



## Naturhouse Health & Spa Center

At Naturhouse Health & Spa Center we provide the latest in exclusive treatments designed to enhance your sense of well-being – leaving you feeling renewed and refreshed. We are the area's premier Naturhouse Medical Spa designed to make you look and feel more beautiful and – more important: Healthy & Happy!

### To fully enjoy and experience our spa we offer a few suggestions

#### When should I arrive?

For your enhanced comfort and relaxation, we suggest that you arrive 15 minutes before your scheduled treatment. This will allow you to prepare for your spa treatment and relax.

#### Cancellation policy

Please provide 24hrs notice if you must cancel or reschedule your appointment. You will be billed 50% of the regular price of the treatment should you cancel or change your appointment with less than 24 hour notice. Failure to call or show for your appointment will result in a 100% charge for reserved service.

#### Who can guide me in choosing my treatments?

Our spa reservation department will help you plan the perfect experience, including the best order in which to enjoy your treatments.

#### What should I wear during my treatment?

Our team will supply you with disposable undergarments. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided. Lockers are available for your personal items. Swimming suits or trunks are mandatory for the use of the Thermal Circuit and pool areas.

#### What about my jewelry and valuables?

If you are staying in the hotel, please leave valuable items in the safe in your guest room. Otherwise, lockers are available for your personal items in the spa facility.

#### Health Considerations

Please advise spa team about any specific medical condition.

#### Pregnancy

Enjoy. Let us pamper you during this very special time in your life. Appreciate the luxury of relaxing and comforting Spa Treatments specially designed and adapted for the future mother.

## Facial Therapies

All our exclusive facials include cleansing, massage, acupressure, lymph drainage, mask and oriental head massage.

Ideal when combined with Massage and Body Therapies and popular with Hand and Foot treatments.

### ☞ **Deep Marine Purifying Facial**

Suitable for oily, combination, congested or problematic skins.

Includes gentle cleansing, exfoliation, massage, acupressure points, lymph drainage, purifying mask and scalp massage. Specially designed to rebalance and refresh the skin.

**50min · €120**

### ☞ **Soothing Facial**

Suitable for sensitive skin prone to redness and irritation.

Includes gentle cleansing, exfoliation, massage, acupressure points, lymph drainage, soothing mask and scalp massage. This treatment will leave you looking radiant and restore your natural moisture.

**50min · €120**

### ☞ **Hydrating Facial**

Suitable for dry, dehydrated, flaky skin.

Includes rehydrating cleansing, exfoliation, massage, acupressure points, lymph drainage, moisturizing mask and scalp massage. Revitalizing and nourishing treatment to leave your skin renewed. Great after holidays to hydrate sun exposed skin

**50min · €120**

### ☞ **Skin Brightener Facial**

Suitable for all skin types. Includes cleansing, exfoliation, massage, acupressure points, lymph drainage, mask and scalp massage. Radiance face treatment to improve texture and appearance of the skin. Reduces irregular pigmentation and promote youthful glow.

**50min · €120**

### ☞ **Firming Facial**

Suitable for mature, dehydrated, stressed or those suffering with lack of tone and firmness. Includes advanced lifting and firming massage techniques, lymph drainage, lifting and firming mask and scalp massage. Fine lines and wrinkles are softened. Totally relaxing experience to regenerate, hydrate and firm your skin.

**50min · €120**

## Body Massages

You can combine the below therapies together and · or complement them with any of our other treatments. Massage is ideal when combined with Facial and Body Treatments.

### ☞ **Lymphatic Drainage**

Stimulates the lymphatic system and improves circulation. Designed to gently drain away toxins and tone to create either a firming; contouring or body refining.

**50min · €125**

### ☞ **Anticellulite Massage**

Concentrates on the Hip and Thigh area to help with concerns of cellulite and water retention. Improves circulation and the elimination of toxins. This treatment stimulates the body's own detoxifying process.

