



ESSENTIAL TREATMENTS

FACIALS	Duration	Price
The Essential Signature	60 min	66 €
Essential Express	30 min	41 €
Aromassage	60 min	61 €
Aromasplastie	75 min	66 €
Aroma Expert	75 min	66 €
<i>just for him</i>	Duration	Price
Aromassage Visage	60 min	61 €
Express Cleansing Treatment	60 min	66 €
Deeply Energising Treatment	75 min	76 €

BODY TREATMENTS	Duration	Price
The Essential Signature	120 min	91 €
Body Exfoliation	50 min	56 €
Aromassage Relax	60 min	66 €
Aromassage Flow	60 min	66 €
Aromassage Tonic	60 min	66 €
Aroma Envelopment Relax	60 min	76 €
Aroma Envelopment Flow	60 min	76 €
Aroma Envelopment Tonic	60 min	76 €
Aroma Envelopment Tonic for Mum to Be	60 min	86 €
<i>just for him</i>	Duration	Price
Aromassage Relax	60 min	66 €
Aromassage Flow	60 min	66 €
Aromassage Tonic	60 min	66 €
Re-generating Exfoliating Treatment	45 min	66 €
Re-activating Flow Treatment	60 min	76 €

HAIR REMOVAL	Duration	Price
Lips, Chin or Eyebrow	15 min	6 €
Lips & Chin or Eyebrow	25 min	10 €
Facial	30 min	12 €
Forearm, Bikini Line or Underarm	20 min	12 €
Half Leg or Full Arm	30 min	20 €
Half Leg & Bikini Line	45 min	25 €
Full Leg	50 min	32 €
Full Leg & Bikini Line	60 min	38 €
Complete Waxing	90 min	50 €
<i>just for him</i>	Duration	Price
Sideburns	15 min	8 €
Underarm, Half Back or Half Chest	30 min	18 €
Arms, Chest or Back	40 min	26 €
Full Leg	55 min	38 €
Complete Waxing	120 min	66 €

HOLISTIC	Duration	Price
Hot Stone Massage	30 min	46 €
	60 min	66 €
	90 min	86 €
Indian Head Massage	30 min	41 €
Reiki	60 min	51 €
Reflexology	60 min	51 €
Bowen Therapy	45 min	45 €

MASSAGES	Duration	Price
Aromatherapy Massage	30 min	46 €
	60 min	66 €
	90 min	86 €
Pure Relaxation	30 min	41 €
	60 min	61 €
	90 min	81 €
3 in 1 Massage	30 min	46 €
	60 min	66 €
	90 min	86 €
Lymphatic Drainage	60 min	61 €
Golf Massage	30 min	41 €
Sports Massage	30 min	41 €

HANDS & FEET	Duration	Price
Essential Manicure	55 min	30 €
Essential Express Manicure	30 min	22 €
Luxury Manicure	70 min	38 €
Essential Pedicure	60 min	38 €
Essential Express Pedicure	40 min	30 €
Luxury Pedicure	80 min	45 €
Essential Manicure & Pedicure	120 min	60 €
Essential Luxury Manicure & Pedicure	140 min	76 €
Re-Varnish	20 min	8 €
add French	15 min	3 €

PHYSIOTHERAPY	Duration	Price
Physiotherapy	30 min	33 €
	45 min	41 €
	60 min	50 €

FINISHING TOUCHES	Duration	Price
Eye Lash Permanent	35 min	25 €
Eye Lash Tint	25 min	25 €
Eye Brow Tint	20 min	15 €
Eye Brow Shape	25 min	10 €
Eye Brow & Lash Tint	40 min	30 €
Eye Brow Tint & Shape	40 min	20 €



10% DISCOUNT ON ALL TREATMENTS (EXCEPT PHYSIOTHERAPY) FOR OWNERS, RESORT GUESTS, HEALTH CLUB & GOLF MEMBERS

BOOK A TREATMENT (FROM 20€) AND GET FREE ACCESS TO THE INDOOR HEATED SWIMMING POOL, JACUZZI, SAUNA & STEAM ROOM ON THE DAY OF THE APPOINTMENT

SPA ETIQUETTE & PRIVACY POLICY

RESERVATIONS

We recommend you to book any treatment in advance. Please either call or visit us, in case you prefer to discuss your personalized treatment.

SELECTING A TREATMENT

Upon your arrival at essential spa, a receptionist will help you to select the treatments according to your needs and plan your spa program, so we need to know if you have any health issues.

HOW TO GET PREPARED FOR A TREATMENT?

For ladies, no preparation is required. For men, we recommend shaving before the facial treatments to guarantee a maximum comfort and benefit for the skin. It is not necessary to bring any special clothing, as we provide robe, slippers and towels. Facial gowns are provided for facials, as well as comfortable underwear for all other body treatments and massage.

PRIVACY

Your privacy will always be respected and protected. Your therapist will let you change in private and throughout the treatment you will be draped with towels, covering all parts of the body not being treated.

ARRIVAL TIME

Please arrive at least 10 minutes before your appointment, so you can relax in our spa lounge and enjoy the pool view.

LATE ARRIVALS

You are running late, we will endeavor to conduct your full treatment. However, your treatment may need to be rescheduled or shortened, in case there is a booking immediately afterward.

MINIMUM AGE

To guarantee a peaceful environment, children under 16 years are not permitted in the Spa.

CANCELLATION

As your treatment requires the reservation of facilities, we kindly request a minimum of 12 hours notice. Please note that a 100 percent cancellation fee will be charged for non-attendance and/or for appointments cancelled giving less than 12 hours notice.

ETIQUETTE

To preserve the harmony within the Spa, please turn off your mobile phone and do not smoke.

YOUR OPINION IS IMPORTANT TO US

Please let your therapist know if we can improve your treatment and comfort. We appreciate your feedback kindly ask you to fill in a questionnaire following your treatment.



ESSENTIAL
FITNESS & SPA