

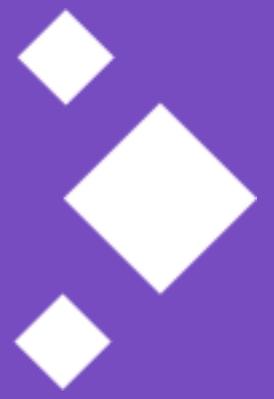
# THE LESANTE

Luxury Hotel & Spa

CONDÉ NAST  
*johansens*  
Luxury Hotels • Spas • Venues



# SPA MENU 2018



In recognition of the many different ways each of us respond to the stresses of life, our entire spa philosophy pivots around three different approaches entitled  
*Unwind, Restore and Elevate*

These themes will act as a guide to help you find the experience which meet your exact need of the moment. We invite you to come and enjoy the peace, beauty and comfort of the Lesante wellness centre and SPA allowing you to bring balance and comfort to your life

### **Unwind**

Sometimes in this fast world we get wound up like a spring and our minds do not stop. Nervous tension can build up and we find it difficult to unwind or sleep. Unwind will calm the mind and nerves, easing muscle tension to achieve a sense of deep relaxation and peace.

### **Restore**

During times of stress, lifestyles can become unhealthy and our bodies may feel sluggish and in need of detoxification. Restore has been designed to cleanse and purify both mind and body, restoring your natural equilibrium

### **Elevate**

Everyday stress can often lower energy levels, leaving you feeling emotionally drained and creating a sense of exhaustion. Elevate focuses on raising energy levels through different mediums of treatment, activity and carefully selected ingredients, resulting in a sense of wellbeing and renewed vitality.





### **The Lesante Massage**

A combination of the most favorite types of massage. Hot stones massage, relaxing massage with essential oils head massage and reflexology

*Duration: 100 Min. / 130,00 €*

### **4 hands Massage**

Relaxing massage with essential oils by two therapists simultaneously for the ultimate relaxation.

*Duration: 50 Min. / 100,00 €*

### **Relaxation and reflexology massage with essential oils**

This is based on a specific treatment that offers great relaxation, taking advantage of the calming properties of essential oils.

*Duration: 70 Min. / 90,00 €*

### **Hot Stones Massage**

Hot stone massage launches our senses to another dimension. Various sizes of hot lava stones are placed on specific parts of the body to facilitate the harmonious flow of fluids and energy.

*Duration: 60 Min. / 95,00 €*

### **Indian Head Massage**

A delightful and relaxing massage for ultimate relaxation on the back of the neck, the face and pressure points on the head. Recommended for persons suffering from migraines, headaches and neck problems.

*Duration: 35Min. / 45,00 €*



### **Reflexology**

A specialized massage with a special technique where the therapist uses his hands and puts Pressure on specific parts of the feet, creating a balance in the nervous system. Appropriate for tired and swollen feet

*Duration: 25 Min. / 40,00 €*

### **Anti - stress Massage**

Experience a higher level of relaxation and enjoyment from top to toe. A gentle massage that Helps neutralize anxiety and muscle tension.

*Duration: 55 Min. / 70,00 €*

### **Aromatherapy**

A massage in which you will feel the gentle heat, as the essential oils will act in parallel with the hands of the therapists to break the tension and relax the muscles. It is combined with a 25 minute facial treatment with a moisturizer selected depending on your skin type.

*Duration: 65 Min. / 80,00 €*

### **Swedish Massage**

A combination of circular movements is applied to relieve muscle tension and rejuvenate body functions and improve the circulation of blood.

*Duration: 55 Min. / 70,00 €*

### **Deep Massage**

This powerful treatment is tailored to your needs and offers a deep massage that relieves from tension and tired muscles while awakening your senses.

*Duration: 50 Min. / 80,00 €*



### **Body Scrub**

This delightful exfoliating treatment that replenishes the body's minerals comprises a combination of natural marine mus for deep cleansing. Recommended to persons with joint problems and lower and back neck pain.

*Duration: 70 Min. / 75,00 €*

### **Classic algae therapy**

The whole body is covered in a layer of warm seaweed for the effective penetration of trace elements with rejuvenating and slimming effects.

*Duration: 60 Min. / 70,00 €*

### **Slimming Treatment**

This treatment includes body wrap that combines the efficacy of essential oils with mud. Special Techniques with a reflex point massage leading to sculpting the body are removing dead skin cells.

*Duration: 70 Min. / 95,00 €*

### **Chocolate therapy**

Soft, warm and enjoyable banding that treats the silhouette while evoking the senses that the enjoyment Of chocolate offers. The skin feels softer and velvety.

*Duration: 75 Min. / 80,00 €*



### **Face Cleansing**

A classic beauty treatment necessary for all skin types and for all ages. It deeply cleans the pores from sebum and also restores the skin at the appropriate moisture levels. The treatment is based on a combination of steaming, peeling, facial massage, applying masks and moisturizers.

*Duration: 70 Min. / 85,00 €*

### **Anti-Aging Treatment**

Prevents and fights aging by addressing the lack of oxygenation of the skin. The results are visible after the first treatment.

*Duration: 60 Min. / 80,00 €*

### **BOTOX Treatment-Eye Treatment**

Lifting-re -sculpting- firming results. Your face in perfect harmony. The results of this treatment will amaze you.

*Duration: 90 Min. / 110,00 €*

### **For Men**

A unique treatment that rejuvenating effect of caviar. A facial treatment that provides elasticity. Deeply moisturizes and makes your skin shine.

*Duration: 60 Min. / 70,00 €*

### **Sensitive skins**

A real care for sensitive skins which are irritated by the sun.

*Duration: 60 Min. / 70,00 €*

### **Lifting massage**

Chinese face lifting massage

*Duration: 30 Min. / 40,00 €*



**Beauty Treatments**

Express Manicure	25,00 €
Spa Manicure	45,00 €
Express pedicure	35,00 €
Nail polish	10,00 €
Spa pedicure	65,00 €
Shellac polish	30,00 €
Shellac manicure	30,00 €
Shellac pedicure	30,00 €

**Waxing**

Eyebrows:	10,00 €
Upper lip:	10,00 €
Bikini :	15,00 €
Armpits:	15,00 €
Brazilian bikini wax:	30,00 €
Legs:	20,00 €
Full leg waxing:	30,00 €
Arms:	20,00 €

**Solarium**

5 Minutes	10,00 €
10 Minutes	15,00 €
15 Minutes	20,00 €

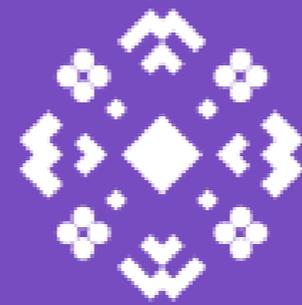
**Hair Service**

Wash & Conditioner:	10,00 €
Hair styling (short hair):	30,00 €
Hair styling (medium hair):	35,00 €
Hair styling (long hair):	50,00 €
Men's Haircut:	20,00 €
Women's Haircut:	30,00 €
Children's Haircut:	20,00 €
Coloring:	80,00 €
Highlights:	110,00 €

**Gym**

The gym is at your disposal every day with modern equipment which covers your needs while skilled trainers create the right training program for you





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