

POSEIDON SPA TREATMENTS MENU

FACIAL TREATMENTS

>>> EASY GOING FACIALS

Flours de Bali, by Cinq Mondes, 30/60 mn, € 54/84

A face-care & massage inspired from Bali where tradition uses tropical flowers to restore radiance and purity to the skin. A massage of head, neck and shoulders provides a deep sensation of relaxation.

Taoist Face Care & Massage “Anti-Stress”, by Cinq Mondes, 1h30mn, € 115

A complete face care & massage “to prevent the onset of wrinkles”, stimulating the most effective acupressure points. This holistic treatment entails a relaxing hand and feet massage and ends with a soothing lymphatic drainage of the eye area.

Elemis Superfood Pro-Radiance, 60 mn, € 99

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

>>> ANTIAGEING FACIALS

“Ko Bi Do”, anti-age face care & massage, by Cinq Mondes 60 mn, € 99

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.

“KO BI DO” Ultimate Age-Defying Beauty Ritual Facial Treatment, by Cinq Mondes, 90mn, € 130

This treatment combines the effects of ingredients derived from natural remedies around the world with Dermapuncture® techniques, in order to restore plumpness to the skin and revive its youthful vitality. This special treatment alternates between lifting massage movements, carried out with the aid of a jade ridoki roller. Acting like a real natural face-lift, 95% of women have found their skin younger with the first treatment!

Elemis Pro-Collagen Age Defy, 60 mn, € 110

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.



Elemis Pro-Collagen Definition Lift and Contour, 60mn, € 110

Powered by breakthrough technology, this facial helps restore the architecture of the face-targeting sagging jowls, cheeks and jawlines- using the potent nutrients in plant actives stem cells found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

Elemis White Brightening Facial, 60 mn, € 105

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, reduces age spots, minimize sun damage and discoloration and prevents further damage in the future. The result is a more even, colour-corrected and illuminated complexion.

>>> MEN FACIALS

Elemis High Performance Skin Energiser, 60 mn, € 110

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, restores vital moisture and nutrient levels. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

>>> MEN FACE TECHNOLOGY

Elemis Biotec Super-Charger for Men, 60/90 mn, € 119/139

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

>>> ELEMIS BIOTEC FACE TECHNOLOGY

Elemis Biotec Line Eraser, 60/90 mn, € 119/139

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines.

Elemis Biotec Firm-a-Lift, 60/90 mn, € 119/139

Rediscover the architecture of your face with this groundbreaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

Elemis Biotec Anti-Pigment Brightener, 60/90 mn, € 119/139

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

Elemis Biotec Skin Resurfacer, 60/90 mn, € 119/139

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

**Independent Clinical Trials.*

>>> TECHNOLOGY: SKIN SOLUTIONS

Elemis Biotec Radiance Renew, 60/90 mn, € 119/139

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

Elemis Biotec Blemish Control, 60/90 mn, € 119/139

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

Elemis Biotec Sensitive Skin Soother, 60/90 mn, € 119/139

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

>>> ELEMIS BIOTEC: ADD-ON TREATMENTS

Elemis Biotec Eye Treatment, 30 mn, € 45

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

Elemis Biotec Neck Treatment, 30 mn, € 45

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

Elemis Biotec Peptide4

Skin Synchronizing Booster Facial, 30mn, € 55

Recover Like Clockwork, with this add-on facial treatment empowered with the new ELEMIS Peptide 24/7 range.

The Ultrasonic Peel stimulates the removal of impurities and dead skin cells, while the Oxygen Infusion encourages cellular restoration, for a skin that looks well-rested, radiant and beautiful, 24/7.



BODY SCRUBS & NOURISHING TREATMENTS

Aromatic Scrub with Spices, by Cinq Mondes, 30 mn, € 53

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.

Hammam Experience, by Cinq Mondes, 60 mn, € 88

Enjoy the ultimate relaxation of a traditional hammam session. Exfoliation with the Black Soap Beldi (100%olive oil) followed by a rubbing session with the Kassa glove and the body white clay wrap "Crème de Rassoul®".

