

Wellness

Sandy Beach

B E A U T Y

P H Y S I O T H E R A P I E

A E R O B I C

A Y U R V E D A



Wellness

WELLNESS PROGRAMMES

Beauty: "to relieve your skin's thirst ..." 128 €

1 x lemon and lavender body peeling scrub

1 x Cleopatra bath

1 x Hydro Power (revitalising facial treatment in vials)

Relax: "To recover your internal balance..." 251 €

1 x Ayurvedic massage

1 x Rasul bath

1 x Cleopatra bath

1 x Scen Tao

1 x Hydro Power (revitalising facial treatment in vials)

BEAUTY

High Skin Refiner 90 min 98 €

Lifting-effect treatment for demanding skins

Selection Ultimate 90 min 88 €

Top quality regenerating treatment

Firming Algae 90 min 72 €

Refreshing treatment with seaweed

Hydro Power 90 min 72 €

Moisturising treatment using vials

Pure 90 min 65 €

For skins with impurities using lymphatic drainage

After sun treatment 45 min 55 €

Short treatment for sensitive skins

Eyelash Dyeing 12 €

Eyebrow Dyeing 8 €

WAX HAIR REMOVAL

| | |
|--------------------------|------|
| Whole legs | 39 € |
| Half leg | 25 € |
| Bikini line or underarms | 19 € |
| Face | 12 € |
| Upper lip | 8 € |
| Eyebrow correction | 8 € |

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|-----------------------|--------|------|
| Professional manicure | 30 min | 28 € |
| Professional pedicure | 40 min | 38 € |

PEELINGS

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|---------------------------------------|------|
| Lemon and lavender body peeling scrub | 28 € |
| Seaweed body peeling scrub | 28 € |
| Oriental Rasul | 31 € |

SOFT PACK TREATMENTS

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| Creamy evening primrose oil bath (Neuro-dermatitis, dry skins) | 32 € |
| Cleopatra Bath (Dermatitis and eczema, dry skins) | 28 € |
| Natural mud wrap (Degenerative joint illnesses) | 26 € |
| Fruit acid wrap (Regenerating, reduces pH) | 26 € |

Thalasso 0

THALASSOTHERAPIE

| | |
|---|------|
| Seaweed wrap (Purifies and tightens) | 28 € |
| Thalassa-vita (Natural seaweed applied directly to problematic areas) | 32 € |
| Body Styling (Mask for tightening the conjunctive tissue) | 40 € |
| Cold Seaweed wraps (Circulation problems, swollen legs) | 28 € |

MASSAGE

| | | |
|------------------------------|--------|------|
| Partial classic body massage | 30 min | 28 € |
| Full classic body massage | 45 min | 43 € |
| Foot reflexology massage | 30 min | 35 € |
| Anti-cellulite massage | 45 min | 45 € |
| Shiatsu | 45 min | 50 € |
| Scen Tao | 60 min | 60 € |
| Ayurveda Massage | 60 min | 60 € |
| Pantai Luar | 60 min | 75 € |
| African Therapy | 60 min | 72 € |
| Lymphatic drainage | 45 min | 48 € |
| Face and head massage | 45 min | 45 € |

SH Mas



PHYSIOTHERAPIE

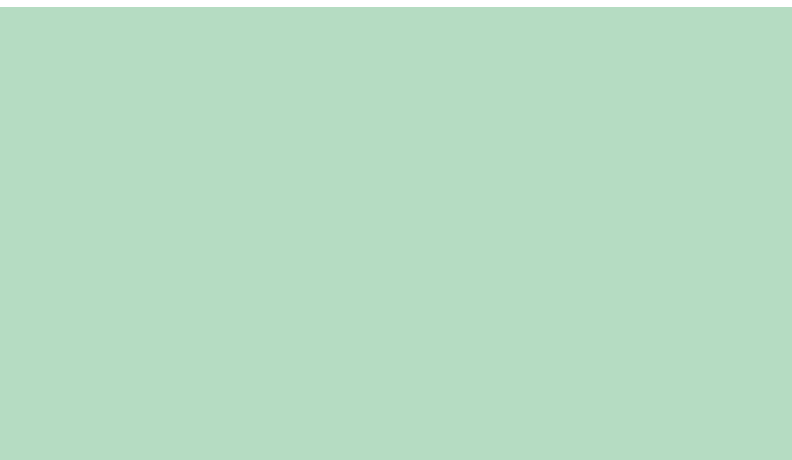
Therapeutic gym 54 €

Manual therapy 48 €

(Hip arthritis, knee arthritis)

Individual therapy 48 €

(Injuries through bad posture, lumbago,
cervical syndrome)



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Sauna

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OPENING HOURS

Monday-Saturday 15.30-19.30 h

Cancellations free of charge up to 24 hours before the appointment

SWIMMING POOL WITH DIFFERENT ATTRACTIONS

Underwater jets, swan' s neck jet, massage seat and bed

SAUNAS

Finnish Sauna (90°C)

For purifying the body and strengthens its natural defences

Bio-sauna (60° C)

Sanarium with chromotherapy and aromatherapy

Steam Sauna

With eucalyptus and mint essences

FITNESS-CENTER

Cardiovascular equipment

(stepper, ergo meter, belt, etc.)

Weights

(exercise multi-station)

Aerobics and gym equipment

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fitness

SANDY BEACH

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SEASIDE RESORT HOTELS

Gran Canaria: Grand Hotel Residencia · Palm Beach · Sandy Beach

SEASIDE RESORT HOTEL

Lanzarote: Los Jameos Playa

SEASIDE CITY HOTELS

Hamburg: SIDE

Leipzig: Park Hotel

Chemnitz: Residenz Hotel

