

SPA TREATMENT BROCHURE

PHILOSOPHY

At Shanti Som day Spa, we believe true beauty and total wellbeing comes from deep within, an ancient eastern philosophy that is more relevant than ever today. We have a sincere understanding and passion for wellness, and are committed to delivering all aspects of wellbeing with integrity and honesty. We provide inspiration for lifestyle change in a relaxed calming environment.

TREATMENTS

True beauty begins with a state of mind, having inner peace and balance in your life. The Shanti Som day spa has been created to offer a spiritual escape from tension and stress of western life. Our highly trained therapists are committed to excellence, infused with enthusiasm and take pride in delivering excellent customized treatments. All treatments are designed to bring balance and equilibrium to meet the needs of all our guests.

We look forward to welcoming you.

A close-up photograph of a woman lying on her back, receiving a massage. Her eyes are closed, and her expression is peaceful. Her hands are resting on her forehead. The background is a soft, out-of-focus white. In the bottom left corner, there are two pink orchid flowers.

Mother to be Massage: 1hr/85 €

This is the pampering top to toe massage that every expectant mother deserves. Enjoy a nurturing massage specifically designed for your pregnancy. This uplifting massage relaxes you leaving your body soft and your skin nourished.

Deep Tissue Massage: 1 hr/90€

Focused to relieve specific stresses and muscle tensions, this deep rhythmic pressure massage gives the whole body a vigorous workout. This treatment can be tailor made to suit the individual needs of the client.

Hot Stones Massage: 1h/90 €

A unique warm experience; the volcanic Hot stones are excellent for warming up and relaxing tense muscles; they will relax your body and your mind, leaving you feeling a re-energizing. Something new for you to experience!

Back&shoulders Massage 30 min/50€

This is a nice introduction to massage. A treatment to totally let yourself go and an ideal for those who have lots of tension on their shoulders. The perfect way to make your stay at Shanti-Som benefic.

Thai Massage: 1hr/ 90 €

A massage to release the muscle tension through pressure points and stretching, you will feel fantastic.

We recommend you to wear long light and wide trousers. Available Saturday, Monday, Tuesdays

Stress Relief Massage: 1hr/85€

This massage incorporates Swedish massage strokes and gentle stretching. The overall result will be that you feel relaxed and de stressed. This massage will also improve your circulation, relieve muscle tension, ease pain and stimulate healing.

Eastern Slimming Massage: (Weight loss programs) 90min/120€

Strong, intense and deep 40min massage that breaks the fat cells down, eliminate the cellulite and fluid retention in your concern areas , followed by 20mins detox body wrap and 5min power plate training. Ending with a sauna and steam room session.

Bring your swimming costume with you.

Contraindications: Diabetes, high blood pressure, varicose veins, heart conditions.

***Recommended course of 3 treatments per week available, for only 290€**

Aromatherapy Massage: 1hr/85 € - Choose from: Relaxing, Detox or Reenergizing oils

Aromatherapy Massage uses a light pressure and essential aromatherapy oils applied to the body, which enhances the manipulation of the skin and tense muscle.

FACIAL TREATMENTS

Hydradermie Facial, Hydrating, purifying: 1hr/60€

To regain a radiant and luminous complexion, the Hydradermie treatment is the ideal treatment due to the removal of dead cells from the skin.

The hydration programme restores radiance and gives a glowing complexion.

