



Santitas  
SPA

# YOUR PERSONAL GUIDE TO TAMARIS SPA

## **Bookings**

We recommend advance bookings for your treatments, to make sure your preferred time and date are available. We encourage you to arrive about 30 minutes before your appointment time so that you can enjoy our different areas and take some time to relax.

## **Access**

Children under the age of 16 are not allowed in the spa.

## **Dress Code**

If you want to bring a bathrobe, you will find one in your room.

But if you prefer to come dressed in your own clothes, you can take a bathrobe from a locker in the changing room, where we also provide you with slippers and disposable underwear.

## **Meals and Alcohol**

You should not eat immediately before a spa session because food needs some time to be digested. Drinking alcohol before any treatment is highly discouraged.

## **Personal Belongings**

Please do not bring jewellery into the spa. If you are wearing jewellery or bring valuables into the spa, we will provide you with a safe place to leave them as we do not accept liability for the loss or theft of any personal belongings.

## **Health Questionnaire**

Upon arrival, you will get a health questionnaire to complete with information that will be useful to our therapists. It is essential that you inform our therapists of any medical conditions, allergies, medical treatments, medications taken or any other relevant information.

## **Spa Etiquette**

Tamaris Spa is a peaceful and relaxing place. We kindly ask you to be considerate of our quiet atmosphere as well as other guests' privacy. We respectfully request that you leave your mobile in your room or that you turn it off. The spa offers a relaxing environment, and we want you to enjoy all our services.

## **Comfort**

To make the most of your spa experience, please tell your therapist whether the room temperature is good for you and whether you feel comfortable with the music volume and the light. It is important to us that you enjoy your experience in Tamaris Spa.

## **After Your Treatment At Tamaris Spa**

After some treatments like body exfoliations, facials, etc., you should avoid sun exposure for 2-3 hours. Your therapist will recommend an adequate sun protection product.

## **Water**

Please remember to drink water before and after treatments to help your body release toxins.

## **Gifts**

Gift vouchers for treatments and products are available at the Tamaris boutique.

## **Comments**

We want all our customers to feel comfortable on their visit to Tamaris Spa. If you have comments or want to give feedback on our services or facilities, please tell your therapist or the spa manager and we will do our best to take your opinion into account.

Aqua Blu has teamed up with CINQ MONDES Spa Paris and has designed a collection of exclusive Beauty Rituals of the World® which are available for you

## CINQ MŌNDES SPA PARIS



INTRODUCTION  
TREATMENT

### **Aromatic Hammam**

Duration 30 min | € 30.00

Enjoy the ultimate relaxation of a traditional hammam session combining the benefits of essential oils and chromo therapy to fill best your energy needs.

## FACIALS

### **Radiance Treatment** *Fleurs de Bali*

Duration 30 min / 45 min | € 60.00 / € 75.00

A complete face care & massage inspired by the Bali tradition of tropical flowers that includes a skin analysis, a personalized skin diagnosis and the appropriate recommended beauty program. Tailor-made facial, thanks to the application of one of 5 Elixirs Précieux according to skin type. Restores skin radiance and purity.

*The 45 min treatment includes a back massage.*

### **Revitalizing Treatment** *Five Flowers Ritual - Illuminescence Facial*

Duration 55 min | € 85.00

Based on an ancestral Balinese ritual, this treatment includes a purifying deep pore cleansing and blends the extracts of five tropical flowers and a skin glowing patented ingredient, the Kombuchka®. A mesmerizing massage of the face, nape and shoulder muscles awakens skin vitality.

### **Anti-aging Treatment** *'Ko Bi Do' and Precious 'Ko Bi Do', Anti-age Face-care & Massage*

Duration 60 min / 90 min | € 95.00 / € 130.00

An "anti-wrinkle" re-pulping facial combined with an ancestral face massage technique from Japan, the "Ko Bi Do", which results in a natural face lift, smoothing the features and firming up the neck and the oval of the face. This technique is one of the most efficient to prolong and give back youth to the face, by stimulating the circulation of energy, eliminating toxins and toning the facial muscles. *The 90 min treatment includes a second mask with rose essence to soften and illuminate the skin, plus a massage of hands, feet, neck and décolleté.*

## BODY

### **Oriental** *Relaxing Traditional Full Body Massage*

Duration 30 min / 60 min | € 58.00 / € 80.00

A genuine art of living massage that works on the entire body using delicately perfumed hot Argan oil. The expert hands of the massage therapist work on tender knots and tensions to eliminate toxins and muscle pains while promoting a state of pure wellness..

### **Ayurveda** *Tonifying Massage*

Duration 60 min | € 90.00

*Revitalizing and muscular massage*

This hot oil tonifying massage, from the millennia old Indian tradition, relies on a combination of invigorating strokes. Enjoy the vanilla and cardamom fragrances of this treatment that helps to relieve muscles, encourages sound sleep and leaves skin silky-soft.

