



marinespa

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*M*arine Spa is our unique interpretation of wellbeing: a full thalassotherapy centre combined with a large array of Spa treatments.

Marine Spa welcomes both hotel and outside guests from 10.00 am till 10.00 pm daily, offering them a unique concept that gives its true meaning to wellness.

Harnessing the power of natural marine ingredients, together with the latest innovations in product and treatment technology, we offer a complete package for all your spa and wellness needs.

Under the guidance of our expert Spa therapists, we encourage our guests to actively participate in the selection and creation of a personalised spa programme.



## Facial treatments

## Quench facial

Thirsty, dehydrated skin is quenched with this facial treatment.

70 min

### Smooth facial

A special collagen mask is used to combat signs of ageing by rehydrating and plumping the skin tissues.

70 min

## Bright eyes

A special anti-ageing eye treatment using collagen to relax and revive the delicate eye contour, soften lines and rehydrate.

55 min

## Rehydrate facial

Specific care for dry or very dry skin. This facial helps to nourish and repair, restoring comfort, suppleness and radiance.

55 min





### **Calm facial**

A calming and soothing facial for sensitive skins, designed to oxygenate, refresh and brighten.

55 min

### **Men's Ocean facial**

An energy boosting treatment, using specific products for men. The treatment offers rejuvenation and a radiant complexion.

70 min

### **Cleanse facial**

A micro-dermabrasion facial treatment that exfoliates the skin with a gentle fruit acid serum. Instantly reveals a clearer and brighter complexion.

55 min

### **Brighten facial**

Excellent for pigmentation, brightening a dull complexion or to lighten scarring left by blemishes

70 min

### **Exceptional facial**

This complete anti-age «exceptional» facial treats signs of stress and wrinkles, giving visible results after just one treatment.

55 min



## Body treatments, baths & body wraps

### **Sahara sand scrub**

25 min

A stimulating scrub to gently exfoliate the skin, increase circulation and leave skin soft and smooth. Excellent before any body treatment. Excellent prior to any body treatment.

### **Moisturising mud cocoon**

55 min

An application of moisturising mud is applied to the body and you are cocooned in the warmth of our deeply relaxing dry floatation bed. After showering, an application of moisturising oil completes the treatment.

### **Thalgo detoxifying seaweed wrap**

55 min

A revitalising body wrap using pure micronised algae. Skin is re-mineralised and purified, regaining balance. Can help to soften hard cellulite. The treatment is carried out in the comfort of our dry floatation bed.





### **Thalgo stimulating leg treatment**

55 min

A stimulating treatment for the hips and thighs. Working to combat cellulite and increase the circulation.

### **Thalgo Slim & Sculpt body wrap**

70 min

A slimming body wrap and tailor-made firming massage, combine to deliver a highly effective treatment for stubborn fat and sagging skin.

### **Thalgo lift bust treatment**

55 min

A re-modeling treatment to maintain bust firmness and definition.

### **Aftersun soothing wrap**

70 min

A deeply moisturising and soothing body wrap to cool and refresh.

### **Milk & honey bath**

25 min

Inspired by a recipe favoured by Cleopatra, this is a delicate combination to soften, soothe and moisturise the skin.

### **Tunisian olive oil bath**

25 min

The infusion of pure Tunisian olive oil into warm bath water leaves the skin deeply moisturised, soft and supple.

### **Thalgo Aromacéane bath**

25 min

A detoxifying and stimulating bath, excellent alongside a slimming or detox programme.

The skin regains its suppleness and smoothness.

## Hamмам & scrubs

All Hammam treatments include the complimentary use of our dedicated Ladies & Gents saunas, experience showers and ice fountain.

Hamмам & scrub	25 min
Hamмам, scrub & mud application	40 min
Hamмам, scrub & algæ application	40 min

## Water based treatments

Stimulating jet shower massage	25 min
Affusion shower massage	25 min
Kneipp walk	25 min
Pool jets	25 min







## Massages

### Relaxing facial massage

A relaxing massage working gently over the face, neck and shoulders. This massage has a deeply soothing action on the face, leaving it visibly radiant.

25 min

### Relaxing back massage

Deeply relaxing treatment that works on muscle tension, stress and tightness in the back and shoulders.

25 min

### Marine Spa signature massage

A classic Swedish full body massage using a blend of specially chosen essential oils. The treatment also includes work on the feet, scalp and hands for a moment of pure Indulgence.

85 min

### Tranquility scalp massage

Inspired by traditional Indian techniques, this treatment purifies, stimulates and releases the energy from within.

25 min

### Soothing foot massage

A deep and relaxing foot massage to ease tension and give a feeling of wellbeing.

25 min

### Thai massage

A traditional Thai massage incorporating pressure points and deep stretching. The treatment is both deeply relaxing and re-energising at the same time.

85 min

### Reflexology

By applying pressure on specific parts of the foot sole, this treatment helps to rebalance and re-energise the body and mind.

55 min

### Hot stone massage

Gentle movements combined with the comforting touch of the heated stones give a purely luxurious treatment which results in the ultimate relaxation experience.

