



Thalasso Spa

Menu

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An Ocean of Beauty & Well-Being

RULES & REGULATIONS

Working Hours: Every day from 09:00-21:00.

Children's Policy: Access to the spa and gym, including changing and heated facilities, are restricted for guests under the age of 16.

Scheduling an Appointment: To schedule an appointment for a treatment, please contact our spa reservation team. Please note all pre-booked treatments require an advance payment.

Arrival Time: Please allow sufficient time before your treatment - recommended 20 minutes prior.

Spa Etiquette: Kindly respect all spa guests' and employees' rights to privacy and serenity. Smoking in the spa is strictly forbidden. Please switch all mobile phones to silent for everyone's comfort.

Cancellation Policy: A 100% charge will be applied for any treatments not cancelled at least three hours prior to your scheduled time. Late arrivals will shorten your treatment time.

Health Conditions: Kindly advise us of any health conditions, allergies, or injuries, which could affect your choice of treatments, when making your spa reservation.

Pregnancy: We have specialised treatments for pregnant women or nursing mothers. Please allow our spa team to guide you in selecting the most suitable one for you.

Home Care: To continue your spa experience at home, most products used in our treatments are available to buy at the reception desk.

Valuables: The spa takes no responsibility for loss of valuables or jewellery at any time on the spa premises.

Lost Property: All lost property found on the premises should be handed to the reception desk. Items will be stored for two months and if they are not collected within this time they will be donated to a local charity.

Prices: All prices are in EGP and are subject to change at any time. Gratuities are welcomed at your discretion.

IN Spa & wellness area. Please do not ..**smoke, bring consume food or alcohol.**

It not permitted to enter the pool with long swimming suit only proper swim will be accepted.

We recommend you to avoid eating a large meal before treatments.

INTRODUCTION

Thalasso therapy is primarily the medical use of seawater and sea air for preventive and curative purposes. Sea water has a positive effect on health, it has elements of Magnesium, potassium, calcium sulphate and sodium which help to fight skin diseases and increases skin cell growth. Thalasso helps to improve the effect of hypertension arteriosclerosis, asthma, bronchitis, muscle atrophy, scabies etc. Hydrotherapy is the method of using the physical and properties of water (temperature and pressure jets) for therapeutic treatment. It is a modern technique of underwater massages and oxygen therapy. The treatments are both available in Spa baths beaded to a temperature of 33-34 degrees which depends on the weather. The treatment does not only provide thermal effect but stimulates blood and lymph circulation. The correct balances of these treatments are vital for the drainage of toxins and supply of elements essential for skin cell growth. The stimulating effects of these treatments are useful in physiotherapy due to its massaging action. It relaxes by soothing away stress and tension. Hydrotherapy and Thalasso therapy restore your sense of well being and are designed to elevate your mood and restore your body balance

NAIL TREATMENT

French Manicure-Removal of nail polish, base coat application, followed by a French nail polish and top coat

French Pedicure-Removal of nail polish, base coat application, followed by French nail polish and a top coat

Paraffin Manicure-A moisturizing hand treatment by paraffin wax followed deep heat which rejuvenates the skin cells and give more youthful appearance

A moisturizing foot care treatment by paraffin wax, followed by deep heat which rejuvenates the skin cells and gives a more youthful appearance

Paraffin Pedicure- A moisturizing foot care treatment by paraffin wax, followed by deep heat which rejuvenates the skin cells and gives a more youthful appearance

Spa Manicure-This includes hand exfoliation and a massage and finishes with nail polish application and buffing

Spa Pedicure-It includes foot exfoliation and a massage with lotion it ends with a nail

Classic Manicure-A basic manicure with nail polish application

Classic Pedicure-A basic pedicure with nail polish application



Body Treatments

Body Wrap	Duration	Price
Coconut Body Wrap	50mins	850EGP
Chocolate Body Wrap	50mins	850EGP
Coffee Body Wrap	50mins	850EGP
Anti-Cellulite Wrap	50mins	1000EGP
Cleopatra Body Wrap	50mins	850EGP
Green Clay Mud	50mins	950EGP
Honey Orange Body Wrap	50mins	850EGP

BODY TREATMENT	Duration	Price
Moroccan Body Scrub	60mins	1000EGP
Body Polish Scrub	60mins	1000EGP
Cleopatra Body scrub	50mins	850EGP
Coffee Body scrub	50mins	850EGP
Coconut Body scrub	50mins	850EGP
Chocolate Body Scrub	50mins	850EGP

FACIAL TREATMENT

Stella Facial-A cleansing facial treatment which comprises of cleansing, massage, mask application, toner and moisturizer

Marine Breeze-Cleansing facial treatment for oily and combination skin. It involves cleansing, skin exfoliation, cleaning of the pores followed by face massage and a treatment mask which leaves the skin purified and smooth.