### **Polynesian** *Soothing Sublime Massage*

Duration 60 min / 90 min | € 95.00 / € 110.00

*Combination of massage with hands and hot stones.*

A body massage treatment inherited from The Polynesian healers and inspired by Lomi-Lomi, which uses deep pressure from the therapist's forearms and long continuous movements. Tiare flower notes accompany you all along this blissful experience of instant relief.

### **Indian** *Head & Scalp Massage*

Duration 40 min | € 63.00

From the Indian tradition, this massage relieves headache and tensions in the upper part of the body: back, neck and shoulders, face and scalp.

# BODY SCRUBS + SLIMMING

## **Aromatic Scrub** *with Spices*

Duration 30 min | € 50.00

Inspired by the ancestral recipe "Boreh" from Java island, this body scrub is based on spices as cinnamon and nutmeg, sea salt, almond powder and vanilla oil. It smoothens out and illuminates the skin by eliminating dead cells and refills with energy.

## **Sublime Scrub** *with Monoi & Noni Oils*

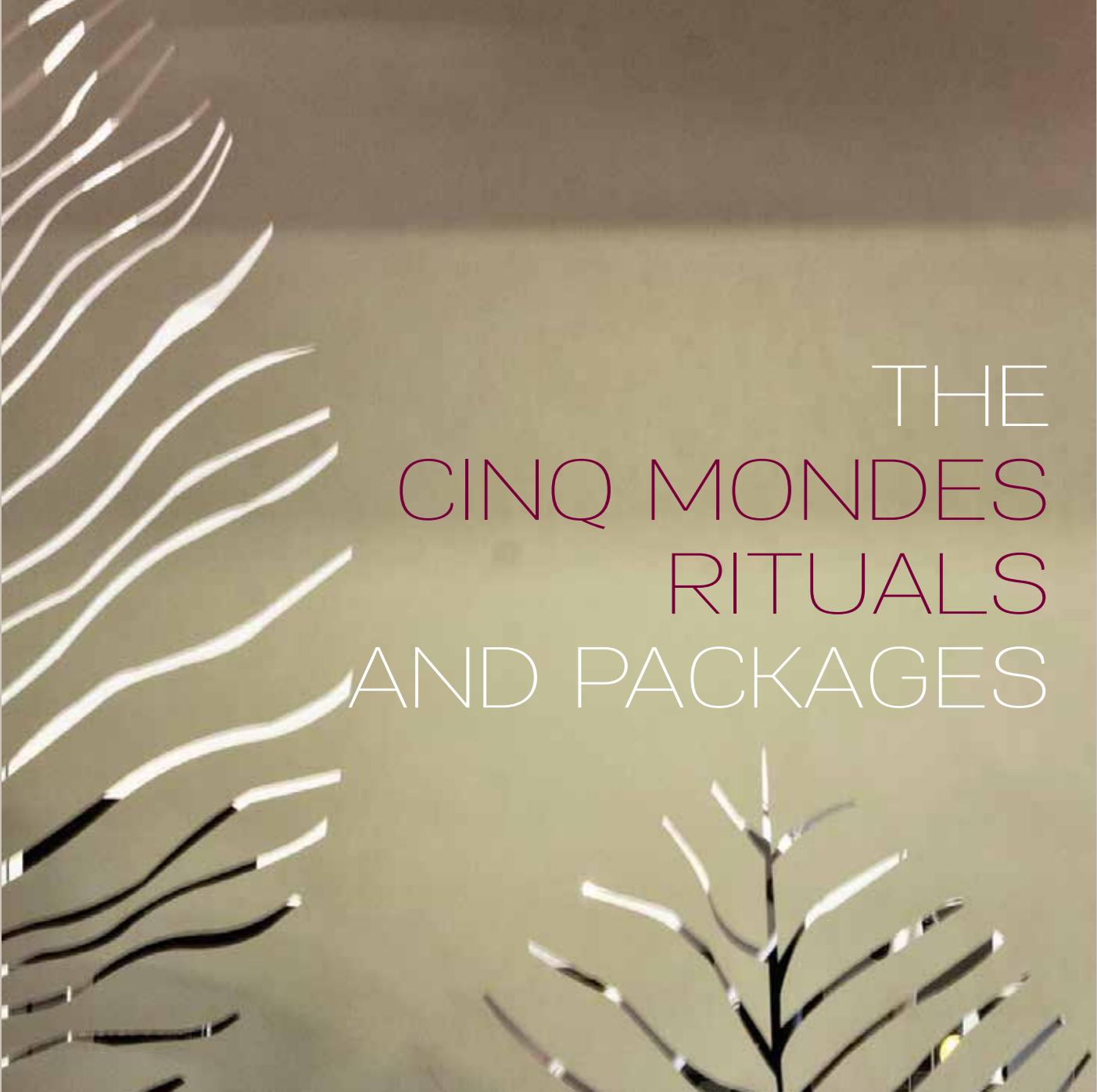
Duration 30 min | € 50.00

Created especially for sensitive skins, this scrub contains sugar, coconut powder and Monoi & Noni oils following a recipe from Tahiti for a refreshed and delicately scented skin.

