



AKASHA

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SPA AND FITNESS

**HOLISTIC WELLBEING**

Akasha is leading a new concept and holistic approach to wellbeing.  
Step into our sanctuary and let your inner-self shine through.

Hotel guests, visitors and members are invited on a guided journey to  
promote health, happiness and fulfilment while improving personal balance.



The name Akasha reflects a core vision to harmoniously unite the four  
basic elements of nature: earth, water, fire and air. The combination  
enables a transformational and balancing experience where body,  
mind and soul are aligned.

Earth offers nourishment in our lounge bar, water flows through our spa,  
fire blazes across our gym and air breezes through our studios.



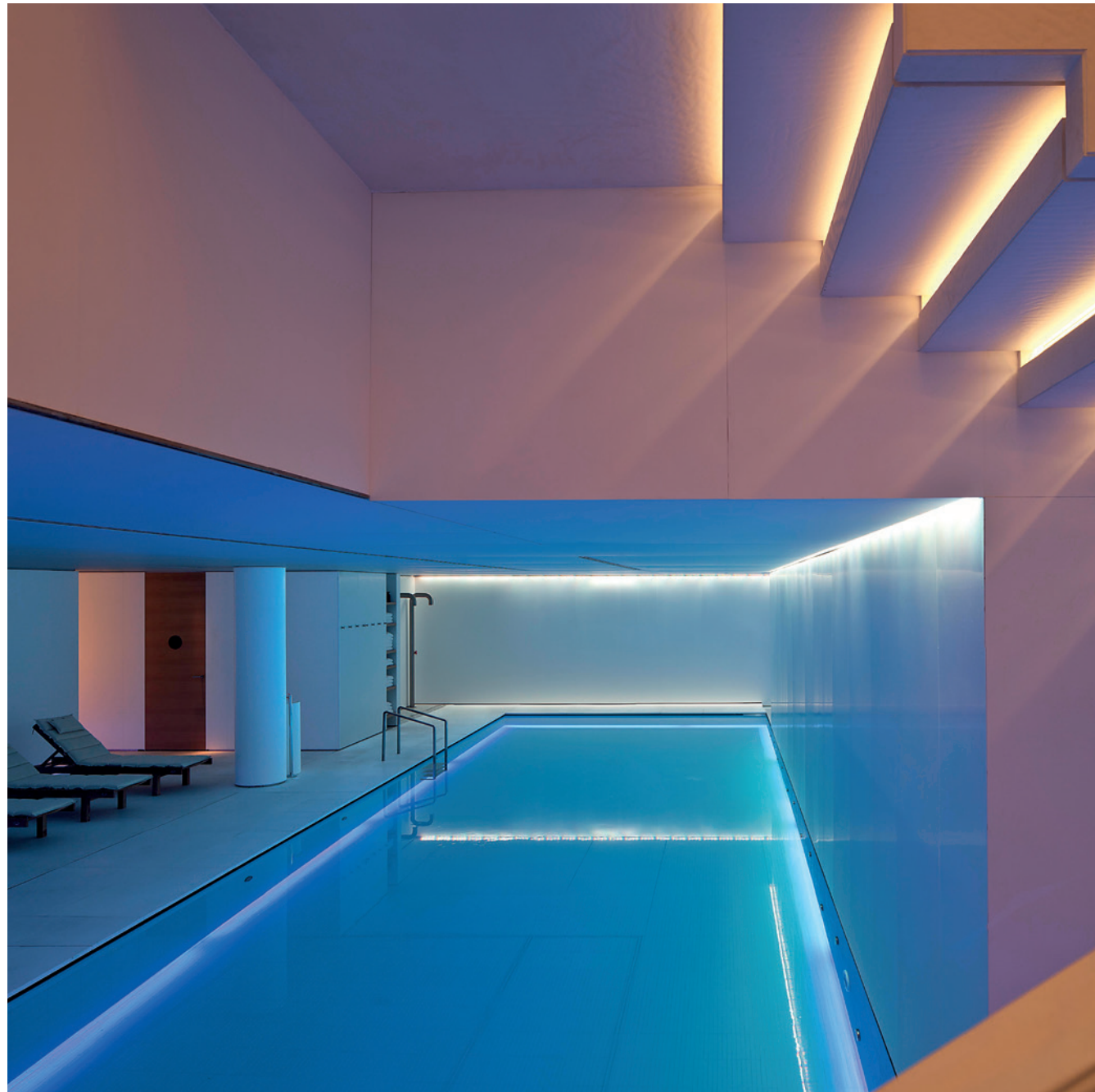


Earth nurtures growth and strengthens the body,  
a grounding and stabilising force needed to  
establish balance.