Intensely Cleansing Salt Scrub Lime and Ginger or Frangipani, by Elemis, 40 mn, € 70

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Body Nectar Nourishing Wrap – Sweet Orchid or Frangipani, by Elemis, 60 mn, € 78

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

PREGNANCY TREATMENTS

Elemis Peaceful Pregnancy Massage, 60mn, € 115

An intuitive, sensitive and relaxing massage hydrates and moisturizes skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom and respect.

Elemis Superfood Pro-Radiance, 60mn, € 99

This is a crafted nutritional boost for stressed, dull skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin

and lit up with good health.

**All facial treatments are available for pregnant women.*

***"Angel Hands manicure" & "Light Feet Pedicure" treatments also suggested during pregnancy.*

MASSAGES

Traditional Oriental Massage, by Cinq Mondes, 30/60 mn, € 58/98

A completely relaxing massage based on deep and slow movements from North Africa tradition with a variety of soothing and refreshing floral body mists and the Huile Somptueuse® de l'Orient.

Ayurveda Massage, by Cinq Mondes, 60 mn, € 98

Revitalizing and muscular massage with alternate slow and quick moves, following a thousand-year-old Indian technique. This tonic and muscular massage is performed with hot special Ayurveda oil, a blend of Indian oils -Sesame oil, Boswelia oil and Neem oil.

Soothing Polynesian Sublime Massage, by Cinq Mondes, 60mn, € 98

Original massage inspired by the Lomi-Lomi tradition with deep strokes of forearms on the back, and using hot stones at the beginning, it deeply relaxes body and mind. The use of Sublime oil with scents of monoi and tiaré makes it an enchanting exotic journey.

Elemis Freestyle Deep Tissue Massage, 30/60/90 mn, € 60/98/130

Your therapist will select an aromatic oil according to your concerns. The flowing massage works deeper into the tension, encouraging optimum circulation. The 30mins version is available just for the back or legs.

Elemis Deeper than Deep Hot Stone Massage, 90 mn, € 135

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Elemis Frangipani Hair, Neck & Shoulder Massage 45mn € 78

This scalp massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. We can either make you float like a butterfly or sting like a bee. You choose. Added bonus the amazing frangipani hair & scalp mask.

Elemis Garden of England

Rose Restore Relaxing Massage 60mn, €98

Take a walk in an English garden with this lavishly hydrating body massage. The unique Life Elixirs Essences that have been designed to be used in this extremely relaxing massage, will bring everything back to the potency of modern aromatics. Each Essence has been designed for a different mood, enabling this massage to be tailored to your needs.

You may choose one of the following Life Elixir Essences:

Calm, Clarity, Fortitude, Embrace, Sleep

Poseidon Massage with Cretan Beeswax Ointment, 60 mn, €105

A full body vigorous and deep massage with free style moves combined with the therapeutic "Cretan Beeswax" with Thyme, Dittany and Mint, focuses to release muscle tension. Ideal for stiff muscles caused of hours sitting at work as well as muscle pains & stiffness caused from sports.



Poseidon Aromacellutox Cretan Herb Detox Massage, 60 mn, €105

A detoxifying body treatment with "drainage" moves against the toxins of the body, the water retention and the cellulite. The Cretan herbs oil combined with a relaxing therapeutic way inducing a complete full body detox massage.

"Holistic Sensorial Sensation", by Cinq Mondes, 60 mn, € 105 Oriental Massage 30 mn & Fleur de Bali 30 mn

Grand Oriental Ritual "Thousand and one nights", by Cinq Mondes, 120 mn, € 130

Aromatic Steam Bath 30 mn, Oriental Massage 30mn & Fleur de Bali 30mn

DETOX CELLULITE

Brazilian Slimming Treatment, by Cinq Mondes, 60 mn, € 88

Inspired by the Brazilian cult of the body, this treatment starts with a tonifying massage of problem areas with Crème de Café, a fat-burner and firming product and continues with a detoxifying wrap of clay and algae.

