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## Where time stands still...

Our Spa name, Hébe, is inspired by the Greek goddess of youth of the same name. Hébe was the only daughter of 3 children born to Zeus and Hera, and known as the cup-bearer of ambrosia, the divine nectar which claimed to bring the gods eternal youth. As portrayed in our logo design, Hébe also means “Flower of Youth” and is a rare, yet versatile, flowering evergreen shrub. The Hébe wild flower can be found in a stunning collection of bright foliage varieties: pink, purple, silver and white; it is a firm favourite with butterflies, themselves a symbol of beauty and renewal!

The 1,050sq m award winning Hébe Spa boasts six treatment rooms, Jacuzzi, plunge pool, sauna, steam room, tennis and squash courts, fully equipped gym, and an aerobics studio with regularly scheduled fitness and yoga classes. Guests can relax in the Temple Lounge after treatments, furnished with low beds and mountains of pillows.

A cocoon seating area is enclosed by white drapes for discreet consultations before therapies commence. The main hall, which houses the spa reception and retail area, is dominated by a heated indoor swimming pool(in winter months), which flows into the outdoor lagoon-style infinity pool.

Last, but not least, the finest selection of treatments from the world’s best known Spa brand will suit everyone’s needs.

## Enjoy the journey!



## Hébe Spa Signature Treatments

The island of Cyprus is famous for being the birthplace of the mythological goddess of love Aphrodite who, legend says, emerged from the seas close to Pissouri Bay. The island is also known for its genuine hospitality as well as its warm sunshine, which contributes to its reputation of being 'The Garden of the Mediterranean'. This small country boasts soil so rich that it's high quality products are exported worldwide. Citrus fruits such as grapefruit, limes, lemons and oranges grow in abundance across Cyprus along with grapes, olives, aromatic herbs and so much more.

We have selected the island's finest natural ingredients and used them to create new, indulgent spa treatments to rejuvenate and renew, all unique to **Hébe Spa**.

### Hébe Ritual 70min - €110

From the tips of your toes to the crown of your head, this treatment is much more than just a massage. Relax while your feet are bathed in warm suds of natural aromatic soap, followed by a full body massage using a blend of pure essential oils. Feel reborn and renewed like the Goddess of youth herself, Hébe.

### Amphitrite Sea Holistic Journey 90min - €155

This unique treatment focuses on well-being, working out physical tension while freeing the mind of negative emotions. Using a toning body scrub, which gently exfoliates the skin, the journey continues with Thai-inspired massage techniques, using boluses filled with pure lavender flowers for total relaxation of mind, and natural sea salt for cleansing of the body. The Ritual finishes with a booster facial customised to your personal needs to reveal a brighter and healthier complexion. This is a true delight for the skin and the senses, from the Goddess of the sea, Amphitrite.

### Frangipani Total Wellbeing 90min - €150

Experience the power of ELEMIS Exotic therapy. Revive your senses and invigorate your body: the sublime Exotic Frangipani Salt Glow exfoliator, infused with skin-enriching Frangipani Monoï body oil, will leave your skin feeling silky smooth. After light brushing, warm oil is drizzled over the body, followed by a luxurious sole to crown massage, tending to your wellbeing. Deeply relaxing for both body and mind, the skin is moreover cleansed, and you will depart with a whole new glow.

### ELEMIS Signature Hawaiian Wave Four Hands Massage 75min - €220

From Hawaii, the traditional Lomi Lomi massage movements sweep the length of the body like a synchronised dance. Working in tandem the lead therapist is known as the "Mother" who sets the pace whilst the second therapists acts as a "Mirror" of the Mother. Using the ELEMIS Exotic Frangipani Monoï Oil from the Polynesian Islands, the experience of having two therapists working at the same time is the closest that you could imagine to such a mystical experience of the sublime. Four expert hands working at the same time, complementing and following each other to caress and comfort the body's energy flow, resulting in the ultimate experience of the power of touch.

