

THE GRAND *spa*

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## THE GRAND BODY MESSAGES

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### Purify

**60 Minutes**  
**90 Minutes**

A soothing and calming massage, Purify restores the body's natural energy and balance. Using long and light massage strokes combined with gentle body rocking and stretching this treatment is complemented with pre-selected aromatherapy oils for the perfect restorative massage.

### Relax

**60 Minutes**  
**90 Minutes**

A full body massage combining a multitude of eastern and western techniques, physical relaxation is guaranteed thanks to a harmonious balance of touch and scent. Each massage is personalised according to your specific needs and physical concerns.

### Invigorate

**60 Minutes**  
**90 Minutes**

Specically designed for sports enthusiasts, Invigorate is for those who really enjoy strong massage. Accompanied by a warming and stimulating essential oil blend, the body is stretched, muscles are softened and vertebrae re-aligned, using selected massages techniques including deep tissue, traditional Thai massage and yoga techniques.

### Deep Tissue

**90 Minutes**

An intense restorative treatment specically designed for tight, stressed and aching muscles. Deep tissue and cross muscle fiber massage techniques, with stretching and draining movements work on the deeper layers of the tissues. Pressure points combined with forearm and elbow work provide immense benefits from this advanced massage.

## SPECIALIST MESSAGES

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### Hot Stone

**90 Minutes**

Powerful combinations of the healing properties of hot stones, together with advanced massage techniques help restore a sense of balance and well-being. Heat from the stones help loosen sore muscles and allows the therapist to expertly provide relief to deep-seated tension in muscles.

### Thai Massage

**90 Minutes**

Thai massage uses a sequence of gentle and flowing movements, which massage while stretching the body.

In addition, known as lazy man's yoga, the treatment aids in loosening up of tight joints and restoring the flow of energy throughout the body with acupressure techniques aimed at harmonising and energising.

### Ho Tram's Ritual

**90 Minutes**

An excellent package recommended after a day of intense physical activity. It starts with a body scrub to refresh your skin tone and follow by our special Ho Tram massage. This pampering package is completed by two of our professional therapists, working in tandem to gently ease the body into a state of total relaxation.

## BODY SCRUB

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### Cleanse

**45 Minutes**

An energizing, deeply renewing body scrub made up of extracts of volcanic scrub particles and a blend of cooling essential oils to give instant vitality and freshness.



## PERSONALIZED FACIALS

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### **Refine** **Refine+**

**60 Minutes**  
**90 Minutes**

A personalized facial according to your skin condition and concerns, whether it be deep purification, intense hydration or soothing nourishment, the treatment becomes exactly what you need it to be.

**Refine+** allows you to personalize and provide exceptional visible results. It keeps skin follicles clean, clear and bacteria-free. A perfect solution for acne skin.

### **Rejuvenate**

**90 Minutes**

Look and feel ten years younger; this is your true anti-ageing prescription facial. The most active ingredients, such as Vitamin C formula, next-gen alpha hydroxyl peels, along with lifting and nourishing masks ensure expression lines are softened and the skin feels and looks tight, firm and radiant.

## PERSONALIZED BODY WRAPS

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### **Nourish**

**60 Minutes**

A treatment that provides perfect tone, elasticity, antioxidant effect and moisture balance to the skin with the benefits from the fresh pumpkin cells, pineapple, papaya and seaweed extracts.

### **Detox**

**60 Minutes**

A balance and detoxify treatment that accelerate the body metabolism favoring profound purification as well as an effective slimming action.



## SPA PACKAGES

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### Tranquility

**150 Minutes**

This therapy takes you to a new level of delight for 2-hours. After the skin is exfoliated with a body scrub, you will revel in the delicious sensations of a full-body Aromatherapy Oil Massage and your face is pampered with a facial skin care, the ultimate beauty treatment.

### Indulge

**120 Minutes**

Spend 2 hours in your private tranquility at spa suite to round of this luxury spa experience with 2 hours of personalized treatments.

### Man Space Ritual

**120 Minutes**

A wonderful way to walk out feeling like a totally cleansed and purified gentleman. Begin with the wonderful Cleanse, an exfoliation that leaves your skin smooth and, follow this with a combination of signature shave and personalised facial for men, finish with a wonderful express manicure or pedicure.

