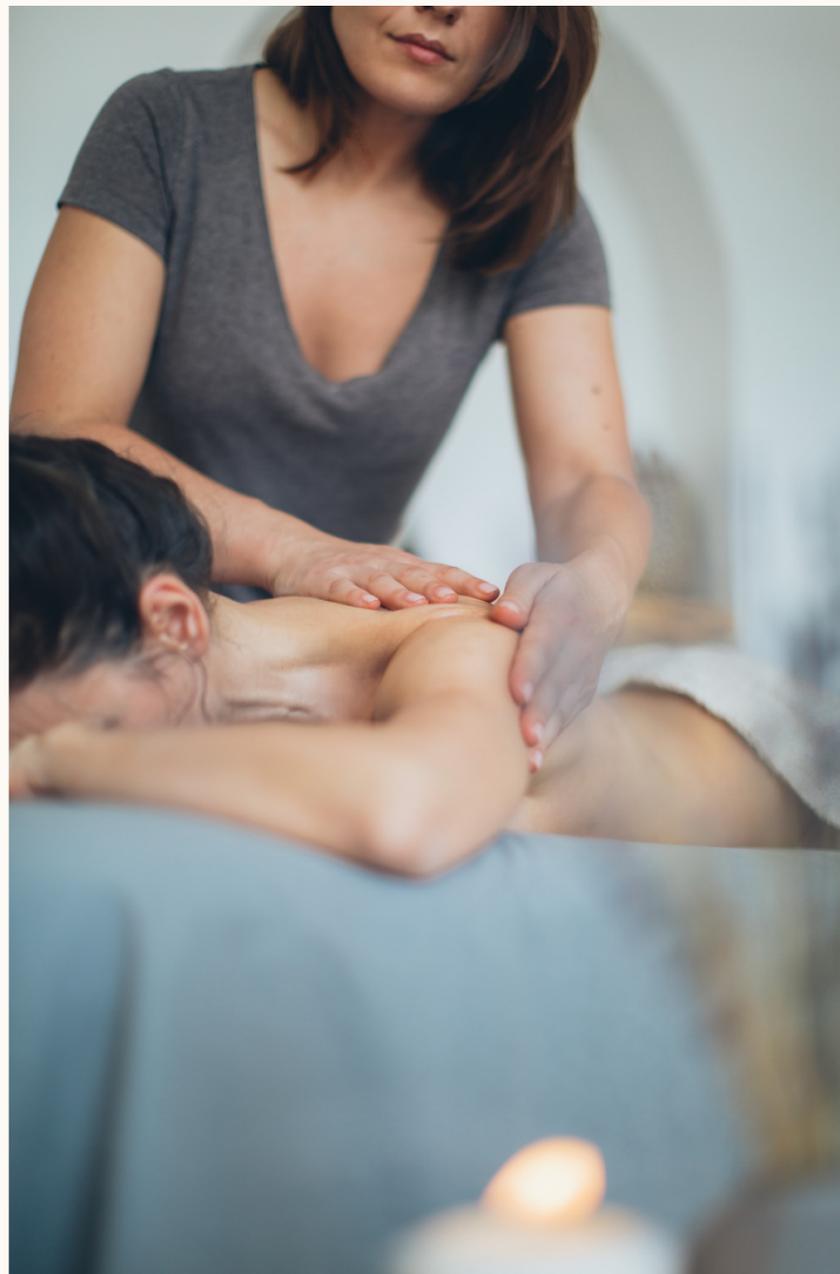


T H E  
SHANTI-SOM  
S P A

At Shanti-Som Day Spa, we believe true beauty and total well-being comes from deep within, an ancient eastern philosophy that is more relevant than ever today.

We have a sincere understanding and passion for wellness, and are committed to delivering all aspects of wellbeing with integrity and honesty. We provide inspiration for lifestyle change in a relaxed calming environment.



We provide a full course of sensory and holistic treatments to relieve physical and mental stress.

## Wellbeing Massages

Deep Tissue Massage (60min) €95

Focused to relieve specific stress and muscle tension.