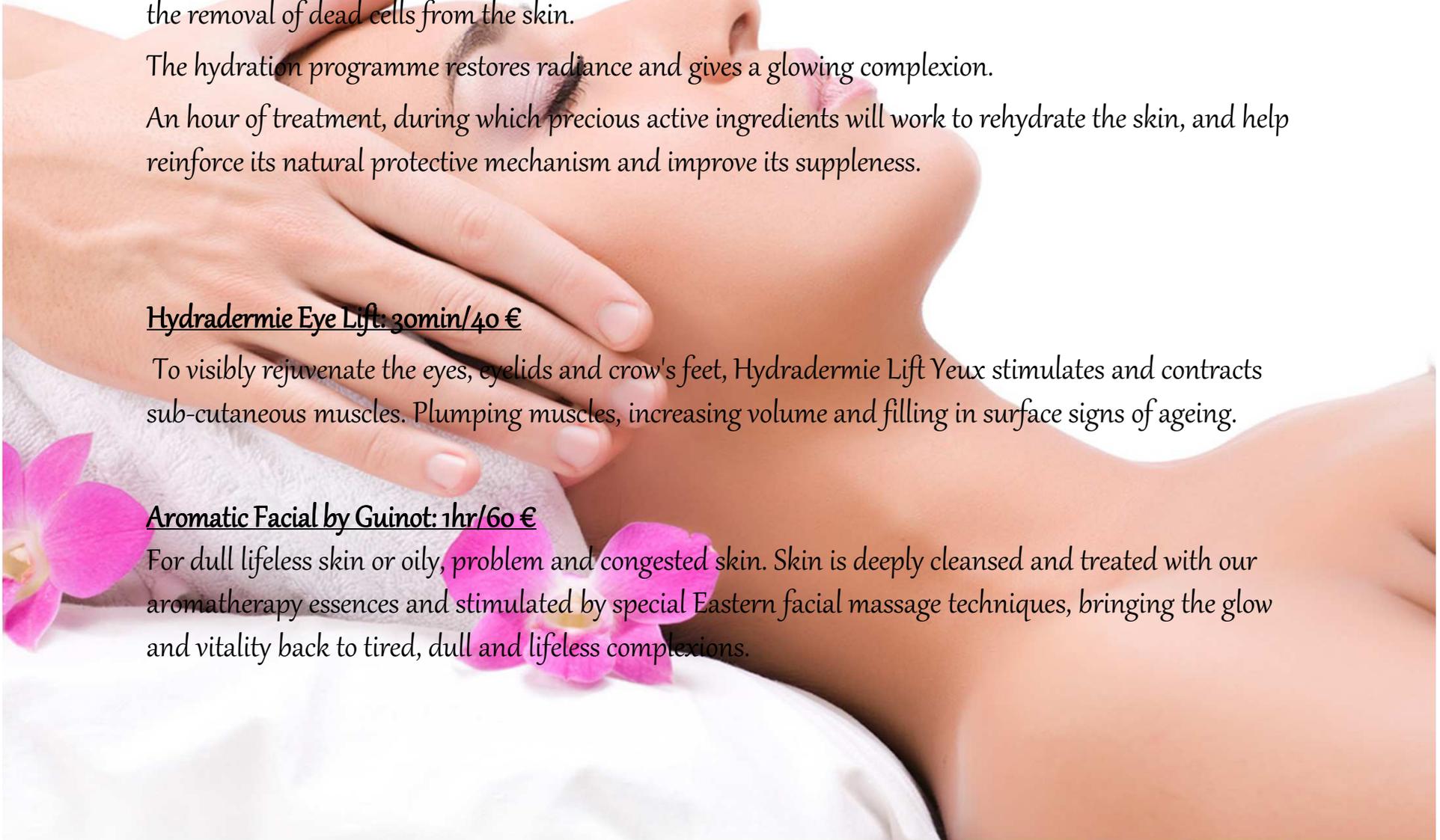
An hour of treatment, during which precious active ingredients will work to rehydrate the skin, and help reinforce its natural protective mechanism and improve its suppleness.

Hydradermie Eye Lift: 30min/40 €

To visibly rejuvenate the eyes, eyelids and crow's feet, Hydradermie Lift Yeux stimulates and contracts sub-cutaneous muscles. Plumping muscles, increasing volume and filling in surface signs of ageing.

Aromatic Facial by Guinot: 1hr/60 €

For dull lifeless skin or oily, problem and congested skin. Skin is deeply cleansed and treated with our aromatherapy essences and stimulated by special Eastern facial massage techniques, bringing the glow and vitality back to tired, dull and lifeless complexions.



Hydradermie Plus: Revitalize your Skin: 65min/85€

Hydradermie Facial with added firming and toning serum to revitalize the skin. Using galvanic currents. This treatment focuses on the face, eye area, neck and décolleté and includes the luxurious Serenity Massage (unique to Guinot) with relaxing essential oils.