Within the serenity of Akasha a lounge bar offers a selection of nourishing food. Designed in collaboration with a nutritionist, a healthy menu is available along with a further selection of light dishes. Herbal teas, refreshing juices and energising drinks are also served.







Water ebbs and flows, creating a sense of endlessness. Immerse your mind, cleanse your external self and renew your inner being.

An 18m/60ft long lap pool, steam room, sauna and Jacuzzi form an oasis at the centre of Akasha and in the heart of the city, enhanced further by mood lighting, restorative sounds and uplifting aromas.

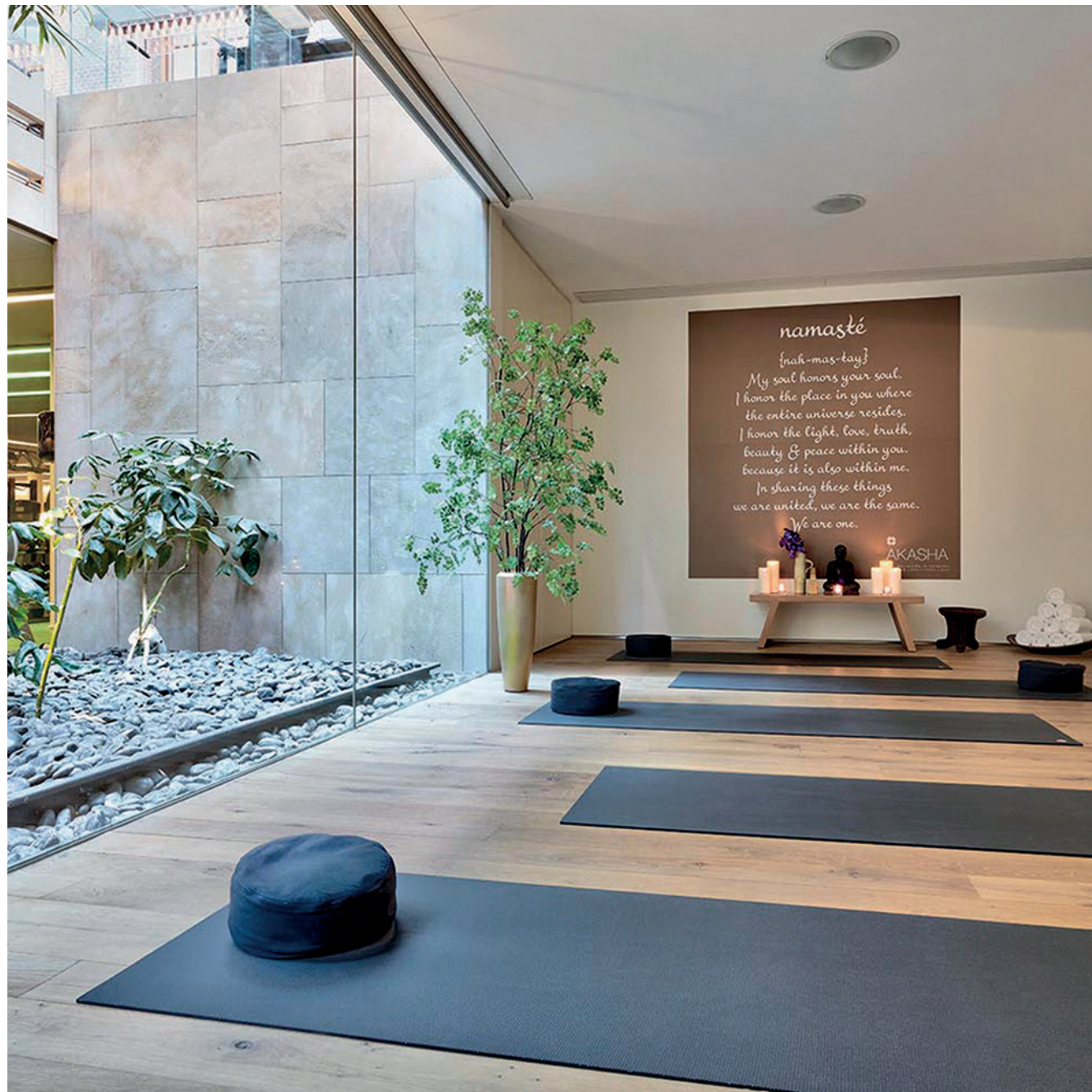
Seven treatment rooms, including a double treatment Akasha Suite, offer signature treatments which marry innovative Western practices with ancient Eastern traditions. There is a private Hammam for purifying scrubs and massages. Akasha also boasts Amsterdam's only Watsu pool for tailored hydrotreatments and guided meditation.