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### Ambrosia Milk and Honey Body Bliss 75min - €130

The food of the gods, ancient Greek mythology teaches that ambrosia conferred longevity and immortality upon all who consumed it. And, indeed, the grace of the gods need not be evasive, for ambrosia is believed to have been a kind of honey, the latter still revered today for its healing properties. Containing magnesium, potassium, calcium, and iron, honey is a vital agent in the invigoration of blood circulation, helping to rid the body of toxins, and thus the elimination of cellulite. Combining a back of body massage enriched with the application of a milk-based lotion, and a firming facial amplified with the help of honey, guests will feel revitalised and refreshed: bliss incarnate.

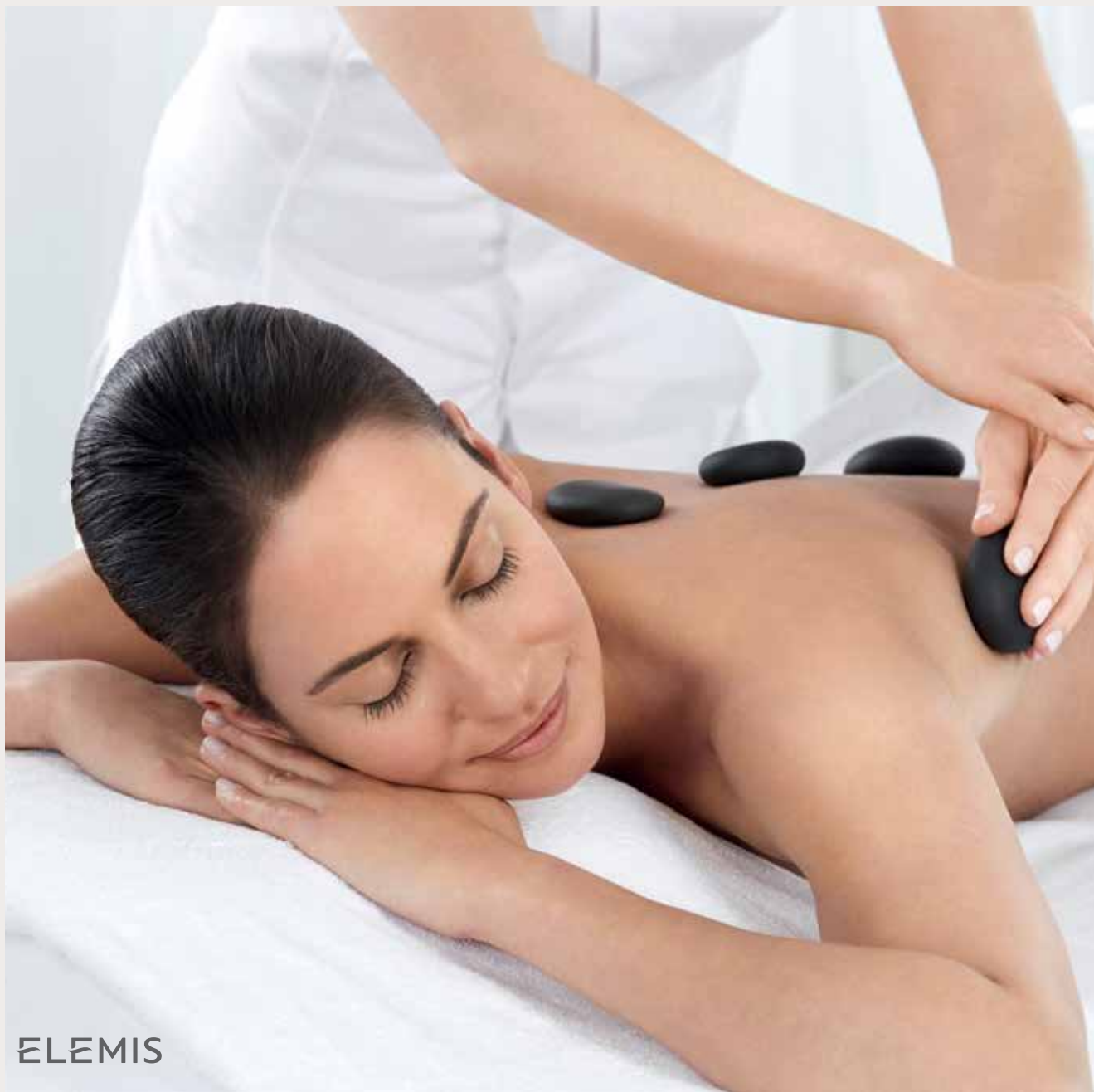
•Guests of Hébe Spa may avail themselves of our exclusive 30 minute anti-cellulite honey massage. €70