70 min

## Rituals

### Spirit of Polynesia

2hr

Inspired by Polynesian traditions, this ritual helps to relax your body and enhance your skin around gourmet scents. It begins with a delicious Vanilla Islands scrub, followed by a lagoon water bath, and a Mahana massage, a slow and powerful massage with warm Monoi oil and hot sand bags. This sensory voyage ends with a rehydration of the skin with Tahiti Monoi followed by an application of mother-of-pearl to beautify the body.

### Oriental body ritual

1h45

A journey of the senses designed to purify, relax, regenerate and revitalise. Using techniques from across Asia, the treatment begins with a sweet and savoury body scrub followed by a soothing milk bath. A moisturising body envelopment is then applied before a relaxing massage finalises the treatment.

## Beauty treatments

### Luxury manicure with colour

55 min

A luxury manicure to leave nails neatly polished and hands super soft. Includes an application of paraffin wax to moisturize and nourish the hands and cuticles.

### Luxury pedicure

15 min

Including a moisturizing application of paraffin wax, a relaxing foot massage and finishing with an application of nail colour.

### Nail paint

15 min

### Eyebrow shape

25 min

### Eyelash tint

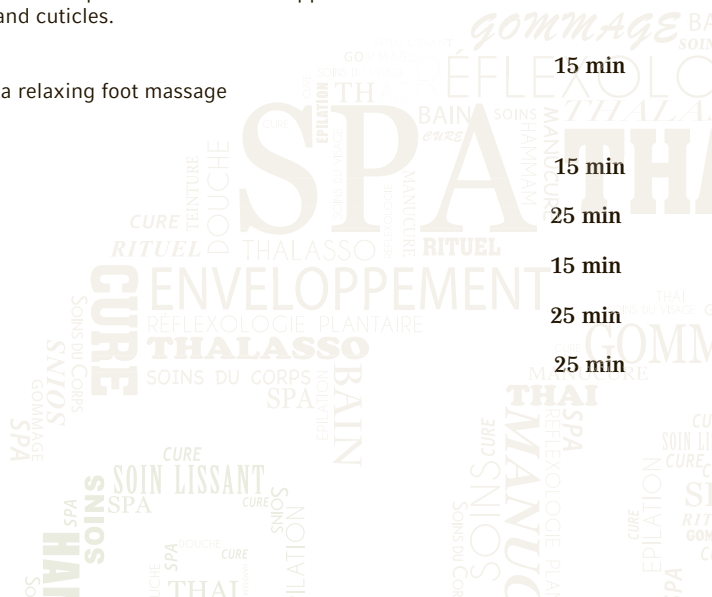
15 min

### Eyebrow tint

25 min

### Lash & brow tint

25 min





## Marine Spa discovery packages

### Riches of Africa body ritual

The ritual begins with a welcome foot ritual, during which you will be served herbal tea and discuss the treatments to follow. You will start with a milk & honey moisturising bath, followed by our signature Marine Spa full body massage. Finally the skin is treated to an application of rehydrating date & honey body butter.

A deeply relaxing and moisturising selection of treatments using the products of Tunisia.

2h25

### Couples marine ritual

This ritual is taken in our exclusive Couples 'Marine Spa Suite'. You will begin with a Welcome Foot Ritual and consultation over a cup of herbal tea. We will then prepare your skin with our unique Sahara Sand Scrub incorporating use of our Couples Steam Room & Experience Shower.

You will lie back and relax in a soothing Jacuzzi before enjoying the body wrap of your choice in our dry floatation beds and finally experience our Spas wonderfully indulgent Signature Massage.

In between your spa treatments you will be able to relax together and enjoy a fruit platter and fresh fruit juices.

4h10

### Revive day package

Comprises:

Welcome foot ritual, Hammam and scrub, Use of sauna, experience shower and ice fountain  
Affusion shower massage, Mud wrap in dry floatation, Relaxing scalp massage.

2h55



## Marine Spa discovery packages

### Relax day package

2h55

Comprises:

Welcome foot ritual, milk & honey moisturising bath, hot stone massage, Reflexology.

### Ladies indulgence day

3h40

Comprises:

Welcome foot ritual, Sahara sand scrub, choice of body wrap in the dry floatation bed  
55-minute Thalgo facial, choice of manicure or pedicure.

### Men's escape package

3h25

Comprises:

Welcome foot ritual, hammam, scrub and mud application, affusion shower massage  
Thalgo Ocean facial for men, reflexology.

### Couples pure indulgence package

2h10

Comprises:

Welcome foot ritual, sahara sand scrub, relaxing Spa bath  
hot stone massage.





## Thalassotherapy cures

Cure packages can be taken for any duration, from 1 to 12 days. You will be required to have a simple health check with our Doctor before commencing your package. We offer specific predefined packages or we can custom-make a package to suit your individual requirements. Our Spa staff will be happy to assist you.

All cures include a half day Relaxation in the Spa pool. Restricted times apply. Treatment choice may be limited due to some medical conditions.

