



SPA

INTERCONTINENTAL

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PACKAGES



Dear Guest,

Thank you for choosing Spa InterContinental for your spa experience.

Let us take you on a journey of genuine tranquility in the luxurious privacy of our spa sanctuary, mixing unique, natural elements from Europe with premium cosmopolitan products to optimise your beauty and wellness. Allow us to develop your personal treatment program based on experience, relaxation and results.

All treatments begin with a complimentary Relaxing Foot Ritual inside your private treatment room using indigenous ingredients to exfoliate the feet and lower legs, relax your body and mind followed by a pressure massage.

After your treatment, complimentary drinks and sweets will be served to complete your Spa journey.

Sincerely,
Spa InterContinental Team

Hours of Operation

Spa InterContinental is open daily from 9.00 am – 11.00 pm
Treatments from 10.00 am - 11.00 pm

InterContinental Doha

223 Lusail Street, Al Dafna, West Bay
P.O Box 6822, Doha State of Qatar
+971 4 4484 4060 | spa.icdoha@ihg.com

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DE-STRESS AND UNWIND PACKAGE

3 days | QAR 3,885

Feeling creative? Indulge in your own customised spa program and experience the wonders of our Spa InterContinental treatments.

DAY 1

3 hours

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Body Scrub of your choice by BAIJA Paris, 60 minutes

Let us take you into the universe of the French-crafted brand, BAIJA Paris. Select one from our four Emotions Fragrances exfoliating scrubs: Caramelised Honey, Lotus Ginger, Rose Lychee, and Green Tea Jasmine.

Traditional Thai Massage, 90 minutes

Thai massage is performed without the use of oil, so you may remain fully clothed. Our therapists apply firm rhythmic pressure as they gently stretch your body using yoga techniques. The overall experience is rejuvenating and relaxing.

Thai Massage alternative

Swedish Massage with Aroma Oil by BAIJA Paris, 90 minutes

Relieves tired muscles, improves circulation and assists the body in eliminating toxins. This classic massage promotes health and well-being.

Steam • Foot Ritual • Body Exfoliation • Shower • Full Body Rejuvenating Massage • Refreshments

DAY 2

3 hours

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

Head-to-Toe Massage by BAIJA Paris, 120 minutes

Our highly skilled therapists will make sure that you feel relaxed and revitalised before, during, and after your head-to-toe treatment. Start with a 60-minute massage of your choice, followed by a 30-minute reflexology massage, and completed by a 30-minute head massage.

Orange Flower Rhassoul Clay Body Wrap by BAIJA Paris, 30 minutes

This deep body wrap from the Moroccan desert softens, purifies, and reminalises your skin. It is ideal to absorb excess sebum.

Sauna • Foot Ritual • Head-to-Toe Massage • Full Body Detoxifying Mask • Refreshments

DAY 3

3 hours

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Oxygen Body Perfection treatment by NATURA BISSÉ, 60 minutes

This purifying ritual includes Oxygen Perfecting Body Mask and Full Body Oxygenating Massage revitalises and hydrates to restore the skin's radiance and beauty. Relieves fatigue and stress whilst having a nourishing and hydrating effect. Reduces skin imperfections and improves tone.

Rejuvenate and Atoxolene Infusion Facial by INTRACEUTICALS, 80 minutes

This is the treatment that everyone is talking about, the ultimate in skin rejuvenation and instant visible results. The Rejuvenate Infusion and Atoxelene Infusion work together to significantly reduce the appearance of fine lines and wrinkles while tightening and firming for a more defined facial contour. Special care is taken to smooth, open and refine the eye area while the lips are plumped and hydrated.

Steam • Foot Ritual • Full Body Soufflé Mask • Oxygenating Body Massage • Oxygenating Facial • Refreshments

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BODY & MIND REJUVENATING RETREAT

6 days | QAR 10,250

Master the ability to control your stress, mood and overall well-being with our revitalising retreat. Created for guests who feel overstressed, this retreat combined with the exclusive Spa Wave bed is designed to rejuvenate the mind and body.

All treatments will be done on the Spa Wave bed which provides the key benefits of mindfulness, meditation and deep relaxation techniques

DAY 1

2 hours

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Diamond Rose Experience by NATURA BISSÉ, 90 minutes

Take a journey through an unprecedented sensory experience. Enjoy a soothing and nourishing exfoliation followed by a regenerating massage with the exquisite absolute Damask Rose Oil that will transport you to a complete state of relaxation and well-being.

Steam • Foot Ritual • Body Exfoliating Massage • Diamond Rose Ritual • Refreshments

DAY 2

3 hours

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Oxygen Body Perfection treatment by NATURA BISSÉ, 60 minutes

This purifying ritual includes Oxygen Perfecting Body Mask and Full Body Oxygenating Massage. It revitalises and hydrates to restore the skin's radiance and beauty. Relieves fatigue and stress whilst having a nourishing and hydrating effect. Reduces skin imperfections and improves tone.