### Helios Healing Skin Treatment 75min - €120

Beneath the sun's silky – sometime prickly – rays, our skin is starved of hydration and nourishment: it is no match for the sun's – Helios' – strength. With Cyprus enjoying near to year-round sunshine, respecting and protecting your skin is invaluable in ensuring a safe stay on the island. And so it is that we have devised – especially for our Hébe Spa guests – the Helios Healing Skin Treatment. Ideal for sunburnt skin, our treatment begins with a soft body exfoliation, with guests afforded a choice of natural scrubs. Guests are then treated to a gentle aloe vera wrap, during which they may enjoy a soothing facial massage. Aloe vera is famed the world over for its ability to hydrate and nourish the skin, accelerating tissue regeneration. To ensure the full force of the aloe vera is effected, a cooling bamboo massage – using hollowed bamboo as a massage tool – will help to penetrate the aloe vera deeply into the skin, ensuring that our guests depart haloed with rejuvenation: a metamorphosis of body and soul.

### ELEMIS Couture Touch Face and Body Sensation 115min - €190

Condition your skin and muscles with this all-embracing experience. Combine any ELEMIS hands-on touch facial with your personalised Freestyle Deep Tissue Massage.



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## ELEMIS Spa Massages

### ELEMIS Freestyle Deep Tissue Massage 55/90min - €100/€140

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Choose from:

**Stress-a-Way:** Wind down and release the tension of the day.

**Spirit Reviver:** A powerful surge to invigorate and recharge.

**Muscle Melt:** Relax and re-energise a tired and aching body.

**Chakra Balancing:** Reconnect your mind, body and soul.

### ELEMIS Deeper Than Deep Hot Stone Massage 60/90min - €120/€150

Balinese stones bathed in the ELEMIS Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

### ELEMIS Garden of England Rose Restore Relaxing Massage 60/90min - €100/€140

Take a walk in an English rose garden with this lavishly hydrating massage. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

### ELEMIS Hot Mineral Body Boost Energising Massage 75min - €130

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

### ELEMIS Peaceful Pregnancy Massage 75min - €130

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. An intuitive, sensitive and relaxing massage that hydrates and moisturises the skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted - along with wisdom, empathy and respect.



## Hébe Spa Massages

### Swedish Full Body Massage 55min - €95

A medium to stronger pressure massage, tailored to individual needs. Helps to ease aches and pains and leave you totally relaxed.

### Swedish Back Massage 25min - €60

A medium to stronger pressure massage for the back, neck and shoulders, tailored to individual preference.

### Aromatherapy Massage 70min - €120

A holistic massage for complete relaxation, using quality pre-blended essential oils to suit individual needs. Also available as a couple's treatment.

### Reflexology 40min - €80

Using ancient Chinese techniques, reflexology works on the principle that all our organs are represented in the feet. By working on these points, our therapist can help to rebalance and obtain harmony for body and mind.

### Royal Thai Oil Massage 75min - €145

Inspired by traditional Thai massage, the Royal Thai Oil Massage utilises rhythmic movements in keeping with Eastern and Ayurvedic traditions to engender muscular and mental relaxation. A blend of essential oils are warmed and, combined with stretching, pressure points, and acupuncture, used to alleviate pain, invigorating the body's energy levels. Thai massage is revered for its use of passive stretching techniques in actively rejuvenating the body. Pressure is applied along the meridian lines to stimulate movement of energy in the body, resulting in long lasting effects, improving flexibility, reducing tension, and, overall, perfectly balancing the body's energy system.