Fire crackles with energy and courage, a unifying and kinetic force which vitalises cells with flaming intensity; ignite your body with movement.

Within Akasha a large and spacious gym area spans over 150sqm/1,615sqft. Cutting edge technology includes LifeFitness equipment, personal entertainment centres with 19" touch screens and iPhone docks, complemented by a LED ceiling of changing lights to enhance and motivate. These facilities are combined with the knowledge of industry professionals and fully dedicated personal trainers. Tailored fitness programmes combine a variety of disciplines with each overseen by experienced instructors.





Connecting with your inner vision, air breathes  
life into deep thought, to awaken and purify.

Private studios are calming and relaxing spaces, dedicated to one-on-one sessions or personalised classes and the disciplines of yoga, Pilates, tai-chi and meditation.

Akasha has carefully curated a team of leading global professionals and authorities on wellbeing to install physical and mental balance. An Akasha library aids further education, self-growth and awareness.

# SPA TREATMENT MENU

## Seven Chakra Experience

80 minutes €175,-

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 €295,- (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.

## Restorative Bath Combination

90 minutes €210,-

Should you wish to relax in solitary, experience Akasha's luxury suite for one. Begin in its own bath with champagne and the finest seasonal fruit platter, followed by a 60 minute massage or facial.

## PACKAGES

### The Four Elements

120 minutes €240,-

An immersing full body journey designed according to the four elements of nature:

**Water** – A Experience performed in warm water, whilst being supported by your therapist

**Earth** – A soothing foot massage

**Fire** – A restorative back massage combined with hot stones

**Air** – A tension relieving scalp massage

### Pampering moments

120 minutes €275,-

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.

### Relaxing Midweek

(upon availability on Wednesday/Thursday)

80 minutes €180,-

This package includes a 50 minute relaxing massage and a 30 minute effective facial treatment which uses the highest concentration of minerals and algae designed in harmony with your skin type.

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 €140,-

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 Baby Your Belly™

### Magnesium Pregnancy Treatment

80 minutes €180,-

This is specially designed for the mother to be and leaves you in a state of wellness and calmed. After a full body exfoliation with a special body polish formula of magnesium, seaweed, mineral salts and seaside botanicals, we continue the treatment with a top to toe body, face and scalp magnesium pregnancy massage.

## The|Tides Back to Brilliance™

### Magnesium Massage

50 minutes €130,-

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.

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## HOLISTIC MESSAGES

### BODY

#### Relax and Balance Ayurveda

*80 minutes €175,-*

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 €170,-*

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

#### The Element Aroma

*50 minutes €135,-*

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 €130,-*

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.

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## 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.

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#### 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.

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#### 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.

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#### 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.