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Steam • Foot Ritual • Full Body Soufflé Mask • Oxygenating Body Massage • Rejuvenate & Atoxolene Infusion Facial • Refreshments

DAY 3

2 hours, 20 minutes

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

Poultice-Powered Compress Muscle Release, 90-minutes

The unique Amber poultice dissolves tensions and elasticises the skin. Performed on the revolutionary Amber and Quartz Crystal Bed, this is the perfect answer for anyone searching for optimal health. This is a combination with poultice compress and deep tissue massage. This deeply relaxing massage is also great before or after exercise.

Micronised Algae Eye Mask by NATURA BISSÉ, 20 minutes

Infuse your skin with all the benefits of marine algae. A treatment that relieves puffiness and dehydration around the eye area with a cocktail that includes draining, nourishing and decongesting ingredients.

Sauna • Foot Ritual • Full Body & Face Massage • Body Moisturiser • Eye Treatment • Refreshments

DAY 4

2 hours, 20 minutes

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Algotherapy Body Mask by NATURA BISSÉ, 30 minutes

Algotherapy Mask contains three different algae: Fucus Vesiculosus, Spirulina and Laminaria Digitate. The combination of these three algae contains exceptional hydrating, firming and detoxifying properties.

Hot Stone Massage with Aroma oil by BAIJA Paris, 90 minutes

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Each hot stone massage session promotes deeper muscle relaxation through the placement of smooth, water heated stones on key points on the body

Steam • Foot Ritual • Detoxifying Body Mask • Shower • Hot Stone Body Massage • Refreshments

DAY 5

3 hours

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Oxygen Body Perfection mask by NATURA BISSÉ, 30 minutes

This purifying Oxygen Perfecting Body mask revitalises and hydrates to restore the skin's radiance and beauty. Relieves fatigue and stress whilst having a nourishing and hydrating effect. Reduces skin imperfections and improves tone.

Head-to-Toe Massage by BAIJA Paris, 120 minutes

Calm your senses, soothe your mind and leave your worries behind. Our highly skilled therapists will make sure that you feel relaxed and revitalised before, during, and after your head-to-toe treatment. Start with a 60-minute massage of your choice, followed by a 30-minute reflexology massage, and completed by a 30-minute head massage.

Steam • Foot Ritual • Revitalising Body Mask • Shower • Head-to-Toe Massage • Refreshments

DAY 6

4 hours, 30 minutes

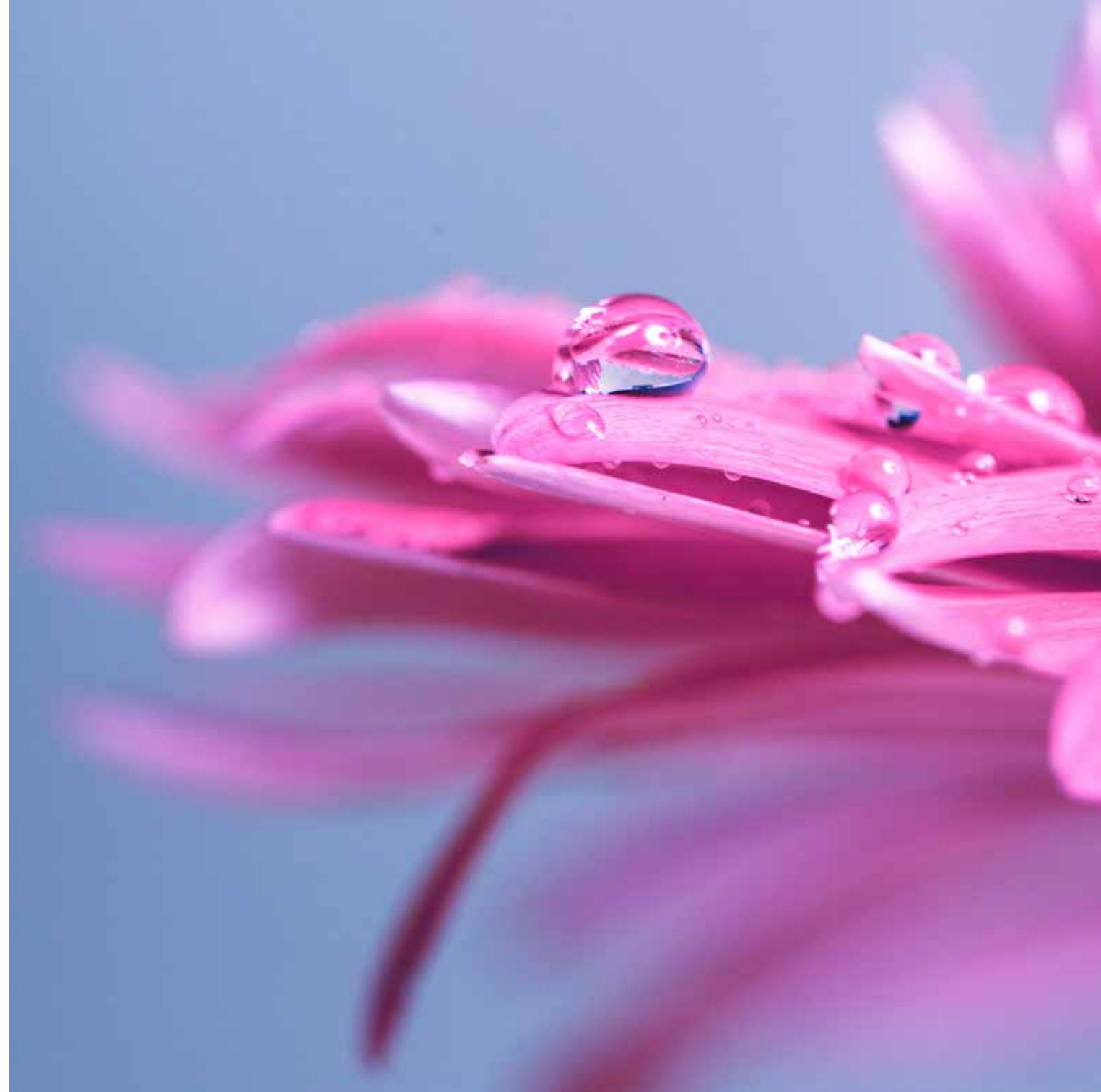
The Ultimate Diamond Experience Treatment by NATURA BISSÉ, 180 minutes