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### Sports Massage 55min - €120

This massage is especially beneficial if you are suffering from aches, pains and stiffness. A full body deep tissue massage to ease tense muscles.

### Indian Head Massage 40min - €70

A deeply relaxing scalp, neck and shoulder massage which provides relief from aches and pains, promotes a healthy scalp, and hair, and helps induce relaxation and a feeling of well-being. Especially beneficial for tension, headaches and eyestrain.

### Anti-Cellulite Firming Massage 25min - €65

A massage for problematic areas, which loosens fatty tissue under the skin and visibly smoothes out the skin's surface, with lymphatic drainage helping to prevent water retention. The result is visibly firmer, smoother skin.

### Relaxing Stone Massage 55min - €110

A hot stone massage, using a combination of warmed stones and massage techniques to relax tense muscles, relieve pain, stiffness, and improve circulation.

### Thai Peace and Vitality Massage 75min - €130

With roots stretching back some 2,500 years, Thai massage was originally developed and practised by Buddhist monks in antiquity. Today, we bring it to Hébe Spa, in a bid to help restore our guests' vitality. A dedicated Thai mattress awaits you, where you will receive special Thai loungewear to ensure maximum comfort during the massage. Ancient healing techniques – making use of compression to release tension across the body – are utilised, with our masseurs working on the body's energy lines to release blockages, open the chakras, and enhance flexibility and vitality: peaceful; perfection.





### ELEMIS Sensitive Skin Soother 60min - €100

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protects against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

### ELEMIS Anti-Blemish Mattify and Calm 60min - €100

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

## ELEMIS HANDS-ON FACIALS

### ANTI -AGING

All facials may be performed, upon request, with steam and extraction of impurities, for the additional time of 25min and a charge of €20

### ELEMIS Pro-Collagen Age Defy 60min - €120

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

### ELEMIS Pro-Definition Lift and Contour 60min - €120

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

### ELEMIS Dynamic Resurfacing Precision Peel 60min - €110

Clinically proven\* to target the signs of aging and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

### ELEMIS Superfood Pro-Radiance 60min - €110

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, more radiant and alight with good health.

### ELEMIS White Brightening Pigment Perfector 60min - €110

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

\*Independent Clinical Trials



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## ELEMIS TECHNOLOGY FACIALS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

### ANTI-AGING

#### ELEMIS BIOTEC Line Eraser 60min - €150

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven\* facial treatment that effectively irons out wrinkles and fills out lines.

#### ELEMIS BIOTEC Firm-a-Lift 60min - €150

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

#### ELEMIS BIOTEC Anti-Pigment Brightener 60min - €130

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

#### ELEMIS BIOTEC Skin Resurfacer 60min - €130

This revolutionary clinically proven\* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

\*Independent Clinical Trials.



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## ELEMIS TECHNOLOGY: SKIN SOLUTIONS

### ELEMIS BIOTEC Radiance Renew 60min - €120

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

### ELEMIS BIOTEC Blemish Control 60min - €120

A deep cleansing facial that detoxifies and repairs damaged tissue.

Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

### ELEMIS BIOTEC Sensitive Skin Soother 60min - €120

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

## ELEMIS BIOTEC ADD-ON TREATMENTS

### ELEMIS BIOTEC Eye Treatment 25min - €65

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

### ELEMIS BIOTEC Neck Treatment 25min - €65

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.



## MEN'S TREATMENT MENU

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

### MEN: HANDS ON

#### ELEMIS High Performance Skin Energiser 60min - €120

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

### MEN: TECHNOLOGY

#### ELEMIS BIOTEC Super-Charger for Men 60min - €130

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.