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## 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.

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#### An addition on your Anne Semonin treatment

##### Exquisite Miracle Eyes

*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.

### FACE

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#### Made to Measure

*50 minutes €140,-*

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

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#### 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.

### BODY

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#### 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.

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#### 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.



**NATURA BISSÉ**  
Signature Treatments

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

As an addition to your Natura bisse treatment

## The Mindful Touch

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.

## Inhibit V Neck

30 minutes €60,-

Advanced massage manoeuvres, the latest generation skincare and the exclusive V-Neck Definition System, a multifunctional device that combines LED light therapy, micro-vibrations, infrared rays and galvanic electrotherapy to stimulate the skin and improve the absorption of active ingredients in our products. Because there is no singular, correct way to look after the neck and décolleté.

## 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.

### Inhibit Face Lift

60 minutes €195,-

Specifically designed to minimize expression lines and to improve global skin rejuvenation, thanks to a very powerful complete cocktail of active ingredients, applied through effective and energetic massage procedures which stimulate microcirculation and transform skins appearance.

## STIMULATING

## BODY

## Relax

50 or 80 minutes €130,- / €175,-

With its centring and grounding techniques, this treatment will bring a sense of calm and serenity. Choose between the Light or Deep Relax blend for the perfect day or evening. Massage movements are focused on the back, scalp, face, neck and shoulders.

## De-Stress

50 or 80 minutes €130,- / €175,-

Designed with deeply releasing massage techniques that focus on your back, legs, scalp, neck and shoulders, this treatment will clear an overactive mind and relieve physical aches according to the blend you choose: De-Stress Mind or De-Stress Muscle. Your therapist will guide you in maintaining a stress-free mind-set as you return to everyday life.

## Focus

30 minutes €75,-

This tension releasing massage concentrates on specific areas most affected by pressure and stress; making it the perfect add on to any facial.

## ASIAN INSPIRED

## BODY

## Thai

50 minutes €130,-

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

## Shiatsu

50 minutes €130,-

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 €130,-

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

HAMMAM

A Hammam treatment is an experience which includes a deep cleansing and exfoliating ritual within the private eucalyptus steam Hammam chamber, created entirely of marble. Your body will be cleansed, purified and revitalised.

BODY

Stimulating Hammam

50 minutes €130,-

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 €135,-

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

WATSU EXPERIENCES

The Watsu pool is an exclusive treatment space dedicated to water therapy, a signature of Akasha. The pool is heated to an optimum temperature to enable deep relaxation and a journey through movement, freeing your body in ways impossible on land.

Poetry in Water

50 minutes €130,-

Eyes closed, ears immersed, body-neutral water will melt your perception of shape and space as you experience a lack of gravity. A series of gentle twists, organic movement patterns and yoga like stretching is performed in the water, these are tailored to fall in sync with your inner rhythms to elongate your spine and unwind your body. As your heart rate drops and your thoughts slow down, you experience deep relaxation.

Watsu (Shiatsu on Water)

50 minutes

For one €130,- / For two €245,-

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

As an addition on your treatment from 50 minutes or more.

OPI GelColor

(as an addition on Luxury Manicure and Luxury Pedicure only)

OPI GelColor €20,-

OPI GelColor removal €10,-

Brow Colouring and Shaping

25 minutes €35,-

Brow and Eyelash Colouring

25 minutes €35,-

Manicure/Pedicure

30 minutes €55,-

This treatment includes shaping of nails, cuticles being treated and hands being massaged with a hand cream by products of OPI.

Luxury Manicure

50 minutes €65,-

While enjoying a glass of sparkling wine or a fresh juice, you will receive a complete manicure treatment finished with polished nails by products of OPI.

Luxury Pedicure

75 minutes €85,-

While enjoying a glass of sparkling wine or a fresh juice, you will receive a complete pedicure treatment finished with polished nails by products of OPI.

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. A variety of experiences are available at the reception and Online.

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. Pre-payments 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 100% 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 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.

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**Akasha Holistic Wellbeing**

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