Hot Stone Massage (60min) €95

An unique warm experience for relaxing tense muscles to make you feel re-energized.

Back & Shoulder Massage (30 min) €55

Ideal for those who have lots of tension on their back, shoulders and neck..

Mother to be Massage (60 min) €90

Only recommended after 13 weeks This specific massage designed for your pregnancy will help to improve your circulation, to drain your system and release the tension that creates the pregnancy.

Stress Relief Massage (60 min) €90

This massage will improve your circulation, relieve muscle tension, ease pain and stimulate healing.

## Wellbeing Massages

Ayurveda Massage (60 min) €95

This Indian massage helps to expels toxins and provide deep relaxation. Warm organic coconut oil will be applied on your body and will deeply hydrate your skin.

Body Drainage(60 min) €95

This is a rhythmical and deeply relaxing body massage, where the skin is methodically stretched towards directions of lymphatic flow treating fluid retention, toxins and cellulite.

Aromatherapy Massage (60 min) €95

Aromatherapy Massage uses a light pressure and essential aromatherapy oils to the body, which enhances the manipulation of the skin and tense muscle.

Foot Reflexology (30 min) €55

(60 min) €95

This therapeutic technic aims to create harmony in the body through applied pressure to the soles of your feet, those are considered as a mirror for the systems and functions of the body.

Oriental Hand or Foot Massage (30 min) €45

Relax with a complete exfoliation followed by a relaxing massage along the energy points of your hands / feet which will help to raise natural energy encouraging the release of tension.

### Body Treatments

Lemon & Ginger Body Scrub (30 min) €55

A Body Scrub is a great way to keep your skin healthy and beautiful through exfoliation. It removes the dead skin cells on the surface, revealing the softer, younger cells just below.

Seaweed Body Wrap (60 min) €70

Enriched with seaweed to reduce cellulite and fluid retention, eliminating toxins, leaving de body healthier.

LPG Endermatology €60

Anti-aging slimming technique, that use a pleasant and painless mechanical stimulation to boost fat release and natural collagen and elastin production.

Note- in order to see the benefits from this treatment we recommend 6-10 sessions.

## Facial Treatments

Hydradermie Facial (60 min) €70

The hydration programme restores radiance and gives a glowing complexion.

Hydradermie Plus (65 min) €90

This treatment use the galvanic current to hydrate and restore your skin deeply.

Aromatic Facial by Guinot (60 min) €75

For dull lifeless, oily or congested skin. The skin is deeply cleansed and treated with our aromatherapy essences.

Hydrapeeling by Guinot (60 min) €80

This treatment helps to regenerate your skin by applying an acid exfoliation.

Tres Homme Hydradermie (75 min) €80

Specifically formulated to male needs. Deep-pore cleansing, exfoliation, toning and vigorous facial.

Basic Facial with Extractions (75 min) €80

This treatment consists of a deep cleansing using the steamer and includes extraction of black heads and impurities.

Hydradermie Eye Lift (45 min) €70

To visibly rejuvenate the eyes, eyelids and crow's feet.

Age Summum Facial by Guinot (60 min) €90

This anti aging facial includes a deep exfoliation and treats your skin with Vitamin C and Hyaluronic Acid.

## Facial Treatments

Lymphatic Drainage Face/Scalp (30 min) €55

This is a rhythmical and deeply relaxing face massage, where the skin is methodically stretched towards directions of lymphatic flow.

Hydradermie Lift Lux Age (90 min) €115

This facial uses stimulating micro current to treat both skin and facial muscles for an immediate lifting effect.

## Beauty Treatments

Spa Manicure (45 min) €35

Your nails will be shaped and your cuticles tidied and hydrated. Nail varnish is applied if requested.

Spa Pedicure (60 min) €50

Transform your feet with our nail and cuticle care. Nail varnish is applied if requested.

### CND Shellac

Shellac product is cured using UV light that gives it great flexibility and durability. It also has an incredible shine that is only associated with gel nails.