Elemis Targeted Toning Tightener, 30/90 mn, € 58/119

A powerful blend of massage and a detoxifying clay for targeted toning, improved circulation, cellulite and tightening sagging skin on the body. Choose a localised treatment: Arms, Hips & Thighs, or Abdomen for the 30 mins version.

ADD'S ON - HAND'S ON

Eyes - Feast Your Eyes, by Elemis, 15 mn, € 29

Give puffy eyes their marching orders with this instantly reviving eye treatment. A warm Rosewood compress, and intensive eye mask rehydrate, soothe and lift, while you zone out with a de-stressing hand and arm massage. See the world through new eyes.

Jowl & Neck - Save Your Neck, by Elemis, 30 mn, € 45

Make sure your neck is running a tight ship with this targeted toning treatment. Microcurrents remind the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring. People will wonder what you've done.

Body - Head First, by Elemis, 15 mn, € 29

Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. We can either make you float like a butterfly or sting like a bee.

APHRODITE'S BATH SPA SUITE

Thousand Flower Detox Wrap by Elemis

60mn € 84

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

Aphrodites Bath Superfood 'Skintox' Experience, by Elemis, 2h, € 175

- Elemis Superfood facial, 1h
- Elemis Mineral Body Boost Detox Massage, 1h
- Super food salad & a detox tea

Maharaja's Ritual, by Cinq Mondes, 2 h, € 145

- Jacuzzi, 30 mn
- Body scrub with Aromatic Scrub with Spices, 30 mn
- Ayurveda Massage, 1h

Polynesian sublime ritual for two, (Special honeymooners), 2h, € 145

- Jacuzzi, 30 mn
- Sublime Polynesian Massage, 1h
- Ritual «Fleurs de Bali», 30 mn
- Fruit salad & tea

HANDS & FEET RITUALS

Manicure Hand Care & Massage "Angel's Hands", by Cinq Mondes, € 47

Inspired by the Chinese tradition this treatment contains a specific beauty spa manicure treatment of the hands with massage, scrub and nourishing mask leaves the hands soft beautiful and smooth*.

Pedicure Foot Care & Massage "Light Feet", by Cinq Mondes, € 58

Inspired by the Chinese tradition this treatment contains a specific beauty spa pedicure treatment on the feet and legs with massage. Scrub and nourishing mask that leaves them smooth & comfortable*.

*Option: Simple or French color coat on nails included.

- > Simple Pedicure € 37
- > Simple French Nail Paint Pedicure € 48
- > Shellac-Semi permanent Pedicure € 53
- > Tidy & Hand Nail Paint € 21
- > Tidy & Hand French Nail Paint € 37
- > Shellac-Semi permanent Manicure € 42

POSEIDON ADDITIONAL SERVICES

- > Eye Brow Wax € 16
- > Eye Brow Reshape € 26
- > Arm Wax € 21
- > Under Arm Wax € 16
- > Lip & Chin Wax € 16
- > Bikini Line Wax € 19
- > Back Wax from € 21
- > Chest Wax from € 26
- > Half Leg Wax € 26
- > Full Leg Wax € 42

Hairdresser

Women

- > Blow-dry € 40
- > Hair Cut € 40
- > Highlights € 85
- > Hair Colour
 - Short Hair € 55
 - Medium Height Hair € 70
 - Long Height Hair € 80
- > Only Shampooing € 8

Men

- > Blow-dry € 40
- > Hair Cut € 40
- > Highlights Long Hair € 85
- > Hair Colour
 - Short Hair € 55
- > Only Shampooing € 8

Make Up

- > Day Make-up € 50
- > Evening or Special Make-Up € 60

FITNESS PROGRAM - PERSONAL TRAINING

- > Yoga 60 mn, € 64
- > Pilates 60 mn, € 64
- > Yogilates 60 mn, € 64
- > Stretching 60 mn, € 64
- > Aqua Gymnastic 45 mn, € 55
- > Body Training 60 mn, € 64
- > Rehabilitation Training 60 mn, € 64
- > Swimming Lessons 45 mn, € 55