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## ELEMIS Body Therapy

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

### Detox and Re-Shape

#### ELEMIS Cellutox Aroma Spa Ocean Wrap 70min - €110

A deeply detoxifying blend to decongest and stimulate the system. Forget your troubles whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

#### ELEMIS Thousand Flower Detox Wrap 60min - €110

Enriched by Somerset soil, packed with tree, flower and grass rich nutrients, this treatment provides super skin-health and powerful detoxification, helping to stimulate the elimination process and restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins and Omegas – the superfoods of the skin – is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders.

#### ELEMIS Targeted Toning Tightener 60/90min - €110/ €150

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips and thighs, abdomen and backs of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment. Choose a localised treatment for 60 minutes on one of the areas of concern (hips and thighs, abdomen or back of arms).

\*Independent Clinical Trials.



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## Exotic Scrubs and Wraps

### ELEMIS Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani 60min - €100

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

### ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani 30min - €70

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

## Muscle Release and De-Stress

### ELEMIS Musclease Aroma Spa Ocean Wrap 70min - €110

A powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of essential oils, this specialised treatment helps ease aching, tense muscles.



## Weddings

### Bridal Essentials - €400

Bridal make-up (one trial included)

Bridal Hair (trial with two hairstyles included)

French Re-Shape and Polish

### Here Comes the Bride 3h 15min €275

ELEMIS Garden of England Rose Restore Relaxing Massage '60

ELEMIS Superfood Pro-radiance Facial

ELEMIS Best Foot Forward Pedicure

### Here Comes the Groom 3h €255

ELEMIS Freestyle Deep Tissue Massage '55

ELEMIS High Performance Skin Energiser

ELEMIS Garden of England Rose Restore Hand Treatment

### Just The Two of Us 1h 40min €320

Aromatherapy Couples Massage

Express Facial

### Hen Day

We'll help you create your own hen Spa party package tailored purely to suit the bride and her party giving you the perfect fit to give you the most fun.

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## Packages

An individual Spa package may be created to suit your personal taste and requirement. Simply ask for a free consultation with one of our expert therapists who can recommend a package, or choose from one of our existing packages here below...

### Goddess Retreat 2h 40min €275

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani  
Aromatherapy Massage  
Choice of ELEMIS Hands-on Facial

### Hébe Rebirth 4h €310

Hébe Ritual Signature Treatment  
ELEMIS Pro-Collagen Age Defy  
ELEMIS Best Foot Forward Pedicure  
Hair Blow Dry

### Peaceful Pregnancy 3h 15min €275

ELEMIS Peaceful Pregnancy Massage  
ELEMIS Superfood Pro-Radiance Facial  
ELEMIS Garden of England Rose Restore Manicure

### Mediterranean Cleanse 3 days €450

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani  
Reflexology  
ELEMIS Targeted Toning Tightener '60  
Anti-Cellulite Firming Massage  
ELEMIS Thousand Flower Detox Wrap  
ELEMIS Freestyle Deep Tissue Massage '55

### Ultimate Relaxation 5 days €625

Frangipani Total Wellbeing  
Indian Head Massage  
Thai Peace and Vitality Massage  
ELEMIS Cellutox Aroma Spa Ocean Wrap  
ELEMIS BIOTEC Facial of your choice  
2 x Private Yoga Sessions





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## Hands and Feet

### ELEMIS Garden of England Rose Restore Manicure 60min - €65

This is the last word in conditioning, restorative, anti-aging hand treatments. Targets age spots and dryness. Includes a complete manicure.

### ELEMIS Best Foot Forward Pedicure 75min - €85

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth. Includes a complete pedicure.

### Therapeutic Pedicure (no varnish) 60min - €70

This therapeutic pedicure treats the common signs of wear and tear and leaves your feet feeling amazing. The intensive therapy will remove hard skin, soothe, heal, and protect your feet.