Natural Bissé Diamond Rose Ritual combines a unique formulation of Diamond Dust body scrub and an enriched Diamond Body Rose Oil for the ultimate body treatment. Followed by the masters of skin care, The Diamond Life Infusion facial, a completely rejuvenating treatment which includes Diamond peptides to achieve a picture perfect Skin.

Diamond Rose Experience by NATURA BISSÉ, 90 minutes

Take a journey through an unprecedented sensory experience. Enjoy a soothing and nourishing exfoliation followed by a regenerating massage with the exquisite absolute Damask Rose Oil that will transport you to a complete state of relaxation and well-being.

Steam • Foot Ritual • Body Exfoliating Massage • Diamond Rose Ritual • Refreshments



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HONOURED TIME PROGRAM

6 days | QAR 5,450

Designed to restore a natural state of equilibrium and exude a youthful, radiant appearance. This package includes a Time Rituals Treatment, rejuvenating and detoxifying body treatments.

All treatments will be done on the QUARTZ bed. The healing powers of the quartz combined with the warmth of the bed will transform you to a place quite unlike any other. Founded on the ancient tradition of earthlings, the treatments are based on the practice of employing the Earth's energy by grounding the body to the Earth's natural surfaces

DAY 1

3 hours

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Body Scrub by BAIJA Paris, 60 minutes

This effective, yet delicate treatment with the scent of spices massages and exfoliates your skin. It contains essential oils to stimulate your senses and provide an immediate sense of well-being.

Aroma Oil Massage by BAIJA Paris, 90 minutes

Take a journey through an unprecedented sensory experience. Enjoy a smoothing and nourishing regenerating massage with the Baija Paris aroma oil that will transport you to a complete state of relaxation and well-being.

Steam • Foot Ritual • Body Exfoliation • Body Massage • Refreshments

DAY 2

2 hours, 20 minutes

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas

Head-to-Toe Massage by BAIJA Paris, 120 minutes

Our highly skilled therapists will make sure that you feel relaxed and revitalised before, during, and after your head-to-toe treatment. Start with a 60-minute massage of your choice, followed by a 30-minute reflexology massage, and completed by a 30-minute head massage.

Sauna • Foot Ritual • Head-to-Toe Massage • Refreshments

DAY 3

2 hours, 20 minutes

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

Traditional Thai Massage. 90-minutes

Thai massage is performed without the use of oil, so you may remain fully clothed. Our therapists apply firm rhythmic pressure as they gently stretch your body using yoga techniques. The overall experience is rejuvenating and relaxing.

Micronised Algae Eye Mask by NATURA BISSÉ, 20 minutes

Infuse your skin with all the benefits of marine algae. A treatment that relieves puffiness and dehydration around the eye area with a cocktail that includes draining, nourishing and decongesting ingredients.