Manicure & Shellac €50

Manicure & Removal & Shellac €60

Pedicure & Shellac €70

Pedicure & Removal & Shellac €85

## Waxing & Eye Treatments

Lip / Chin €8

Half Leg €20

Full Leg €40

Bikini €20

Arms €18

Back / Chest €25

Eyebrow Shape €10

Eyebrow Tint €15

Eyelash Tint €15

Brazilian €42



## Holistic Treatments

Reiki (60 min) €95

An ancient therapeutic method through the imposition of hands that has its own wisdom, which is guided to where it is most needed, helping you to improve the balance of being. Its healing effects and harmonizers let those who receive it immerse in a sense of peace.

Harmonyum Healing (60 min) €95

Harmonyum is the complete holistic, physical and emotional modality you have been waiting for.

Benefits:

- Erase negative thoughts and patterns
- Let go of stress and emotional baggage
- Find balance, restore health and harmony in mind body & spirit
- Improve health addressing immune system, depression, anxiety and more...

Soul Reading (60 min) €95

Connect with yourself on Soul level. Soul reading is a communication from your soul to you. Vicky provides Soul Reading to pass on the guidance and insights your Soul wants you to know so you can live your life with meaning, abundance and joy on all levels of your being.

# Holistic Treatments

## Conscious Nutrition (60 min) €95

You will receive information about what we should eat and what we should avoid, learn to follow a balanced diet full of life, acquiring good habits, know how to combine food properly for good digestion as proper absorption of nutrients, adequate bowel movement and continuous detoxification of the body, to avoid illness to keep a full and healthy lifestyle.

## Holistic Kinesiology (60 min) €95

A modern way of exercising kinesiology, where work with awareness and wholeness of people is integrated. A method of non-invasive and reliable assessment of the status of a person, at all levels (Biological, structural, emotional, energetic, etc.), delivers outstanding results.

## Conscious Nutrition & Holistic Kinesiology (120 min) €155

The perfect combination of therapies if you are looking for evaluating and improving your general health at every level, firstly the state of the person is evaluated through Holistic Kinesiology and observation of the patient's condition and then the evaluation and treatment are submitted as well as the necessary information on how to eat consciously!

# Spa Ritual Packages

## Absolute Mother to be Ritual €220 pp

- Welcome drink
- Sauna & Steam room
- Massage for Mother-To-Be (60 min)
- Rejuvenating Facial (60 min.)
- Herbal Tea in spa area

## Absolute Balance & Harmony €240 pp

- Welcome drink
- Sauna & Steam room
- Aromatherapy Massage (60 min.)
- Balancing Facial (60 min.)
- Herbal Tea in spa area

## Complete Spa Detox €260 pp

- Welcome drink
- Sauna & Steam room
- Body Scrub (30 min.)
- Seaweed Wrap (60 min.)
- Foot detox Spa (30 min.)
- Herbal Tea in spa area

## Time for Men €200 pp

- Welcome drink
- Sauna & Steam room
- Facial for men (60 min.)
- Relaxing Massage (60 min.)
- Herbal tea in spa area

## Spa Ritual €200 pp

- Welcome drink
- Sauna & Steam room
- Relaxing Massage (60 min.)
- Facial by Guinot (60 min.)
- Herbal tea in spa area

## Inner Peace €200 pp

- Welcome drink
- Sauna & Steam room
- Aromatherapy Massage (60 min.)
- Aromatic Facial by Guinot (60 min.)
- Herbal tea in spa area

## Half Day Retreat €150 pp

- Welcome drink
- One class either Yoga, Pilates or Personal Training session \*
- Relaxing massage (60 min)
- Herbal tea in spa area
- Delicious healthy lunch
- Use of hotel facilities including sauna, steam room and outdoor swimming pool

## Full Day Retreat €250 pp

- Welcome drink
- One class either Yoga, Pilates or Personal Training \*
- Relaxing massage (60 min.)
- Facial treatment (60 min)
- Delicious healthy lunch
- Herbal tea in the spa area
- Use of hotel facilities including sauna, steam room and outdoor pool

\* NOTE- Surcharge applies to Yoga, Pilates and Personal Training sessions