

## COMFORT ZONE AT SPA SANCTUARY

A complete menu of deluxe and express facials, body treatments and rituals, enhanced by proprietary massage techniques that maximize the efficacy and the pleasantness of our professional-grade clean formulas, rich in natural-origin and high-tech ingredients and free for animal derivatives, parabens and silicones. Our products are developed and made in Italy according to a rigorous, sustainable, clinically-tested approach to ensure the comfort of the skin and the protection of the environment.

## RITUALS

Combination face and body treatments tailored to you. Designed for ultimate indulgence and relaxation. Browse our full treatment menu and consult with your therapist to design the perfect combination!

### SHEER INDULGENCE

This blissful face and body treatment combines a relaxing 30 minute back massage and a bespoke 30 minute facial for an indulgent treat.

**£85** - 60 mins

### TOTAL SERENITY

Heavenly full body massage to melt away tension, plus your choice of an express facial to refresh and revitalise your skin.

**£125** - 90 mins

## FACIAL TREATMENTS

Using the Comfort Zone brand, a luxurious range of Italian made skincare products, our facial treatments are tailored to your individual skin needs.

### LONGEVITY FACIAL - AGE MANAGEMENT

The corrective efficacy of AHAs and a customized selection of boosters is enhanced by the synergy of Qigong and Rolling Roulage rejuvenating massage.

**£80 - 60 mins**

### JOY OF BEAUTY - REMEDY - SENSITIVE SKIN

Renewing, strengthening and soothing treatment, fragrance-free, recommended for skins which are sensitive, fragile and prone to redness. Smooths and restores the protective skin barrier through a delicate dermal affinity action.

**£80 - 60 mins**

### JOY OF BEAUTY - RECOVER TOUCH - DRY SKIN

A nourishing, multi-vitamin antioxidant treatment for face, neck and décolleté for a repairing and protective action.

**£80 - 60 mins**

### EXPRESS FACIAL

Active Pureness Express Facial- Oily, impure skin  
Hydramemory Express Facial- Dry, dehydrated skin

**£50 - 30 mins**





## BODY TREATMENTS

### FULL BODY MASSAGE

A moment of pure peace, this massage treatment will leave you feeling soothed & tranquil. A deeply relaxing therapy which aids circulation and releases tension using Swedish massage techniques. The perfect choice to restore a sense of calm.

**£80** - 60 mins

### HOT STONE FULL BODY MASSAGE

The soothing warm sensation of this luxury massage will melt away tension, relaxing muscles to the deepest level, using heated basalt stones.

**£85** - 60 mins

### AROMASOUL ELEMENTS MASSAGE

The remarkable and renowned therapeutic gifts of aromatherapy. Each treatment begins with a personalized selection from our unique collection of aromatherapy oils based on the ancient culture of the Orient, Arabia, India or the Mediterranean.

**£80** - 60 mins

### TRANQUILLITY - PRO- SLEEP MASSAGE

An innovative massage acting on three different sensorial pathways for profound relaxation, favouring sleep and helping to recover jetlag side-effects. The synergy of a unique blend of essential oils, the bespoke Tranquillity™ Sound, Ayurvedic and Indonesian Sea Malay manualities combined with the use of soft brushes, gently guide the way to achieving a quiet and peaceful mind and body state.

**£85** - 60 mins

### BAMBOO FULL BODY MASSAGE

Using bamboo cane to roll and knead the tissue for a deeper, firmer massage, elements of *shiatsu* and Thai massage are combined for a rejuvenating treatment.

**£80** - 60 mins



## BODY TREATMENTS

### NEW LIFE NEW MUM (12 WEEKS+)

A gentle elasticising, nurturing massage, perfect for during pregnancy as well as post- pregnancy. It reduces swelling, improves circulation and contributes to skin silkiness and tone.

**£80 - 60 mins**

### BACK, FACE & SCALP MASSAGE

A moment of pure peace, this massage will leave you feeling soothed & tranquil. A deeply relaxing therapy which aids circulation and releases tension using Swedish massage techniques. The perfect choice to restore a sense of calm.

**£ 65 - 45 mins**

### LYMPHATIC DRAINAGE

Lymphatic drainage massage boosts circulation, reduces swelling, and supports detoxification. Its gentle movements promote relaxation, improve sleep, and aid recovery after surgery or injury. Beneficial for conditions like lymphedema and fibromyalgia, it can also refresh skin by reducing puffiness, improving tone, and softening fine lines for a revitalised appearance.

**Full body £ 80 - 60 mins      Feet & Legs £45 - 30 mins**

### 30 MINUTE TREATMENTS

Bamboo Back Massage	<b>£50</b>	Hot Stone Back Massage	<b>£55</b>
Pregnancy Back Massage	<b>£50</b>	Scalp Massage	<b>£45</b>
Foot and Leg Massage	<b>£45</b>	Back, Neck & Shoulder Massage	<b>£50</b>

### SUPPLEMENTAL TREATMENTS

Add to your treatment for those extra few minutes of bliss!

15 Minute Scalp Massage	<b>£25</b>
15 Minute Foot Massage	<b>£25</b>

### SPA DAY PASS

Non-residents can avail of the full suite of Leisure facilities by purchasing a Day Pass. This includes use of the pool, sauna, steam room, jacuzzi and hot tub. Swim hats, robes, towels and slippers are also provided.

**£15**