White Lumination- For all skin types subject to dark spots. It improves the skin's natural luminosity and brightens the face

Pioneering Your Youth-Using a combination of relaxing and stimulating massages, this firming treatment incorporates products with high concentration of anti-aging active ingredients to deliver younger looking skin. The treatment begins with back massage followed with detoxifying back mud mask.

BODY TREATMENTS

Moroccan Body Scrub-An oriental scrub using Moroccan soap and loofah gloves to peel off dead and dry skin cells from the body and also renews the skin, suitable for all skin type

Polish Body Scrub-A scrub using milk salt, which leaves the skin soft and nourished, suitable for combination skin

Cleopatra Body Scrub-An ancient Egyptian treatment, using milk powder, honey and yoghurt the treatment renews, nourishes and moisturize the body. Suitable for all skin type

Coffee Body Scrub-It is great for exfoliating dead skin cells and it increases blood flow to the outer dermis

Coconut Body Scrub-The scrub keeps the body hydrated and it's a natural moisturizer, it is an effective exfoliant and has antioxidant properties

Chocolate Body Scrub-Chocolate is full of antioxidant which not only enhance the skin's appearance but also protect the skin from the sun and it also boost the moisture content of the skin

Coconut Body Wrap-Good for skin moisturization and add-in exfoliants

Chocolate Body Wrap-Chocolate is very moisturizing and softens the skin leaving a luminous glow, cocoa contains glycerides which deliver moisturizing lipids

Coffee Body Wrap-The wrap tones and even out skin texture, coffee wrap will also help to protect your skin from sun's damaging rays and leaving feeling smooth

Anti-Cellulite Body Wrap-It reduces cellulite in cellulite areas; fights puffiness from water retention and it detoxifies and tightens the skin

Cleopatra Body Wrap-It rejuvenates, tones and nourishes the skin and leaves the skin with a smoother touch

Clay Mud-It draws out impurities from the pores, it also helps in toning and firming the skin and in stimulating blood circulation

Honey Orange Body Wrap-It tightens the pores; it also helps to soothe, calm, heals and nourishes dry skin

BODY MASSAGES

Treatments	Duration	Price
Thai Traditional Massage (without oil)	60mins/90mins/2hrs	1150/1450/2000EGP
Thai Combination Massage (with oil)	60mins/90mins/2hrs	1300/1600/2200EGP
Shiatsu	60mins/90mins	1150/1450EGP
Aroma/soft Pressure	60mins/90mins	1000/1350EGP
Swedish/Medium Pressure	60mins/90mins	1000/1350EGP
Deep Tissue Massage	60mins/90mins	1000/1350EGP
Lomi Lomi Massage (Hawaiian style)	60mins/90mins	1000/1350EGP
Balinese Massage	60mins/90mins	1000/1350EGP
Hot Stone	60mins/90mins	1300/1600EGP
Herbal	60mins/90mins	1300/1600EGP
Lymphatic Drainage	60mins/90mins	1150/1400EGP
Back, Neck & Shoulder	30mins/60mins	750/1000EGP
Reflexology	30mins/60mins	750/1000EGP
Stella Signature	60mins	1100EGP
Anti-Cellulite	60mins	1200EGP
Pregnancy Massage	60mins	1000EGP
4 Hands Massage	60mins	2000EGP
Tired Legs Massage	60mins	1000EGP
Back Toxin	60mins	1200EGP
Face & Head Massage	30mins	800EGP





Face Treatments

Procedures	Duration	Price
Stella Facial	30mins	800EGP
Marine Breeze	60mins	1400EGP
White Lumination	80mins	1800EGP
Pioneering Your Youth	90mins	2200EGP

MASSAGES

Back, Neck & Shoulder: Targeted for the back, neck and shoulders, therapists tend to use light to medium touch.

Anti-Cellulite: Using targeted techniques, this massage helps the areas where cellulite most commonly appears.

Stella Signature: A soft body and face massage using Bulgarian organic rose oils to relax your body, mind and soul.

Pregnancy: A massage performed during pregnancy to reduce anxiety, relieve muscle aches and joint pain. This massage is not recommended during the first trimester of pregnancy.