## EXPRESS TREATMENTS

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This selection of treatments is purpose-designed and time-focused. They can be added on to our massage and facials services allowing you to create your own enhanced and personalised spa experience.

### **Calm**

**30 Minutes**

Rich in nourishing minerals, the application of a warm energizing mud deeply penetrates into the muscles of the back to soothe pain and tension and detoxify tissues from toxins. A scalp massage ends this treatment recommended for workaholics or after intense physical activities. Add to any facial for those seeking deep physical relaxation.

### **Fresh**

**30 Minutes**

A quick-fix facial, Fresh includes cleansing, gentle exfoliation and a relaxing massage for face and neck. A moisturiser and sunscreen application delivering maximum hydration and protection complete the facial. Add to any massage for a refreshed and vital complexion.

### **Revive**

**30 Minutes**

Put a spring in your step with our unique massage for the feet, incorporating Shiatsu and reflexology massage modalities. Revive will improve circulation and deliver a sensation of lightness to heavy and tired legs and feet. Add to any facial to stimulate energy levels.

### **Energize**

**30 Minutes**

An intensive, therapeutic treatment with essential oils counteracts hair and scalp conditions through oxygenating and stimulating microcirculation massage. The additional relaxation of the tight areas of the neck and shoulders restores a deep vital energy.

### **Soothe**

**30 Minutes**

When time is of essence, this is an ideal treatment that wonderfully reduces fatigue concentrating on areas that hold stress. A back massage induces a deep sense of relaxation while pressure point on the scalp and deep stretching movement on the neck stimulates the nervous system and leaves you feeling revived.



## HANDS AND FEET

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### Manicure

**60 Minutes**

Revive your tired hands with our restorative, brightening and moisturizing cream and finish up with buffing, trimming, shaping and two coats of polish where required.

### Pedicure

**60 Minutes**

Put your best foot forward as a soothing footbath, followed by intense callus and cuticle work. We finish up with buffing, trimming, shaping, base and polish.

### Express Manicure

**45 Minutes**

A quick cut, file and buff to get immaculate looking hands.

### Re-Varnish

**30 Minutes**

Refresh your color to the mood you are in or to the event you are heading for.

## HAIR SERVICES

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Blow Dry

**30 Minutes**

Men Cut

**45 Minutes**

Women Cut

**60 Minutes**

Styling

**60 Minutes**

Hair Treatment

**45 Minutes**

Men wash and blow dry

**45 Minutes**

Women wash and blow dry

**60 Minutes**

## THE GRAND SPA OPENING TIMES

Daily 09:00 - 23:00

For 90-minute treatments, the last booking must be made before 21:30

## SCHEDULING YOUR APPOINTMENT

To schedule an appointment for your preferred treatment, please contact our spa receptionist who will be able to guide you to the right choice. To ensure your preferred time and services are available, we recommend you to book in advance. All spa treatments and programmes will need to be guaranteed with a credit card and day passes can be purchased at The Grand Spa reception.

## ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation form. We recommend you to arrive up to 1 hour 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. Towels, robes, slippers and any other amenities required will be provided upon your arrival at The Grand Spa.

## SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all guests' right to privacy and serenity. In light of this, The Grand Spa is a smoke-free zone and please ensure all mobile phones are silenced. If a telephone conversation does need to take place, please feel free to use our reception area to ensure relaxing guests are not disturbed.

## CANCELLATION POLICY

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

## CHILDREN

Access to The Grand Spa including the changing facilities, water facilities, spa and gym is reserved for guest over the age of 16.

## HEALTH CONDITIONS

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

## PREGNANCY

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

## HOMECARE

To continue your spa experience at home, most products used in our treatments are available to buy at The Grand Spa reception.

## VALUABLES

We regret that The Grand Spa has no responsibility on any loss of valuables and jewellery at any time on The Grand Spa premises. Lockers are provided for your personal items and we do not recommend that you wear jewellery during your visit to The Grand Spa. If you are a guest of the hotel we advise you to store all your personal valuables in the safety deposit box located in your room.