Nail varnish 15min - €15

### Gel Polish Manicure 45min - €50

Beautiful nails with 100% pure gel that is odourless and solvent free. It protects and coats the natural nail with long lasting colour and high gloss shine. The natural choice for the perfect gel manicure or pedicure

Soak off gel polish removal 15min - €10

French nail coating at an additional - €5



## Waxing & Tinting

- Eyelash and Brow Tint 25min - €25
- Eye Brow Tint 10min - €15
- Eyebrow Shape 10min - €12
- Upper Lip Wax 10min - €12
- Full Leg Wax 40min - €45
- Half Leg Wax 25min - €30
- Full Arm Wax 25min - €40
- Half Arm Wax 10min - €25
- Under Arm Wax 10min - €18
- Bikini Line Wax 10min - €18
- Full Bikini Wax 25min - €30

## Other

- Daily Make-up 40min - €50
- Evening Make-up 55min - €70
- Bridal Make-up (one trial included) 55min - €200
- Tennis Lesson 60min - €60
- Private Yoga Session 75min - €80
- Personal Training session 60min - €50

## Activities

Hèbe Spa runs a timetable of exercise classes for guests, from Monday to Friday, including Pilates, Yoga and Stretching as well as fitness sessions. There are two squash courts in the spa and two flood-lit tennis courts on site - all can be booked and equipment can be hired. We can also arrange private tuition from our expert fitness instructor. Please enquire at the spa reception for more information.

# Spa Etiquette

## General

Please arrive 15 minutes prior to your treatment, when you will be requested to complete a health and lifestyle questionnaire. Time loss through late arrival may result in shortened treatments without a refund.

We kindly request that guests do not wear jewellery when using the Spa. For safety reasons, valuables must be deposited in the room safe. Hébe Spa is not responsible for loss or damage to guests' personal belongings.

Persons under the age of 16 are not allowed in the Gym, or Jacuzzi area and may not book a treatment. Children's swimming time in the indoor pool is from 9:00 a.m. to 1:00 p.m. in the summer and 9:00 a.m. to 2:00 p.m. in the winter. Children must be accompanied by parents at all times.

For in-house guests, we recommend wearing the robe and slippers provided in your guest suite. Alternatively, we can provide you with a robe and slippers at our Spa. During some Spa treatments you will be provided with a disposable undergarment by our therapist and you will be draped appropriately at all times. Kindly note, swimwear is compulsory while using any public areas of the Spa.

## Taking a Treatment

It is highly recommended to book your appointments well in advance. To avoid any disappointment, either phone our Spa reception on extension 765 from your suite or 25 833765 or visit Hébe Spa personally.

All our therapists are trained to ensure your privacy and comfort at all times.

During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.

For best results we recommend that men shave a few hours prior if having a facial treatment. We also recommend that ladies remove all make-up before any Spa treatments.

If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement. There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet, they will be too.

## Cancellation Policy

Please note that a 50% cancellation fee will apply should you cancel your appointment less than 12 hours prior to the scheduled time or should you not show up for the appointment.

## Spa Environment

To preserve Hébe Spa's tranquil environment, we respectfully request that you leave your mobile phones switched off in your locker. This is the time for your body and mind to release worries and stresses of the day. Please remember Hébe Spa is a non smoking area. Please conduct all conversations at levels consistent with a relaxing Spa environment.

## Sauna and Steam room

Kindly shower before using the sauna, steam room or swimming pool.

A towel should always be placed on the sauna bench when sitting, due to being a common area. Please do not add oils or other products to the sauna bucket without first speaking to a member of staff.

## Gym and Fitness areas

Please place a towel provided between you and the fitness equipment when exercising and wipe down after use. Use of all gym equipment is purely at the individual's own responsibility and risk. Squash and tennis courts are by appointment and subject to availability.

Appropriate fitness attire is required at all times.

## Hébe Spa Gift Vouchers

Gift vouchers are available upon request. Our team members will be happy to advise you.

If you already have a gift voucher, please remember to bring it with you on the day of use, to hand to Spa reception.

## Hébe Spa Membership

A variety of options are available. Please contact Spa Reception for more details.

## Spa Hours

Daily from 9:00 a.m. to 8:00 p.m.

All facilities are subject to availability.



SMALL  
LUXURY  
HOTELS  
OF THE WORLD™

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