Sauna • Foot Ritual • Full Body & Face Massage • Body Moisturiser • Eye Treatment • Refreshments

DAY 4

2 hours, 20 minutes

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Algotherapy Body Mask by NATURA BISSÉ, 30 minutes

Algotherapy Mask contains three different algae: Fucus Vesiculosus, Spirulina and Laminaria Digitate. The combination of these three algae contains exceptional hydrating, firming and detoxifying properties.

Poultice-Powered Herbal Compress Muscle Release, 90 minutes

The unique Amber poultice dissolves tensions and elasticises the skin. Performed on the revolutionary Amber and Quartz Crystal Bed, this is the perfect answer for anyone searching for optimal health. This is a combination with poultice compress and deep tissue massage. This deeply relaxing massage is also great before or after exercise.

Steam • Foot Ritual • Detoxifying Body Mask • Poultice-Powered Herbal Compress Massage • Refreshments

DAY 5

2 hours, 20 minutes

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Oxygen Body Perfection mask by NATURA BISSÉ, 30 minutes

This purifying Oxygen Perfecting Body mask revitalises and hydrates to restore the skin's radiance and beauty. Relieves fatigue and stress whilst having a nourishing and hydrating effect. Reduces skin imperfections and improves tone.

Heavenly Relaxing Massage by BAIJA Paris, 90 minutes

This relaxing treatment is designed to promote relaxation, improve circulation, relieve muscle tension and reduce stress. This type of bodywork can be experienced in a lighter or stronger style depending on your preference. Only the sides of the palms are used.

Steam • Foot Ritual • Revitalising Body Mask • Shower • Heavenly Massage • Refreshments

DAY 6

2 hours, 35 minutes

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

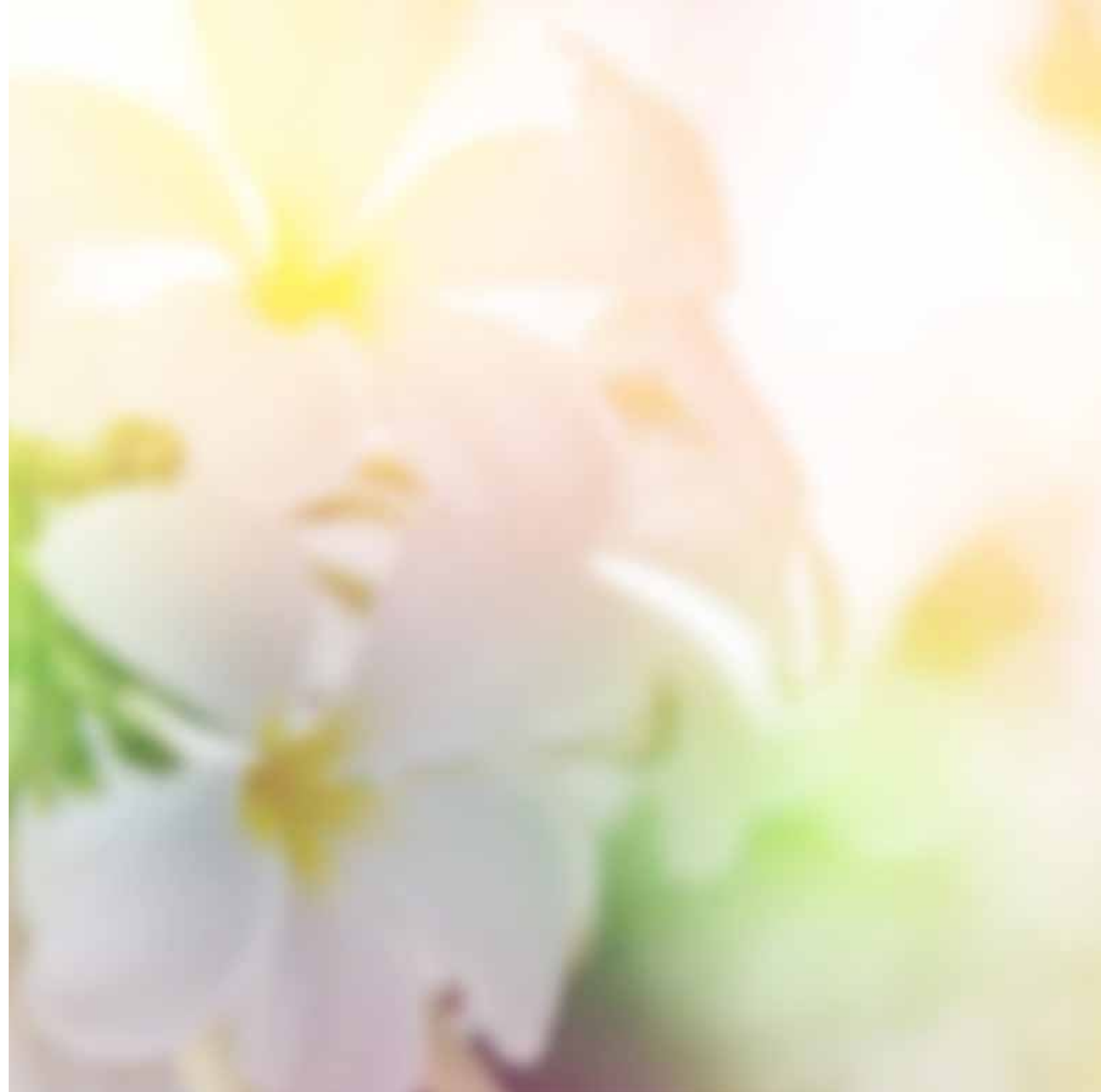
Stress Release Back, Neck and Shoulder, 45 minutes