**50min · €125**

### ☞ **Aromatherapy Massage**

Gentle and relaxing full body massage using soothing strokes, acupressure points and individually chosen essential oils. Soothing for mind and body to indulge in deep relaxation.

**50min · €105**

### ☞ **Sport Massage**

Specially designed to improve circulation, flexibility and facilitate cellular recuperation. Achieve deep muscular relaxation and say goodbye to daily stress.

**50min · €105**

## Body Treatments

### ☞ **Algae Treatment**

Body wrap with seaweed extracts followed by a moisturizer. A complete experience to improve skin condition and detoxify the body.

**50min · €110**

### ☞ **Mud Treatment**

Application of mineral-rich mud to cleanse the pores and relax the muscles. Soothes aches and pains. Creates a state of health and wellbeing helping you to feel renewed.

**50min · €110**

### ☞ **Slimming Treatment**

Firming treatment with marine extracts, applied as a mask followed by sculpting massage to stimulate fat burning and prevent cellulite.

**80min · €150**

## Ultimate Scrubs & Massages

### ☞ **Jasmine Red Rice Body Scrub**

Jasmine Red Rice to remove dead skin cells and firm the skin. A unique combination of different oils for nourishing. Lavender to soothe and calm the skin. A delicious treatment which will make your skin shimmer with a healthy lustre and smooth tone.

**50min · €99**

### ☞ **Golden Triangle Body Cleanser**

Includes exfoliation with white Algae to rejuvenate the skin, and application of Asiatic pennywort. Deep scalp massage and then a shower to finish with Moisturising Body Lotion. Skin is left toned and smooth with a firming and antiaging effect.

**50min · €99**

### ☞ **Mediterranean Sea Salt Body Wrap & Scrub**

To remove dead skin cells and improve the texture of the skin with sea salt. Brightens skin to restore natural moisture that will transform your appearance whilst re-mineralizing your body.

**50min · €99**

## Ultimate Body Wrap & Massages

### ☞ **Youth Booster Body Wrap**

A luxurious way to help restore skin tone ideal after weight loss or pregnancy. Includes skin brushing, exfoliation, application of Green Tee, White Clay and Orange. Deep scalp massage providing you with a sense of peace and calm.

**50min · €99**

### ☞ **Kamin Body Wrap**

A nourishing detox treatment that will enhance your skin's natural glow. Includes exfoliation and application of Turmeric and Ginger to increase your energy levels and leave you revitalized. Finish this amazing experience with an oriental head massage.

**50min · €99**

## Water Treatments

### ☞ **Vichy Shower**

Relaxing rainwater treatment that includes scalp massage and back exfoliation. Ideally designed to reduce stress, hydrate and improve circulation.

**25min · €50**

### ☞ **Vichy Exfoliation**

Stimulating exfoliation with salts and oils under the Vichy Rain Bar to detox your skin. Treatment used to soften the skin and discover a new radiance.

**45min · €75**

### ☞ **Vichy Detox**

Two step massage under this gentle rain shower combining exfoliation and algae mask. Removes dead skin cells and rids the body of toxins.

**75min · €145**

### ☞ **Aquagym**

Guided exercises by a personal trainer in an indoor-pool involving resistance to strengthen, tone muscles and enhance your well-being.

**20min · €45**

### ☞ **WaterJet Massage**

A water high-pressure jet massage to relieve sore muscles and improve circulation. Especially recommended for post-sport activity, e.g. Golf, Tennis...and prevention of cellulite.

**20min · €50**

### ☞ **Manual Aquatic Massage**

A sophisticated transformation of the classic massage in an individual bathtub. Through the use of a pressurized jet directed by one of our skilled therapists, stress and tension will ebb away. Sculpting, diuretic and very relaxing

**40min · €75**

## Spa Specialized Treatments

### ☞ Prenatal Treatment

Soothing, caring, nurturing for the mother to be, leaving the skin soft and nourished. Includes gentle exfoliation, legs and scalp massage. Total care to revitalize your skin.

