
AKASHA SIGNATURE TREATMENTS

SPA TREATMENT MENU

Seven Chakra Experience

80 minutes €165,-

A treatment that searches the balance between all seven energetic body centres. The experience incorporates massage and the pouring of oil on the third eye while crystals are placed on the Chakra centres and energy is released. This treatment leaves you relaxed and energized for the days to come.

A Celebration for Two

50 minutes €290,- (for two)

Make the most out of your time together with a luxurious spa experience for two in our double treatment room. This celebration is a relaxing moment for two that includes a 50 minute massage of your choice, champagne and the finest seasonal fruits.

Pampering Moments

120 minutes €270,-

Treat yourself or someone else to a full day experience at Akasha that includes two treatments of 50 minutes each and complimentary use of all Akasha facilities including lunch in the Akasha lounge bar.

OENOTHERAPY

Products by Anne Sémonin

Enjoy the special selection Oenotherapy treatments and finish with a refreshing vitamin drink or a glass of wine, the perfect ending to a wine experience like no other.

BODY

la Sélection du Sommelier

50 minutes €135,-

This Anti-Ageing Body Cocooning is an invigorating body scrub followed by a nourishing and anti-ageing body mask while you drift away with a wonderfully soothing scalp massage. The benefits of this treatment include: enhancing body drainage, maximizing hydration, plumping and smoothing to perfection.

la Cuvée Spéciale

70 minutes €145,-

A revisited ancient massage technique based on linen poultices, filled with all the goodness of powerful grape seeds, natural grape essences and aromatic essential oils. Through a combination of heat, pressure and the effects of the red grape, this gentle massage helps to banish tension and ease muscles for a unique massage experience.

le Grand Cru

140 minutes €225,-

The epitome of the Oenotherapy Collection is a deep revitalizing body exfoliation and nurturing anti-ageing body wrap that concludes with a wonderfully relaxing and soothing poultices massage.

THE TIDES

The|Tides is a Dutch wellness and self-care brand offering a new class of products and treatments with unique Dutch ingredients such as magnesium, seaweed, algae's, sea salt, hemp and indigenous botanicals. These pure and sustainably sourced ingredients heal and nurture from the inside out and balance the excesses of living modern life.

The|Tides Ocean Deep Recovery™ Magnesium Body Polish & Body Wrap

50 minutes €135,-

This very relaxing treatment, that combines infrared heat and the power of magnesium, is the ultimate treatment to relax the muscles, sweat out toxins, lose extra pounds and replenish deficient magnesium levels in the body. After a full body magnesium sea salt exfoliation, the body is rubbed with a blend of magnesium and strengthening botanicals and wrapped in an infrared sauna blanket. The deep infrared heat will relax the tension in the muscles, the body tissues and opens the pores to take in the vital minerals from the products while sweating out toxins and aches and pain with them. While the magnesium minerals work their magic, a scalp treatment with relaxing oils will invigorate the whole body.

The|Tides Inner Calm & Strength™ Magnesium Hammam Treatment

60 minutes €140,-

This body – and mind-cleansing ritual uses the healing power of water and magnesium to create inner calm and strength. The combination of exfoliation, water, massage and magnesium will purify and soften your skin, wash out stress and muscle tension. After a full body scrub with a paste of purifying magnesium, mineral salts and revitalizing botanicals, the treatment is continued with a relaxing magnesium soap massage – with special attention to pain and tension areas in the body – and finished with a magnesium replenishing body mask. During the body mask, a scalp and foot treatment with relaxing plant aromas will complete this de-stressing hammam experience and leave you in a state of total bliss and relaxation.

The|Tides Back to Brilliance™ Magnesium Massage

50 minutes €120,-

Experience a transformation from head to toe. This fully tailored magnesium massage takes relaxation to the next level by encouraging all body parts and muscle bundles to relax. It will give your body tissues a memory of floating release. Combats fatigue, strengthens and centres your body and spirit, leaving you feeling rejuvenated and refreshed.

The|Tides Brain Body™ Magnesium Sport Massage

50 minutes €135,-

The Brain Body Magnesium Massage is the ultimate treat for your muscles after any workout. Soothes sore muscles, relieves muscle tension, fatigue and joint stiffness. This spicy executed twist on the classic sport massage will shorten your recovery time and supply deficient magnesium to bring your brain and body back into balance.

HOLISTIC MESSAGES

Ayurveda

80 minutes €170,-

A traditional Indian Body massage which is based on a calm slow technique that includes pouring of oil on the third eye and a scalp massage. A deep relaxing experience that leaves you feeling pampered.

Hot Stone

80 minutes €165,-

In this relaxing body massage, hot stones are used to stimulate the blood flow and to release muscle tension.

Hot Sea Shell

80 minutes €175,-

Your body is massaged with hot shells in slow circular movements to leave you feeling renewed and rejuvenated.