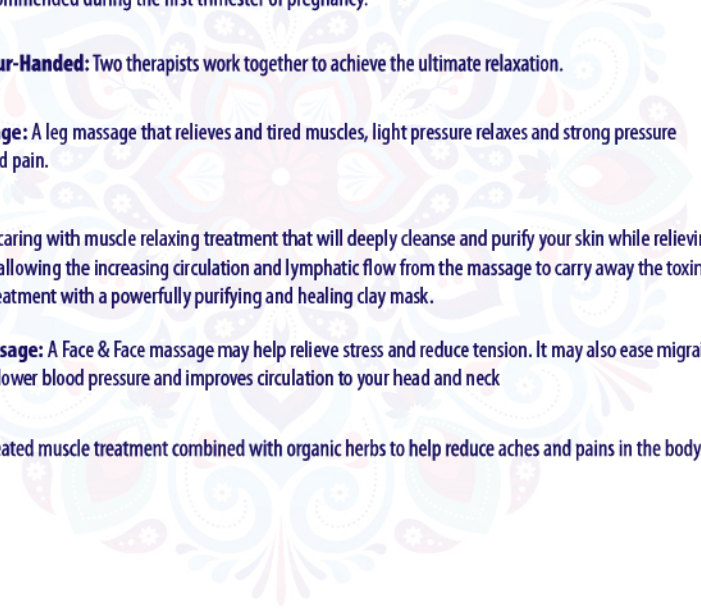
Synchronised Four-Handed: Two therapists work together to achieve the ultimate relaxation.

Tired Legs Massage: A leg massage that relieves tired muscles, light pressure relaxes and strong pressure reduces tension and pain.

Back Toxin: Back caring with muscle relaxing treatment that will deeply cleanse and purify your skin while relieving stress and tension allowing the increasing circulation and lymphatic flow from the massage to carry away the toxins we enhance the treatment with a powerfully purifying and healing clay mask.

Face & Head Massage: A Face & Face massage may help relieve stress and reduce tension. It may also ease migraine or headache pain, lower blood pressure and improves circulation to your head and neck

Herbal: A deep-heated muscle treatment combined with organic herbs to help reduce aches and pains in the body.



MASSAGES

Thai: This massage uses different techniques using the elbows, forearms, palms and feet. It also includes stretching to relax tightened muscles and increase flexibility.

Shiatsu: Derived from traditional Chinese medicine, this massage uses the fingers and palms to focus on pressure points on the body to promote energy flow and deep relaxation.

Aroma/soft Pressure: Magical feeling of Relaxation and well being

Swedish/Medium Pressure: A variety of techniques specifically designed to relax the muscles by applying pressure to them, and rubbing in the same direction as the flow of blood returning to the heart. The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles

Deep Tissue Massage: This is a perfect deep massage for every active people. Its main benefits: - helps to alleviate the stress and tension which builds up in the body's soft tissues during physical activity; drains away fatigue, relieve swelling and reduce muscle tension

Lomi Lomi Massage (Hawaiian style): Lomi-lomi/Hawaiian massage is known to help stop muscle spasms and strokes directed away from the heart release tension. There are also benefits for the lymphatic system; old negative partides stored in the body are released through long strokes that unblock energy flow and improve circulation.

Balinese: A traditional massage derived from Bali, using gentle stretching and aromatherapy to stimulate relaxation and blood circulation.

Hot Stone: Massage techniques combined with hot stones relieve muscle tension and improve blood circulation.

Lymphatic Drainage: Gentle pressure removes waste fluids from damaged areas, while detoxifying the body.

Reflexology: This massage involves the application of pressure to the feet, hands and ankles to release tension. It stimulates blood circulation and promotes serenity of the mind and body.



NAIL TREATMENT

Procedures	Price
French Manicure	150EGP
French Pedicure	200EGP
Paraffin Manicure	200EGP
Paraffin Pedicure	250EGP
Spa Manicure	250EGP
Spa Pedicure	250EGP
Classic Manicure	300EGP
Classic Pedicure	400EGP





HAIR

Treatments

Gentle man's Shaving	150EGP
Gentle man's cut	250EGP
Deep Conditioning	200EGP
Dry style	250EGP
Wash & blow Dry	250EGP
Hair mask	200EGP

Threading

Upper Lip & Chin	100EGP
Eyebrow	150EGP
Whole Face	250EGP

Waxing

Underarms	200EGP
Half Arms	200EGP
Full Arms	350EGP
Half legs	220EGP
Full Legs	400EGP
Bikini Line	300EGP
Full Bikini	700EGP
Back	650EGP
Chest	650EGP
Full Body	2500EGP

Price

Price

Price



Fitness & Wellness

Activities	Duration	Price
Personal Training	60 minutes	200EGP