**50min · €99**

### ☞ Healing Hot Stone Massage

Specialized treatment that includes Oriental Head Massage to rebalance mind, body & spirit. This massage opens the chakras by increasing your energy levels. A one of a kind experience at the highest level.

**80min · €145**

### ☞ Thai Massage

Oriental massage that will restore your sense of well-being through predetermined pressure points and energetic meridians, balancing movements and passive stretching. Let us guide you to a state of total Zen.

**50min · €120**

## Beauty treatments for Hands and Feet

### ☞ Hands of Silk

A holistic hand treatment that includes a soft exfoliation with Red Rice and Jasmine, along with a mask for the hands to hydrate and illuminate the skin. This includes our Oriental head massage and hand beauty ritual (optional upgrade to gel colour).

**50min · €99**

### ☞ Renewing Massage for Tired Legs

A holistic treatment for the feet that includes an herbal cleansing and foot reflexology with a gentle exfoliation and wrap of Turmeric. This consists of a complete foot beauty ritual (optional upgrade to gel colour). Ideal for athletes and golf enthusiasts.

**50min · €99**

### ☞ Manicure with gel color

**50min · €50**

### ☞ Pedicure with gel color

**50min · €75**

## Signature Treatments

### ☞ Jet Lag Regeneration

Ideally enjoyed before a special event, for those clients who prefer to take detailed care of their facial aspect and feet. Includes our complete facial, herbal ritual with gentle exfoliation and foot reflexology. Immerse yourself in absolute well-being and let our specialists pamper you.

**110min · €230**

### ☞ Four-Hand Harmony Massage

Includes our Welcome Ritual for the feet, followed by a relaxing massage performed by two therapists working simultaneously. Disconnect and allow yourself to receive this gift. An absolute pleasure for the senses.

**50min · €180**

### ☞ White Clay Body Wrap

An exclusive treatment that combines an exquisite mixture of revitalizing oils and white clay. Your skin will be radiant, rejuvenated and luminous.

**50min · €110**

### ☞ Flotarium

Disconnect from the cares of the world. Experience a profound sense of weightlessness that will allow you to reach a higher level of physical and mental relaxation. Find yourself reborn.

**25min · €50**

## Spa Suite

An authentic sanctuary for relaxation. Our unique suite has been carefully designed to allow two therapists to provide relaxing treatments of 60 minutes with a jetted Jacuzzi tub, or for couples who prefer to share a luxurious therapeutic experience with sauna included.

**120min · €280 · 2 persons**

## Spa Rituals & Journeys

### ☞ Sanctuary Spa

Jasmine Red Rice Body scrub · Thai White Clay Body wrap · Aromatherapy Massage

**€295 · 1 person**  
**€550 · 2 persons**

### ☞ Heaven

Golden Triangle Body Cleanser · Youth Body Booster wrap · Harmony Massage (4 hands)

**€335 · 1 person**  
**€630 · 2 persons**

### ☞ Holistic Ritual

Jet Lag Regeneration · Hands of Silk or Renewing Massage for tired legs

**€315 · 1 person**  
**€625 · 2 persons**

### ☞ Asian Blend

Thai Massage · Lift & Firm Facial

**€190 · 1 person**  
**€355 · 2 persons**

### ☞ Total Care

Facial treatment individualized for your needs · Mediterranean Sea Salt Scrub & Wrap

**€235 · 1 person**  
**€455 · 2 persons**

## Naturhouse Programs

### ☞ Healthouse 7 days

**€2.400**

### ☞ Healthouse 14 days

**€4.320**

### ☞ Healthouse 21 days

**€6.480**

### ☞ Program Ekilum Antiestrés (7 days)

**€2.400**

### ☞ Healthouse Detox (7 days)

**€2.400**

### ☞ Program Oxyjeune (14 days)

**€6.200**