Hydradermie Lift Express: 45min/45€

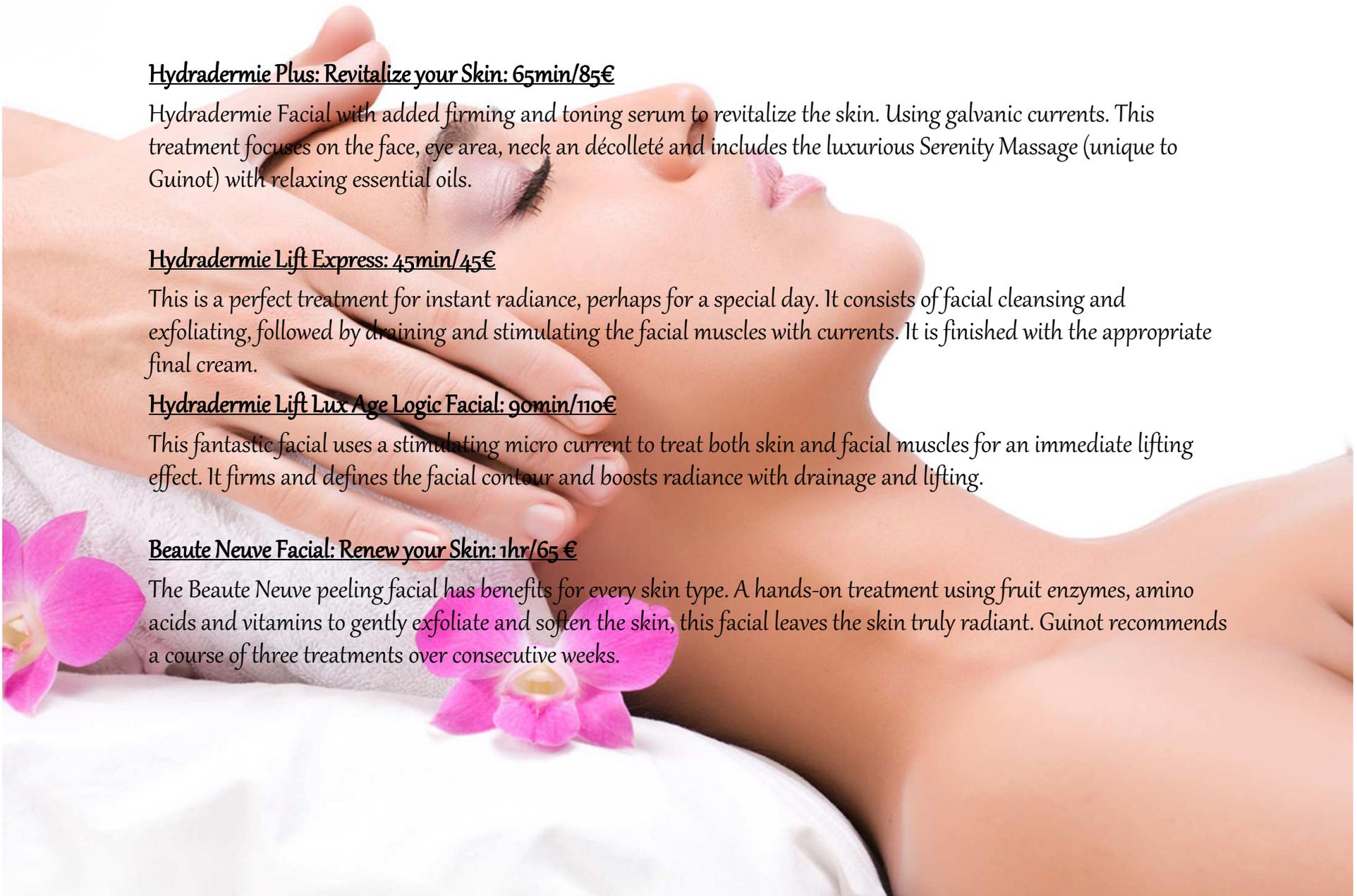
This is a perfect treatment for instant radiance, perhaps for a special day. It consists of facial cleansing and exfoliating, followed by draining and stimulating the facial muscles with currents. It is finished with the appropriate final cream.

Hydradermie Lift Lux Age Logic Facial: 90min/110€

This fantastic facial uses a stimulating micro current to treat both skin and facial muscles for an immediate lifting effect. It firms and defines the facial contour and boosts radiance with drainage and lifting.

Beaute Neuve Facial: Renew your Skin: 1hr/65 €

The Beaute Neuve peeling facial has benefits for every skin type. A hands-on treatment using fruit enzymes, amino acids and vitamins to gently exfoliate and soften the skin, this facial leaves the skin truly radiant. Guinot recommends a course of three treatments over consecutive weeks.



A woman is lying on her back, receiving a facial treatment. Her eyes are closed, and her hands are resting on her forehead. A therapist's hands are visible, gently holding her face. The background is a soft, out-of-focus white. Two pink orchids are placed on a white towel in the foreground.

Trés Homme Hydradermie for Men: 75min/65 €

This high-tech facial uses the galvanic and high frequency electrotherapy, bespoke active gels and a Trés Homme trio of products to deep-cleanse, oxygenate and condition your skin. The treatment is customized for your skin type. *
Please shave 2 hours before your treatment.