Polarity

50 minutes €120,-

Fully unwind while stimulating the blood flow and releasing tension with this ancient acupressure treatment that focusses on the scalp, palms and soles.

The Element Aroma

50 minutes €125,-

With the usage of natural essences from plants and flowers bespoke to your individual needs, this balanced experience will leave you feeling harmonized.

Mother to be

50 minutes €120,-

A special treatment created for the expecting (from the seventeenth week) or new mothers. A gentle soothing massage experience ensuring relaxation and reducing the feeling of heaviness. It helps to reduce lower back and hip pain.

The Third Eye

50 minutes €150,-

A combination of a relaxing décolletage and arm massage with hot sesame oil and usage of the 'Shirodhara' to pour oil on the third eye. To finish, a soothing scalp massage is given to leave you feeling balanced.

NATURA BISSÉ

Signature Treatments

Our most luxurious, effective and result oriented beauty line. Discover facial and body treatments for all skin types.

The Mindful Touch (as an addition to your treatment only)

10 minutes €25,-

An invitation to reawaken your own senses, helps you to focus on the present moment. By completely relaxing, you will enjoy this beauty experience even more. A Virtual reality film and audio recording inspired by mindfulness will you guide into your treatment.

FACE AND BODY

The Ultimate Diamond Experience Life Infusion

90 minutes €315,-

Gold, diamonds and pearls are applied to pamper your skin. An extraordinary and luxurious treatment that enhances and rejuvenates the skin by using a 24K Gold Energy Beauty Bar to feed the skin with active ingredients. The results are lifting, renewing and soothing.

Vitamin C

90 minutes €230,-

A facial and body ritual designed for people looking for an embracing comfort experience. The combination of sculpting massage techniques with the richest products from the Mediterranean is ideal as a firming treatment that hydrates and fights premature aging while preventing flaccidity.

The Cure

60 minutes €140,-

The Cure is a facial treatment that slows down the aging effects on the skin caused by stress. It helps repair and prevent damage caused by unhealthy lifestyles and harmful external aggressors; a detox effect on your skin.

FACE

Age Defying

60 minutes €180,-

A facial treatment that helps restore essential elements needed to maintain plump, hydrated and wrinkle-free skin. For those who want to feel healthy, hydrated and fresh.

Skin Comfort

50 minutes €135,-

A facial treatment that gives maximum comfort for your skin. The ultimate answer to sensitive and reactive skin types that display conditions such as red spots, dilated capillaries or inflammations.

Energizing

60 minutes €135,-

This energizing facial treatment will revitalize and give your skin the energy and vitamin C boost it needs. The result is a luminous and well-nourished skin.

ANNE SÉMONIN TREATMENTS

Our beauty line with a holistic approach to your specific skin concerns. Essential oils boosted by trace elements create a powerful cocktail of active ingredients for facial and body treatments tailored to your skin.

FACE

Made to Measure

60 minutes €140,-

A complete and effective facial treatment which uses the highest concentration of minerals and algae designed in harmony with your skin type.

Cryo Time Freeze

50 minutes €140,-

A flawless skin brightening experience. This facial treatment uses the age defying effects of cryotherapy and floods the body with a total sense of well-being.

Exquisite Miracle Eyes

(as an addition only)

20 minutes €55,-

This treatment involves a unique combination of eye contour masks and a specialized lymphatic massage, ideal for reducing the signs of ageing and melting away stress in the delicate eye area. To finish, the cryotherapy ice cubes will diminish puffiness and refresh the eyes.

BODY

Cocooning Scrub & Massage Ritual

80 minutes €180,-

This ultimate exfoliating experience, a luxurious blend of sea salts, white sand, pink quartz crystal powder and aromatic oils which actively sweeps away dead skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. This therapy concludes with an Haute Couture full body massage to reawaken your senses.

Cryo-Lipoliss

55 minutes €140,-

An ultra-cold treatment designed to shock the body into action by rewiring up blood circulation and boosting the immune system followed by a specially designed detox massage using active ingredients like brown and red algae and a firming body mask application on problematic areas, so you can say goodbye to dimpling and uneven skin.

STIMULATING

Classic Swedish

50 or 80 minutes €120,- / €165,-

A classic massage technique using low pressure to stimulate blood flow, purifies and frees you of muscle tension.

Combined

50 or 80 minutes €120,- / €165,-

A classic massage where therapist and guest agree on the focus points to create the ultimate personalized treatment.

Deep Tissue

50 or 80 minutes €120,- / €165,-

A classic massage technique using high pressure to stimulate blood flow, purifies and alleviates muscle tension.

Sport Massage

15, 30 or 45 minutes €60,- / €75,- / €100,-

A massage created for those who practice any kind of sport. This massage helps to prevent injuries to the muscles and tendons.

ASIAN INSPIRED

Thai

50 minutes €120,-

A treatment to release tension using stretching and deep massage techniques by the therapist's hands and feet.