Designed to relieve stress and tension by concentrating on specific areas of the back, neck and shoulders, this massage can also be tailored to your specific requirements.

Diamond Rose Experience by NATURA BISSÉ, 90 minutes

Take a journey through an unprecedented sensory experience. Enjoy a soothing and nourishing exfoliation followed by a regenerating massage with the exquisite absolute Damask Rose Oil that will transport you to a complete state of relaxation and well-being.

Steam • Foot Ritual • Body Exfoliating Massage • Diamond Rose Ritual • Refreshments



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DETOX, SHAPE AND TONE PACKAGE

6 days | QAR 5,450

Achieve your dream figure with our ultimate sculpting and anti-ageing package featuring the best spa slimming treatments for fast and astonishing results.

DAY 1

2 hours

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

Lipocell Sculptor Body Treatment by NATURA BISSÉ, 90 minutes

Reshape your figure with a body treatment that begins with a bamboo scrub exfoliation to activate the circulation in the areas being treated. Next is the application of an ultra-concentrated slimming and anticellulite gel complemented by advanced massage techniques to effectively contour your silhouette. The draining and detoxifying active ingredients address and prevent cellulite and reduce volume for a firmer and smoother skin. Your personalised Meso treatment will be combined with the Algotherapy sculpting body mask which prepares your skin for remodeling. The combination of three algae contains exceptional hydrating, firming and detoxifying properties.

Next, you will indulge yourself in to slimming full body massage using a slim contour cream to:

- Decrease the formation and storage of lipids.
- Increase tone and elasticity.
- Improve micro-circulation and the drainage of toxins.

Sauna • Foot Ritual • Body Exfoliation • Meso Ritual • Body Mask • Shower • Firming Ritual • Refreshments

DAY 2

2 hours, 30 minutes

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Oxygen Body Perfection mask by NATURA BISSÉ, 30 minutes

This purifying Oxygen Perfecting Body mask revitalises and hydrates to restore the skin's radiance and beauty. Relieves fatigue and stress whilst having a nourishing and hydrating effect. Reduces skin imperfections and improves tone.

Body Detox Massage by NATURA BISSÉ, 90 minutes

A massage with gentle, slow, rhythmic manoeuvres performed with the hands and fingers throughout the body. It enhances the elimination of toxins while providing total well-being and relaxation.

Sauna • Foot Ritual • Body Perfecting Mask • Shower • Detoxifying Ritual • Refreshments

DAY 3

2 hours, 30 minutes

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Algotherapy Body Mask by NATURA BISSÉ, 30 minutes

Algotherapy Mask contains three different algae: Fucus Vesiculosus, Spirulina and Laminaria Digitate. The combination of these three algae contains exceptional hydrating, firming and detoxifying properties.

Body Detox Massage by NATURA BISSÉ, 90 minutes

A massage with gentle, slow, rhythmic manoeuvres performed with the hands and fingers throughout the body. It enhances the elimination of toxins and increases the body's immune response while providing well-being and relaxation.

Steam • Foot Ritual • Detoxifying Body Mask • Shower • Detoxifying Ritual • Refreshments

DAY 4

2 hours

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Lipocell Sculptor Body Treatment by NATURA BISSÉ, 90 minutes

Reshape your figure with a body treatment that begins with a bamboo scrub exfoliation to activate the circulation in the areas being treated. Next is the application of an ultra-concentrated slimming and anti-cellulite gel complemented by advanced massage techniques to effectively contour your silhouette. The draining and detoxifying active ingredients address and prevent cellulite and reduce volume for a firmer and smoother skin. Your personalised Meso treatment will be combined with the Algotherapy sculpting body mask which prepares your skin for remodeling. The combination of three algae contains exceptional hydrating, firming and detoxifying properties.