Basic Facial Cleansing with Extractions: 75 mins/65€

This treatment consists of a deep cleansing using the steamer and includes extraction of black heads and impurities. For oily skin the use of High Frequency may be added on.

Lymphatic Drainage Face/Scalp Massage: 30min/50 €

This is a rhythmical and deeply relaxing face massage, where the skin is methodically stretched towards directions of lymphatic flow treating dark circles under the eyes and any other fluid retention.

BODY TREATMENTS

Lemon & Ginger Body Scrub: 30min/48€

Body Scrub is a great way to keep your skin healthy and beautiful through exfoliation. It removes the dead skin cells on the surface, revealing the softer, younger cells just below.

Seaweed Body Wrap: 60min/60€

Enriched with seaweed and algae to reduce cellulite and fluid retention, eliminating toxins, leaving the body healthier. You will start off with a full Body Brush followed by the seaweed body wrap, finished with a relaxing full body moisturizing.

Thermal Mud Body Wrap: 60min/60€

Re-Hydrating body wrap using volcanic mud to rebalance any skin conditions. For dry, dull and dehydrated skin. You will start off with a full Body Brush followed by the Thermal Mud Body Wrap, finished with a relaxing full body moisturizing.

Detox Body Wrap: 45min/60€

A gently detoxifying body treatment made with organic orange & revitalizing lemongrass aromatherapy essential oils that will assist with fluid retention & improve the appearance of cellulite.

Aromatic Corps Esbeltz Anti-Cellulite by Guinot: 1hr/85€

Treats the cellulite using a blend of powerful essential oils, leaving your skin toned and firm. Body brushing, Body Wrap sauna effect (anti-cellulite), Massage with anti cellulite or toning oil.

•A series of 3 treatments is highly recommended

SPA BEAUTY TREATMENTS

Oriental Hand Therapy: 30min/40 €

We assure you that you will leave with rejuvenated, healthy and hands. Relax with a complete hand exfoliation followed, a rejuvenating hand mask and to complete your treatment and pressure point hand massage to ease all your tensions.

Oriental Foot Therapy: 30min/40€

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with a complete leg and foot exfoliation followed by a relaxing massage along the energy points of the feet and ankles which will help to raise natural energy encouraging the release of tension.

Spa Manicure 45min/30€

Your nails will be shaped and your cuticles tidied and hydrated, followed by a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail varnish is applied if requested.

Spa Pedicure 1hr/42€

Transform your feet with our nail and cuticle care, then relax and enjoy a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation and relieving tired feet. Nail varnish is applied if requested.

Waxing/ Eyes

Lip/Chin	5 €
Full Leg	30 €
Half Leg	15 €
Bikini from	18€
Arms	20€

Back/Chest	18€
Eye Brow Shape	6 €
Eye Brow Tint	12 €
Eye lash Tint	15€
Brazilian	32€

HOLISTIC AND HEALING TREATMENTS

Conscious Nutrition Consultation (60 min – 90€)

A wealth of practical and simple information, where you will receive information about what we should eat and what we should avoid, learn to follow a balanced diet full of life, acquiring good habits, know how to combine food properly for good digestion as proper absorption of nutrients, adequate bowel movement and continuous detoxification of the body, to avoid illness to keep a full and healthy lifestyle.

Kinesiology Quantum Consultation (60 min – 90 min)

A modern way of exercising Kinesiology, where work with awareness and wholeness of people is integrated. A method of noninvasive and reliable assessment of the status of a person, at all levels (Biological, structural, emotional, energetic, etc.), delivers outstanding results!

Conscious Nutrition Consultation and Quantum Kinesiologia (120 min – 150 €)

The perfect combination of therapies if you are looking for evaluating and improving your general health at every level, firstly the state of the person is evaluated through Kinesiology Quantum and observation of the patient's condition and then the valuation and treatment are submitted as well as the necessary information on how to eat consciously!

“We are what we eat, think and feel” Law of the universe



Ayurvedic Massage: 1hr/90 €

Good Indian massage supplies proper circulations, which helps our bodies grow and renew, it will help to expels toxins and provide deep relaxation. Physically, it helps all systems of the body. Mentally, it helps mind to relax by removing energies that store past tensions and emotional problems in our body.