Shiatsu

50 minutes €120,-

A traditional Japanese massage technique to relax your body by pressing the meridian lines of energy to relieve and promote self-healing.

Reflexology

50 minutes €120,-

Pressure is applied to key reflex points of your palms and soles, followed by a relaxing massage to stimulate energy flow.

HAMMAM

BODY

Relaxing Hammam

25 or 50 minutes €85,- / €120,-

A traditional ritual performed in the private hammam designed to remove dead skin cells. Use of a raffia grass to stimulate blood circulation and to revive the skin. Use of exfoliation glove to cleanse.

Traditional Turkish Hammam

60 minutes €135,-

Enjoy a nourishing date body scrub before relaxing and cleansing your body in a natural olive oil foam bath. The treatment is performed in the private hammam cabin and helps releasing tension and feeling pampered.

Hammam Detox Wrap Experience

50 minutes €125,-

Wrap your body in a cocoon of Spirulina micro-algae to stimulate toxin release and purify the skin. This treatment involves a scrub of sea salt, head massage, Dade scrub, use of exfoliating glove to cleanse and remove dead skin cells, preparing the skin for the green algae and luminaria body mask.

GENTLEMEN ONLY

Skin Care for Men

80 minutes €160,-

A complete treatment including a back scrub, a nourishing wrap and a made to measure facial.

Manicure/Pedicure

30 minutes €55,-

Nails are shaped and hands or feet are scrubbed and massaged with body butter.

Lycon Waxing

From €22,- to €80,-

WATER TREATMENTS

Watsu (Shiatsu on Water)

50 minutes

For one €120,- / For two €235,-

Unique and intimate water treatment performed in the private Watsu pool. With the help of floats, the therapist will alternate movements and stretches timed with breathing exercises creating an extremely relaxing environment.

COMPLETING THE LOOK

Brow Colouring and Shaping

25 minutes €35,-

Brow and Eyelash Colouring

25 minutes €35,-

Manicure/Pedicure

30 minutes €55,-

Nails are shaped, cuticle are treated.
Hands are massaged with a hand cream.

Luxury Manicure

50 minutes €65,-

Nails are shaped, cuticle are treated, hand scrub to remove dead skin cells and hand are treated/massages with a hand cream, nails will be polished.

Luxury Pedicure

75 minutes €85,-

Nails are shaped, cuticles are treated, exfoliating foot scrub to remove dead skin cells and a relaxing foot massage with a foot cream, nails will be polished.

Lycon Waxing

From €22,- to €80,-

GENERAL INFORMATION

Opening Hours

Monday to Sunday from 06.30am to 10pm.

Junior Guests

Junior hotel visitors from age 3 to 14 are welcome under guidance of an adult from Monday to Sunday between 10am to 11.30am and between 2pm and 3.30pm. Guests must be 16 years old to use the fitness facilities.

Gift Vouchers

Surprise your loved ones with a gift voucher from Akasha Holistic Wellbeing Centre. A variety of experiences are available at the reception.

SCHEDULING AN APPOINTMENT

To schedule an appointment, please contact our staff who will guide you in choosing your perfect treatment. We advise booking in advance to ensure your preferred time and treatment is available. Credit card details are required at the time of booking.

Individual consultations are carried out before all treatments. Due to scheduling demands, we cannot always guarantee your choice for a particular therapist.

If you have a preference for the gender of your therapist, please state this when you book your treatment.

Health condition

Please advise us of any health condition, allergies, injuries or medication during your visit. We offer specially designed treatments for pregnancy from the seventeenth week. Please allow your therapist to guide you while selecting treatments.

CANCELLATION POLICY

A 50% charge will be charged for any treatment not cancelled at least 24 hours prior to your scheduled treatment time.

Prices

All prices, treatments and information are correct at the time of printing and are subject to revision at any time.

Gratuities are not included and are welcomed at your discretion.

SPA ETIQUETTE

To enhance your spa experience, we encourage you to arrive 20 minutes prior to your scheduled appointment time.

Swimwear is compulsory in our spa facilities.

The Akasha Holistic Wellbeing Centre is a relaxing and tranquil environment. Please respect all spa guests' rights to privacy and serenity. The use of mobile phones, laptops, cameras etc is permitted only in the lounge bar.

Lockers are provided, however Akasha accepts no responsibility for loss of any valuables.

Separate male and female changing rooms provide guests with bathrobes, slippers, towels and all amenities required during your visit.

Upon arrival into the spa you will be requested to complete a health questionnaire. If you have any health concerns please check at the time of booking to ensure that your chosen treatment is suitable.

Please understand that late arrivals will result in the treatment time being shortened accordingly.

The moment you relax, you are in the present.
Relaxation is going beyond time –
no past, no future.

Akasha Holistic Wellbeing Centre

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SHINING THROUGH