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- Increase tone and elasticity.
- Improve micro-circulation and the drainage of toxins.

Steam • Foot Ritual • Body Exfoliation • Meso Ritual • Body Mask • Shower • Firming Ritual • Refreshments

DAY 5

2 hours, 30 minutes

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Oxygen Body Perfection mask by NATURA BISSÉ on Spa Wave, 30 minutes

This purifying Oxygen Perfecting Body mask revitalises and hydrates to restore the skin's radiance and beauty. Relieves fatigue and stress whilst having a nourishing and hydrating effect. Reduces skin imperfections and improves tone.

Body Detox Massage by NATURA BISSÉ, 90 minutes

A massage with gentle, slow, rhythmic manoeuvres performed with the hands and fingers throughout the body. It enhances the elimination of toxins while providing total well-being and relaxation.

Sauna • Foot Ritual • Body Perfecting Mask • Shower • Detoxifying Ritual • Refreshments

DAY 6

2 hours

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

Citrus Drench Body Treatment by NATURA BISSÉ on Spa Wave, 90 minutes

This body treatment restores the skin's youthful glow and visibly contours and redefines the skin's appearance. By increasing the quantity of collagen and elastin in the skin, it will have an intensive tightening and firming effect. Natural ingredients protect skin from dryness and premature ageing, while providing rejuvenating antioxidants from the previous sessions. Products used are concentrated citrus blends, antioxidants and collagen.

Sauna • Foot Ritual • Body Lift Concentrate • Soufflé Firming Body Mask • Shower • Lifting Body Ritual • Refreshments



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DETOX, SHAPE AND TONE PACKAGE

10 days | QAR 13, 095

Achieve your dream figure with our ultimate sculpting and anti-ageing package featuring the best spa slimming treatments for fast and astonishing results. To get the best results, all your treatments will be provided on the Spa Wave and Quartz Bed.

DAY 1

2 hours

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Lipocell Sculptor Body Treatment by NATURA BISSÉ on Spa Wave, 90 minutes

Reshape your figure with a body treatment that begins with a bamboo scrub exfoliation to activate the circulation in the areas being treated. Next is the application of an ultra-concentrated slimming and anti-cellulite gel complemented by advanced massage techniques to effectively contour your silhouette. The draining and detoxifying active ingredients address and prevent cellulite and reduce volume for a firmer and smoother skin. Your personalised Meso treatment will be combined with the Algotherapy sculpting body mask which prepares your skin for remodeling. The combination of three algae contains exceptional hydrating, firming and detoxifying properties.

Next, you will indulge yourself in to slimming full body massage using a slim contour cream to:

- Decrease the formation and storage of lipids.
- Increase tone and elasticity.
- Improve micro-circulation and the drainage of toxins.

Sauna • Foot Ritual • Body Exfoliation • Meso Ritual • Body Mask • Shower • Firming Ritual • Refreshments

DAY 2

2 hours, 30 minutes

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Oxygen Body Perfection mask by NATURA BISSÉ on Quartz Bed, 30 minutes

This purifying Oxygen Perfecting Body mask revitalises and hydrates to restore the skin's radiance and beauty. Relieves fatigue and stress whilst having a nourishing and hydrating effect. Reduces skin imperfections and improves tone.

Body Detox Massage by NATURA BISSÉ on Quartz Bed, 90 minutes

A massage with gentle, slow, rhythmic manoeuvres performed with the hands and fingers throughout the body. It enhances the elimination of toxins while providing total well-being and relaxation.

Sauna • Foot Ritual • Body Perfecting Mask • Shower • Detoxifying Ritual • Refreshments

DAY 3

2 hours, 30 minutes

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

Algotherapy Body Mask by NATURA BISSÉ on Quartz Bed, 30 minutes

Algotherapy Mask contains three different algae: Fucus Vesiculosus, Spirulina and Laminaria Digitate. The combination of these three algae contains exceptional hydrating, firming and detoxifying properties.

Body Detox Massage by NATURA BISSÉ on Quartz Bed, 90 minutes

A massage with gentle, slow, rhythmic manoeuvres performed with the hands and fingers throughout the body. It enhances the elimination of toxins and increases the body's immune response while providing well-being and relaxation.

Steam • Foot Ritual • Detoxifying Body Mask • Shower • Detoxifying Ritual • Refreshments

DAY 4

2 hours

Steam Room, 20 minutes

Using the steam room before a massage warms your muscles, making it easier for you to relax once you are inside the treatment room. Before a body scrub, the steam also opens the pores to achieve better results.