Harmonyum Healing Massage: 55min/90€

The Harmonyum Healing system is an excellent way to address all levels of health and well being at their roots. It encourages restoration directed and powered by the wisdom and strength of the self healing mechanism. Harmonyum promotes mental clarity, personal realization, internal peace and increased capacity for living life authentically. A Harmonyum treatment works like a drop of medicine in that the effects of Harmonyum develop for hours and days after the treatment has ended.

- 2/3 treatments recommended.

Reiki Healing from 60 min to 90 min/from 90€ to 120€

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating manu beneficial effects that include feelings of peace, security and wellbeing.



Reflexology: 60min/90€

An extremely effective form of therapeutic foot massages which aims to create harmony in the body through applied pressure to the soles of your feet. By concentrating on various pressure points on the sole and heel, ailments in the rest of the body can be treated, giving you a complete feeling of bliss.

Foot Healing Therapy with Lesley 60min/90€

Our feet reflect our innermost self very accurately as well as our current state of health. They mirror the paths we have already taken and the one we are currently on in life. During a treatment you can discover your behavioral patterns and release those that no longer serve you effortlessly.

Lomi Lomi Hawaiian Massage 60 min/85€

Illness is a state of tension, which leads to resistance which blocks energy movement. Lomi Lomi helps to release this and therefore facilitates the road to healing. On the physical level stress and tension are relieved, blood and lymph flow assisted and the elimination of waste and toxins is stimulated. The massage is given in fluid rhythmic motion using the forearms as well as the hands. Some people have described this as feeling like gentle waves moving over the body.

Day Yoga

Join our Day Yoga classes. A minimum of six people is required for the class. Please contact Shanti-Som to register your interest.

RECOMMENDED SPA TREATMENTS

Detox Retreat:

Lemon & Ginger Body Scrub
Detox Body Wrap
Hot Stones Massage
Ayurvedic Massage
Hydradermie Plus: Revitalize your Skin

Weight - Loss Retreat:

Lemon & Ginger Body Scrub
Eastern Slimming Massage
Stress Relief Massage
Aromatic Corps Esbeltz
Anti-Cellulite by Guinot
Hydradermie Lift Lux Age Logic Facial

Yoga Retreat:

Ayurvedic Massage
Harmonyum Healing Massage
Thai Massage

General Wellbeing:

Aromatherapy Massage
Guinot Facial
Oriental Hand Therapy
Oriental Foot Therapy

SPA RITUAL PACKAGES

Time for Men: 2hr/175€

Welcome drink

Sauna or Haman

Facial for men (1 hr)

Relaxing Massage (1hr)

Herbal Tea

Spa Ritual: 2,5hr/190 €

Welcome drink

Sauna or Haman

Massage of your choice (1 hr.)

Guinot Facial (1 hr.)

Herbal Tea

Inner Peace: 2,5hr/195 €

Welcome drink

Sauna or Haman

Aromatherapy Massage

Aromatic Guinot facial

Herbal Tea



Absolute Mother-To-Be Ritual: 2,5hr/210 €

Welcome drink

Sauna or Haman

Nourishing Massage for Mother-To –Be (1hr)

Rejuvenating Facial (1hr)

Herbal Tea & homemade cookies

Complete Balance & Harmony: 2.5hr/230 €

Welcome drink

Sauna or Haman

Aromatherapy Massage (1hr)

Balancing Facial (1hr)

Herbal Tea & homemade cookies

Complete Spa Detox: 2,5hr/240€

Welcome drink

Sauna or Haman

Body Scrub (30 min)

Anti cellulite Wrap (30 min)

Anti-cellulite Massage(1hr)

Herbal Tea & homemade cookies

DAY YOGA AND SPA

Full Day Spa: 240€

Fresh juice on arrival
Steam Haman or sauna
Relaxing massage (1hr)
Delicious healthy lunch
Relaxing Facial Treatment (1 hr)
Herbal Tea & Homemade cookies

Full Day Spa & Yoga: 295€

Fresh juice on arrival
Steam Haman or sauna
60 minute Yoga Class
45 Min Relaxing Massage
Delicious healthy lunch
45 Min Relaxing Facial
Herbal Tea & Homemade cookies

Half Day Spa: 140€

Fresh juice on arrival
Steam Haman or sauna
Relaxing massage (1hr)
Delicious healthy lunch
Herbal Tea & Homemade cookies

Half Day Spa & Yoga: 175 €

Fresh juice on arrival
Steam Haman or Sauna
1 hour Yoga Class
Delicious healthy lunch
Relaxing massage (45 min.)
Herbal Tea & Homemade cookies