with a mineral salt glow to refresh and remove dry skin, preparing the skin for the rich replenishing envelopment, a truly warming and tension reducing envelopment. Our signature basalt balance hot stone massage will leave you in a state of true physical and mental calm! The pure skin facial promises to get your skin back on track, awakening tired sluggish skin, leaving it radiant, fresh and clean.

- Club Mineral Salt Glow
- The Replenishing Envelopment
- Hot Stone Massage
- Pure Skin Facial

3 hours 20minutes £229