Lipocell Sculptor Body Treatment by NATURA BISSÉ on Spa Wave, 90 minutes

Reshape your figure with a body treatment that begins with a bamboo scrub exfoliation to activate the circulation in the areas being treated. Next is the application of an ultra-concentrated slimming and anti-cellulite gel complemented by advanced massage techniques to effectively contour your silhouette. The draining and detoxifying active ingredients address and prevent cellulite and reduce volume for a firmer and smoother skin. Your personalised Meso treatment will be combined with the Algotherapy sculpting body mask which prepares your skin for remodeling. The combination of three algae contains exceptional hydrating, firming and detoxifying properties. Next, you will indulge yourself in to slimming full body massage using a slim contour cream to:

- Decrease the formation and storage of lipids.
- Increase tone and elasticity.
- Improve micro-circulation and the drainage of toxins.

Steam • Foot Ritual • Body Exfoliation • Meso Ritual • Body Mask • Shower • Firming Ritual • Refreshments

DAY 5

2 hours, 30 minutes

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

Oxygen Body Perfection mask by NATURA BISSÉ on Spa Wave, 30 minutes

This purifying Oxygen Perfecting Body mask revitalises and hydrates to restore the skin's radiance and beauty. Relieves fatigue and stress whilst having a nourishing and hydrating effect. Reduces skin imperfections and improves tone.

Body Detox Massage by NATURA BISSÉ, 90 minutes

A massage with gentle, slow, rhythmic manoeuvres performed with the hands and fingers throughout the body. It enhances the elimination of toxins while providing total well-being and relaxation.

Sauna • Foot Ritual • Body Perfecting Mask • Shower • Detoxifying Ritual • Refreshments

DAY 6

2 hours

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

Citrus Drench Body Treatment by NATURA BISSÉ on Spa Wave, 90 minutes

This body treatment restores the skin's youthful glow and visibly contours and redefines the skin's appearance. By increasing the quantity of collagen and elastin in the skin, it will have an intensive tightening and firming effect. Natural ingredients protect skin from dryness and premature ageing, while providing rejuvenating antioxidants from the previous sessions. Products used are concentrated citrus blends, antioxidants and collagen.

Sauna • Foot Ritual • Body Lift Concentrate • Soufflé Firming Body Mask • Shower • Lifting Body Ritual • Refreshments

DAY 7

2 hours

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas

Lipocell Sculptor Body Treatment by NATURA BISSÉ on Spa Wave, 90 minutes

Reshape your figure with a body treatment that begins with a bamboo scrub exfoliation to activate the circulation in the areas being treated. Next is the application of an ultra-concentrated slimming and anti-cellulite gel complemented by advanced massage techniques to effectively contour your silhouette. The draining and detoxifying active ingredients address and prevent cellulite and reduce volume for a firmer and smoother skin. Your personalised Meso treatment will be combined with the Algotherapy sculpting body mask which prepares your skin for remodeling. The combination of three algae contains exceptional hydrating, firming and detoxifying properties.

Next, you will indulge yourself in to slimming full body massage using a slim contour cream to:

- Decrease the formation and storage of lipids.
- Increase tone and elasticity.
- Improve micro-circulation and the drainage of toxins.

Steam • Foot Ritual • Body Exfoliation • Meso Ritual • Body Mask • Shower • Firming Ritual • Refreshments

DAY 8

2 hours, 30 minutes

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

Oxygen Body Perfection mask by NATURA BISSÉ on Spa Wave, 30 minutes

This purifying Oxygen Perfecting Body mask revitalises and hydrates to restore the skin's radiance and beauty. Relieves fatigue and stress whilst having a nourishing and hydrating effect. Reduces skin imperfections and improves tone.

Body Detox Massage by NATURA BISSÉ on Spa Wave, 90 minutes

A massage with gentle, slow, rhythmic manoeuvres performed with the hands and fingers throughout the body. It enhances the elimination of toxins while providing total well-being and relaxation.

Sauna • Foot Ritual • Body Perfecting Mask • Shower • Detoxifying Ritual • Refreshments

DAY 9

2 hours, 30 minutes

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

Algotherapy Body Mask by NATURA BISSÉ on Quartz Bed, 30 minutes

Algotherapy Mask contains three different algae: Fucus Vesiculosus, Spirulina and Laminaria Digitate. The combination of these three algae contains exceptional hydrating, firming and detoxifying properties.

Body Detox Massage by NATURA BISSÉ on Quartz Bed, 90 minutes

A massage with gentle, slow, rhythmic manoeuvres performed with the hands and fingers throughout the body. It enhances the elimination of toxins and increases the body's immune response while providing well-being and relaxation.

Sauna • Foot Ritual • Detoxifying Body Mask • Shower • Body Massage Ritual • Refreshments

DAY 10

2 hours

Sauna, 20 minutes

The heat in the sauna will soften the muscle tissues allowing a deeper massage with less pain on tense areas.