### Treatment group A

Sahara sand scrub, milk & honey moisturising bath, algae bath, olive oil bath

### Treatment group B

Algae envelopment, mud envelopment, hammam, scrub & heat facilities, hammam, mud & heat Facilities hammam, algae & heat facilities

### Treatment group C

Dry floatation, jet shower, affusion shower, hydro massage, underwater massage  
jet session in pool, kneipp walk

### Treatment group D

Relaxing back massage, tranquility scalp massage, Indian scalp massage  
Soothing foot massage, relaxing facial massage



## Thalassotherapy cures

### Classic cure (4 treatments per day)

Choose one treatment each from groups A, B, C and D.

### Leg cure (4 treatments per day)

Choose one treatment each from groups A and C. Choose from Thalgo stimulating leg treatment or Thalgo firming body wrap. End with a reflexology treatment alternating with a 55-minute body massage.

### Anti-stress cure (4 treatments per day)

Choose one treatment each from groups A, B and C, 55- minute body massage.

### Women's cure (4 treatments per day)

Choose one treatment each from groups A, B, C, 55-minute body massage alternating with a Thalgo facial.

### Men's cure (4 treatments per day)

Choose one treatment each from groups A, B and C, 55-minute body massage alternating with Thalgo Ocean facial for men.

### Back cure (4 treatments per day)

Choose one treatment each from groups A and C, mud envelopment, relaxing back massage

### Slimming cure (5 treatments per day)

Choose one treatment each from groups A and C, Thalgo algae envelopment, Thalgo slimming treatment, 45- minute anti-cellulite body massage.

### Swiss cure (4 treatments per day)

Choose one treatment each from groups A, B and C, Swiss chocolate cocoon alternating with a 55-minute relaxing back massage.

### Rheumatic cure (4 treatments per day)

Choose one treatment each from groups A, C and D, mud envelopment.



*M*arine Spa is open daily from 10 am to 10 pm, daily.

To access the spa pool and facilities or in order to book treatments persons must be over 16 years.

For the comfort and safety of all spa guests we kindly request that you do not smoke or use your mobile phone within the spa environment.

Guests are requested to arrive 10 to 15 minutes prior to their treatment time. Late arrival may result in a shortened treatment or require a new reservation.

If you wish to cancel your treatment, we require notifying a minimum of 4 hours in advance, in order to benefit from a free cancellation.

Thalassotherapy cures cannot be carried out on persons aged less than 16 years or on pregnant women.

The contents of this brochure, including treatment timings and prices, are subject to change without prior notice.

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*Price List*



<b>Facial treatments</b>	<b>TND</b>
Quench facial.....	110
Smooth facial.....	110
Bright eyes.....	65
Rehydrate facial.....	90
Calm facial.....	90
Men's Ocean facial.....	90
Cleanse facial.....	90
Brighten facial.....	110
Exceptional facial.....	120
<b>Body treatments, baths &amp; body wraps</b>	
Sahara sand scrub.....	60
Moisturising mud cocoon.....	75
Thalgo detoxifying seaweed wrap.....	75
Thalgo stimulating leg treatment.....	75
Thalgo slim & sculpt body wrap.....	85
Thalgo lift bust treatment.....	65
Aftersun soothing wrap.....	75
Milk & honey bath.....	50
Tunisian olive oil bath.....	50
Thalgo Aromacéane bath.....	50
<b>Hamмам &amp; scrubs</b>	
Hamмам & scrub.....	45
Hamмам, scrub & mud application.....	55
Hamмам, scrub & algæ application.....	55
<b>Water based treatments</b>	
Stimulating jet shower massage.....	50
Affusion shower massage.....	50
Kneipp walk.....	50
Pool jets.....	40





## Massages

TND

Relaxing facial massage.....	60
Relaxing back massage .....	65
Marine Spa signature massage.....	135
Tranquility scalp massage.....	60
Soothing foot massage.....	60
Thai massage.....	150
Reflexology.....	80
Hot stone massage.....	140

## Rituals

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## Beauty treatments

Luxury manicure with colour.....	50
Luxury pedicure.....	50
Nail paint .....	20
Eyebrow shape .....	15
Eyelash tint.....	20
Eyebrow tint.....	15
Lash & brow tint.....	25

## Marine Spa discovery packages

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Ladies indulgence day.....	235
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Couples pure indulgence package .....	215

Thalassotherapy cures (TND)

Cures	1 day	4 days	6 days	9 days	12 days
Classic cure (4 treatments per day)	191	765	1148	1492	1989
Leg cure (4 treatments per day)	225	900	1350	1755	2340
Anti-stress cure (4 treatments per day)	214	855	1283	1667	2223
Women's cure (4 treatments per day)	214	855	1283	1667	2223
Men's cure (4 treatments per day)	214	855	1283	1667	2223
Back cure (4 treatments per day)	191	765	1148	1492	1989
Slimming cure (5 treatments per day)	218	870	1305	1697	2262
Swiss cure (4 treatments per day)	214	855	1283	1667	2223
Rheumatic cure (4 treatments per day)	191	765	1148	1492	1989



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