



Paula
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.

CANCELLATION POLICY

For cancellation until 24h before treatment, no charge.

For cancellation up to 12h before treatment, a charge of 50% will be made.

For cancellation up to 2h before treatment the whole amount will be charged.

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 M̄ONDES
SPA PARIS



Facials

by **CINQ MONDES**

RITUAL FLEURS DE BALI • FACE CARE & MASSAGE

Duration 30 min / 45 min | € 45 / € 55

Enjoy the delicate scents of tropical flowers in this “express radiance” treatment, inspired by Balinese Beauty Rituals and discover its beneficial effects of skin cleansing, wellbeing and beauty. Includes a skin diagnosis.

KO-BI-DO • LIFTING & PLUMPING FACIAL

Duration 50 min | € 75

This manual anti-wrinkle facial from the ancestral Japanese Ko Bi Do Ritual is associated with a unique anti-ageing active complex. Enjoy this holistic approach to lift and tonify your facial contours and effectively renew, smooth, and plump lines on the face and neckline.

SUPREME KO-BI-DO ANTI-AGE • FACIAL

Duration 80 min | € 115

This “anti-ageing” facial, manual anti-wrinkle treatment from the Japanese Ko Bi Do ritual, topped by premium regenerating Getô line and use of jade roller Ridoki, deeply works on wrinkles, firmness and dewy complexion. Skin feels soft and youthful, and the spirit and mind very restful.

Ayurvedic Tradition

by **CINQ MONDES**

INDIAN HEAD MASSAGE

Duration 40 min | € 55

Discover the virtues of this deeply relaxing massage. By focusing on the back, nape and shoulder blades, this treatment releases built-up tension providing a feeling of well being and total relaxation.

INDIAN LEG MASSAGE

Duration 30 min | € 50

To get rid of sensation of “heavy legs”, this draining, toning and circulatory improving massage of the leg muscles from an Ayurvedic tradition, allows to regain vitality and lightness.

INDIAN SLIMMING TREATMENT

Duration 55 min | € 70

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 to detox the skin and optimize the effects of active ingredients such as ginger and Lipocare (a patented active ingredient that decongests skin tissue).



Body Massages

by **CINQ MONDES**

WELCOME
TO A WONDERFUL
SELECTION OF
ANCESTRAL
TREATMENTS
MARKED
BY QUALITY,
AUTHENTICITY
AND CEREMONY,
TO RESTORE
HARMONY OF
BODY AND MIND
THROUGH AN
UNFORGETTABLE
SENSORIAL
JOURNEY

RELAXING ORIENTAL MASSAGE RITUAL

Duration 30 min / 60 min | € 55 / € 70

A genuine art of living massage that works on the entire body using delicately perfumed Sumptuous 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.

TONIFYING INDIAN AYURVEDIC MASSAGE RITUAL

Duration 60 min | € 80

This 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.

SOOTHING FRENCH-POLYNESIA MASSAGE RITUAL

Duration 60 min / 80 min | € 80 / € 105

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.

SCRUB COLLECTION OF THE WORLD

Duration 30 min | € 35 *

Add the detoxifying effect of a body scrub of your choice, to the use of hydrotherapy facilities to maximize your well-being:

- Black soap Beldi & Kassa glove for hydration
- Aromatic Scrub with Spices to warm muscles and gain energy
- Sublime Scrub for an utmost smooth skin

* combined with a massage +€ 20

Stay Spa Package

SENSORIAL JOURNEY DISCOVERY

4 DAYS | € 270

DAY ONE • 60min

Relaxing North-African Massage Ritual

DAY TWO • 60min

Energizing Aromatic Scrub
& Ritual Fleurs de Bali

DAY THREE • 60min

Tonifying Indian Ayurvedic
Massage Ritual

DAY FOUR • 60min

Ko-Bi-Do facial

Day Packages

TRADITIONAL HAMMAM ORIENTAL RITUAL

Duration 150 min | € 115

Aromatic Bath or hammam, Purifying Scrub with Beldi Black Soap, elimination of dead cells thanks to Kassa Glove, Purifying Detox Treatment with 'North African Rhassoul Wrap', and Relaxing Oriental Massage Ritual.

SUBLIME RITUAL FROM POLYNESIA

Duration 120 min | € 125

Sublime Scrub with Tahitian Monoï, and Relieving Sublime Polynesian Massage. A 90min full body massage, inspired of Lomi-Lomi tradition, insists on the back with deep moves of forearms, includes hot stones and a specific relaxing massage of face & scalp. The perfect treat for summer.

ENERGETIC AYURVEDA RITUAL

Duration 120 min | € 100

Bangalore Aromatic hammam, Energizing Aromatic scrub with spices to soothe tired muscles, Indian Ayurvedic Massage Ritual to refill with energy thanks to a specific technique of alternated quick and slow movements and a variety of heating strokes.

Greek touch is inspired by practices of ancient healing centers of Asclepius, as in Kos island and Epidaurus. Priest - healers of soul and body, prescribed sun exposure, fresh air breathing, thermal water bathing, specific herb applications and a low-calorie diet, as well as body massages, to cure states of imbalance.

Greek-touch menu

FACE TREATMENTS

BLACK LAVA SANTORINI • CLEANSING FACIAL

Duration 45 min | € 55

Cleansing facial which combines black lava with green clay masks to deeply purify the pores and restore elasticity and glow to the skin. Ideal for men's and combination skin.

BODY TREATMENTS

ANCIENT GREEK MASSAGE

Duration 80 min | € 90

Inspired by the writings of Hippocrates, a deep pressure signature massage to treat muscular pain and replenish the body with energy. Ideal for athletes.

'MOTHER TO BE'

Duration 50 min | € 65

There's nothing like a soothing prenatal massage to rub away the pains and strains of pregnancy.

ALOE VERA AFTER-SUN BLISS

Duration 60 min | € 70

Body treatment including a peeling, a soothing aloe gel mask for skin after sun exposure, and an application of aloe butter. Very refreshing and regenerating.

Thermal Wet Area and Gym

FINNISH SAUNA + INDOOR THERMAL POOL +
HAMMAM STEAM BATH

USE FOR
120 MINUTES
*20€

FINNISH SAUNA

The temperature of a classical Finnish Sauna is 80°C- 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.

HAMMAM-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*



BEAUTY SESSIONS

Nails

SIMPLE

Nail Polish	10
French Nail Polish	15
Manicure	20
French Manicure	25
Spa Manicure	30
Pedicure	35
Spa Pedicure	40
Mani & Pedi	45

SEMI • PERMANENT

Removal	10
Nail Polish	15
French Nail Polish	20
Manicure	30
French Manicure	35
Pedicure	45
Spa Pedicure	50
Mani & Pedi	60

FOR MEN

Manicure	15
Pedicure	20
Mani & Pedi	30

Hair

FOR WOMEN

Blow Dry & Style Short	40
Blow Dry & Style Long	50
Color Full Head Short	60
Color Full Head Middle	75
Color Full Head Long	85
Color Full Head Very Long	100
Roots Coloring Short	50
Roots Coloring Long	60
Highlights Short	50
Highlights Long	75
Hair Cut	40
Evening Hair Style	80
Quick Style	20
Bridal Hair Style	150
Bridal Rehearsal	60

FOR MEN

Hair Cut	25
Hair Cut (Shave)	15
Beard Trim	15



THE TAMARIS SPA IS OPERATED IN ASSOCIATION WITH
ORLOFF SPA EXPERTS

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AQUA BLU

HOTEL • SPA

MEMBER OF

EPIC HOTEL GROUP