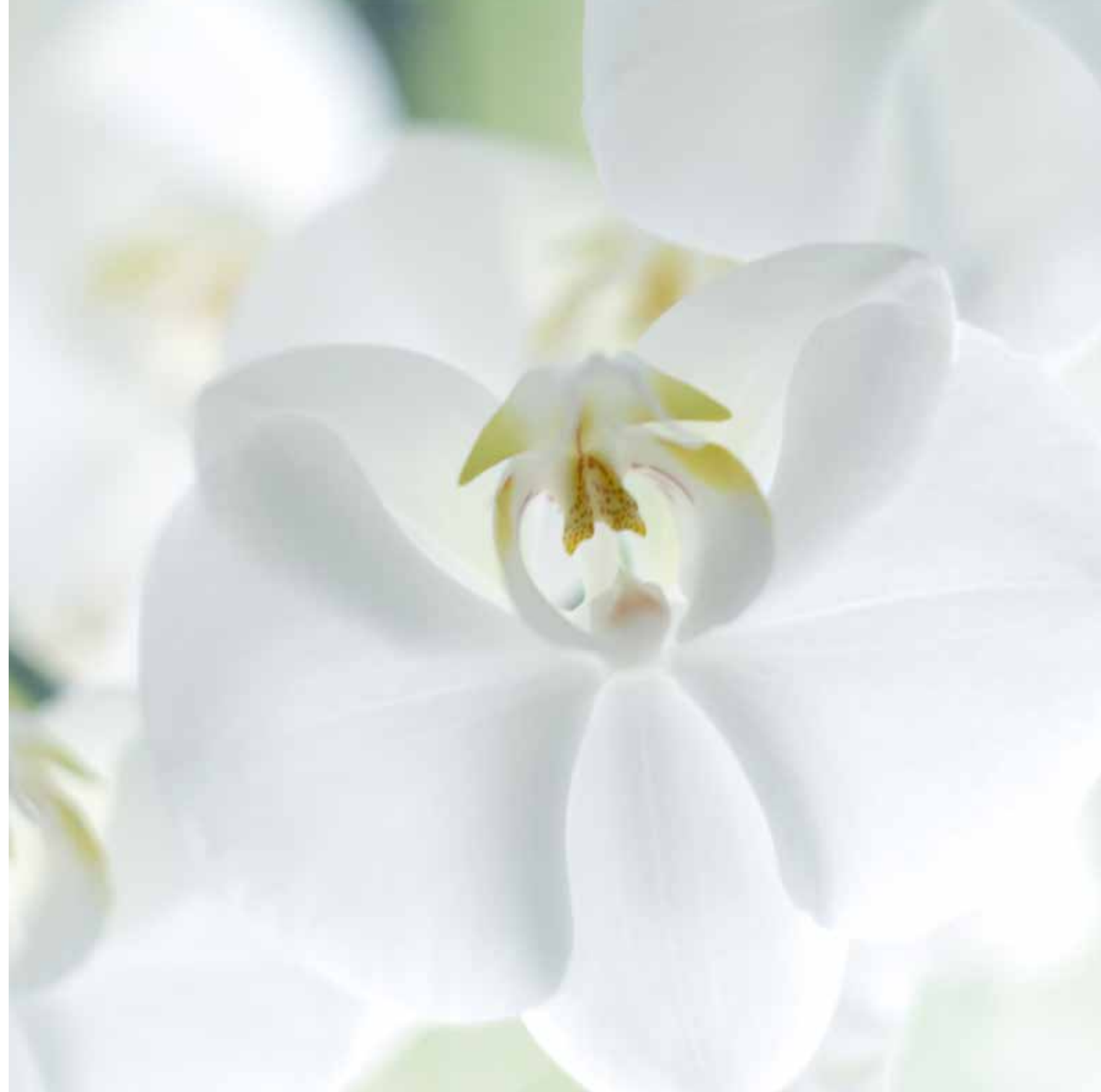
Lipocell Sculptor Body Treatment by NATURA BISSÉ on Spa Wave, 90 minutes

Reshape your figure with a body treatment that begins with a bamboo scrub exfoliation to activate the circulation in the areas being treated. Next is the application of an ultra-concentrated slimming and anti-cellulite gel complemented by advanced massage techniques to effectively contour your silhouette. The draining and detoxifying active ingredients address and prevent cellulites and reduce volume for a firmer and smoother skin. Your personalised Meso treatment will be combined with the Algotherapy sculpting body mask which prepares your skin for remodeling. The combination of three algae contains exceptional hydrating, firming and detoxifying properties.

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Steam • Foot Ritual • Body Exfoliation • Meso Ritual • Body Mask • Shower • Firming Ritual • Refreshments





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