## **Indian Slimming Treatment** *Drain & Detox*

Duration 55 min | € 100.00

A thousand-year-old slimming treatment that fights against water retention on the lower legs, thighs and ankles. This treatment is preceded by a warm body wrap to detox the skin and optimize the effects of active ingredients such as ginger and Lipocare® (a patented active ingredient that decongests skin tissue).



# THE CINQ MONDES RITUALS AND PACKAGES

# DAY PACKAGES

consult our *spa experts* to structure your personal every-day spa program

## Grand Oriental Hammam Ritual

Duration 120 min | € 170.00

According to the Oriental tradition of hammam, the purification ritual of the body starts with an exfoliation with the black soap “Beldi” (100% olive oil), followed by a rubbing session with the Kassa glove. Then the purifying and firming wrap with white clay “Crème de Rassoul” tightens the pores, smoothes and tones the skin, while stimulating blood circulation. The treatment ends with a traditional Oriental massage.

*Soothing treatment recommended before and after sun exposure.*

- 30 min - Aromatic Hammam
- 30 min - Scrub Black Soap Beldi and Exfoliation with Kassa Glove
- 20 min - Wrap with Crème de Rassoul
- 30 min - Traditional Oriental Massage

## Ayurveda Spa Ritual

Duration 120 min | € 150.00

Journey to India to warm up your muscles and refill with energy

- 30 min - Aromatic Hammam
- 20 min - Aromatic Scrub with Spices
- 60 min - Ayurveda Tonifying Full Body Massage

## Honeymooners Polynesian Sublime Ritual for two in Spa Suite

Duration 120 min | € 320.00

Cinq Mondes invites you to sensorial journey to the far Polynesia in the middle of the Pacific ocean. Your skin will be delicately perfumed by the light fragrances of vanilla, orange and white flowers while the rhythmic motions of the Lomi-lomi inspired body massage will achieve deep and total relaxation.

- 20 min - Hydrotherapy (wet area)
- 20 min - Sublime Scrub with Monoi & Noni Oils
- 50 min - Sublime Polynesian Massage
- 20 min - Ritual Fleurs de Bali

## Summer Holistic Package

Duration 60 min | € 105.00

Experience a wide array of sensations with this face & body package which combines a relaxing full body massage and a short facial with a personalized skin diagnosis.

- 30 min - Oriental Full Body Massage
- 30 min - Fleurs de Bali for Face

## ‘The Road of Spices’ Package

Duration 60 min | € 105.00

A fragrance-rich body experience combining a spicy peeling with the soothing and relaxing Oriental full body massage.

- 30 min - Aromatic Scrub with Spices
- 30 min - Oriental Full Body Massage

# SPA STAY PACKAGE

Explore the *sensorial spa universe* of Cinq Mondes  
in just 3 days for € 250



**DAY 1** Aromatic Hammam & Aromatic Scrub with Spices  
Duration 60 min



**DAY 2** Ayurveda Tonifying Full Body Massage  
Duration 60 min



**DAY 3** Ko-Bi-Do Anti-Age Face-Care  
*includes Neck, Décolleté, Hand & Feet Massage*  
Duration 90 min



# THERMAL WET AREA + GYM

finnish sauna + relaxation indoor pool +  
hammam with aromatherapy

## **Finnish Sauna**

The temperature of a classical Finnish Sauna is 80° - 90°C in a low humidity climate, providing immediate beneficial effects on the skin, long lasting on the body and anti-stress effect on the mind.

## **Hamмам-Roman Steam Bath**

The history of the Steam Baths can be traced into the mists of the Ancient Hellenistic period. Not unlike a classical sauna in that induces sweating, but with entirely different atmospheric conditions, the steam bath not only relaxes you and renews your energy but also promotes your health and beauty as well. It is operating at temperatures between 43°C and 46°C and at 100% humidity. A Steam Bath is health giving as well as enjoyable. A great advantage of the steam bath lies in its highly beneficial effect on the skin leaving it soft, clean and silky smooth.

## **Gym**

Admission to the gym with state of the art cardio & fitness equipment is FREE to all hotel guests.\*

*\* free of charge when booking a spa treatment*

use for  
45 minutes  
€ 20\*

# THE BEAUTY SESSIONS

## MANICURE + PEDICURE

1hr spa manicure	€ 25
1hr spa pedicure	€ 35
french manicure	€ 35
french pedicure	€ 45

## HAIR REMOVAL + WAXING

full legs	€ 30
half legs	€ 20
arms	€ 20
under arms	€ 10
bikini brasil	€ 20
bikini hollywood	€ 30
upper lip / eyebrows with waxing	€ 15
upper lip / eyebrows with threading	€ 20



the tamaris spa is operated  
in association with  
Orloff Spa Experts  
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