



A woman with dark hair is lying on her back on a massage table, covered with a white towel. A therapist's hands are visible, performing a massage on her back. The woman has her eyes closed and a relaxed expression. The background is softly blurred, showing a bright, airy spa environment with white linens and a hint of greenery.

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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 - €125

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 - €165

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 - €165

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 Monoi 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 Monoi 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 Exotic Frangipani. 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.

### ELEMIS Couture Touch Face and Body Sensation 115min - €210

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





### ELEMIS BIOTEC ULTIMATE HIGH-TECH FACIAL 90min - €200

This treatment makes use of 4 bio-electric technologies, the ELEMIS facial and Eye massage, the ELEMIS Neck & Decollate Massage and 2 ELEMIS professional masks. This is the ultimate effect of Anti-Ageing, Rejuvenation to bring back to life dull and life-less skin. To round up your well-being experience you will also be treated to a Head & Scalp or a Hand & Arm Massage. This is a True Masterpiece of a Facial with a powerhouse of Active Ingredients and the Most Advanced technologies available on the beauty market today.



### ELEMIS Frangipani Head & Scalp Massage with Back Massage 60min- €110

This scalp Massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. Added bonus the amazing Frangipani Monoi Head & Scalp Mask.

\*This treatment includes a 20min Relaxing Back Massage.

## ELEMIS Spa Massages

### ELEMIS Deeper Than Deep Hot Stone Massage 60/90min - €130/€160

Balinese stones bathed in 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 Freestyle Deep Tissue Massage 55/90min - €115/€160

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 Garden of England Rose Restore Relaxing Massage 60/90min - €110/€150

Take a walk in an English garden with this lavishly hydrating body massage. The unique Life Elixirs Essences that have been designed to be used in this extremely relaxing massage, will bring everything back to the potency of modern aromatics. Each Essence has been designed for a different mood, enabling this massage to be tailored to your needs. You may choose one of the following Life Elixir Essences:

**Calm:** a soothing blend, helps you to find your inner peace.

**Clarity:** an uplifting blend, helps you to invigorate your sense of self

**Fortitude:** an empowering blend, makes you feel grounded and strong to the core

**Embrace:** a serene blend, to ignite your senses

**Sleep:** a deeply relaxing blend, to let your mind and body restore itself

### ELEMIS Peaceful Pregnancy Massage 75min - €135

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 - €110

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 - €65

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

### Aromatherapy Massage 70min - €130

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 - €90

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 your body and mind.

### Indian Head Massage 40min - €80

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.

### Relaxing Stone Massage 55min - €120

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



### Anti-Cellulite Firming Massage 25min - €70

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.

### Sports Massage 55min - €130

This massage is especially beneficial if you are suffering from aches, pains and stiffness.

A full body deep tissue massage to ease tense muscles.

### Royal Thai Oil Massage 75min - €155

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, and acupressure, 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.

### Thai Peace and Vitality Massage 75min - €145

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 PRO-GLOW HANDS-ON FACIALS

### Pro-Glow Genius Facial 75mins - €180

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by the ELEMIS ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

### Pro-Glow Smooth 50mins - €130

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

### Pro-Glow Resurface 50mins - €130

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

### Pro-Glow Workout Facial 55mins - €130

This is a cardio session for your face, that tones, tightens and sculpts the facial contour. This is a workout for your face, and not just a facial; Using the ELEMIS Sculpting wands we help encourage micro-circulation all over the face and at the same time help penetrate the ELEMIS active ingredients to the deeper levels of the epidermis. The Ultra Smart Eye Tools target puffiness and dark circles around the eye contour area and then we perform the ELEMIS Jowl & Chin Signature Massage that helps firm and tighten the area around the chin, after we've applied the Jowl & Chin mask, that is infused with plant stem cells to help your skin's cellular matrix produce elastin for a firmed and lifted effect.

### Pro-Glow Brilliance 50mins - €110

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

### Pro-Glow Renewal Facial 50mins - €110

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced. rested glow. LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results and an illuminated, wide-awake feel.

### Pro-Glow Ultra-Smart Anti-Ageing Eye Treatment 50mins - €115

A uniquely engineered treatment that cleverly mimics the resilient behavior of younger skin. This Eye Treatment will help brighten and smooth deep-set lines, targets loss of elasticity and helps reduce the appearance of puffiness, for a lifted look. Using the ELEMIS Smart Eye Tool, we apply gentle pressure to encourage micro-circulation, de-puff and create the perfect anti-aging solution for eyes.



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## ELEMIS PRO-GLOW + TECH FACIALS

### Pro-Glow Genius Facial+, the Ultimate Age-Defying Experience 75mins - €190

Harnessing the powerful benefits of all 5 ELEMIS BIOTEC 1.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration. Powerful resurfacing technology smooths visible dryness and fine lines, transforming the skin's texture, with the ELEMIS clinically proven formulas minimising uneven tone, pigmentation, and enlarged pores. Skin-fitness and firmness are improved, reducing the appearance of fine lines and deeper wrinkles with highly effective microcurrent technology, whilst Oxygen therapy and Pro-Sculpt Facial Method deliver a visibly lifted skin-defining appearance. The recharging power of multi-dimensional light therapy and a supercharged air massage breathe life into the skin. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

Supercharged with ELEMIS BIOTEC 1.0 Ultrasonic, Microcurrent, Galvanic, Light Therapy & O2 Infusion.

### Pro-Glow Resurface+, Reveal Stunningly Smooth Skin 50mins - €130

With a spotlight on minimising pore size and blemishes, this revolutionary facial powered by patented Tri-Enzyme technology transforms the skin's texture whilst minimising the look of uneven tone, fine lines, and pigmentation. Supercharged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt, and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Clinically proven formulas accelerate skin's cell turnover to improve clarity, revealing more flawless, luminous skin. Optimal skin wellbeing is boosted by hydration and our multi-dimensional light therapy, known to soften the appearance of pigmentation and rejuvenate the skin. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear. Supercharged with ELEMIS BIOTEC 1.0: Ultrasonic, LED Light Therapy & Galvanic.



### Pro-Glow Smooth+, the Ultimate HIIT Workout for your Skin 50mins - €135

Improve skin fitness and firmness whilst significantly reducing the appearance of expression lines and wrinkles. Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful-looking skin. Clinically proven formulas and signature skin-lifting massage techniques re-energize and plump, whilst a supercharged air massage breathes life into the skin. Skin will appear more vibrant, with an improved feeling of firmness and elasticity.

Supercharged with ELEMIS' BIOTEC 1.0: Ultrasonic, Microcurrent & O2 Infusion.

### Pro-Glow Brilliance+, your Recipe for Radiance 50mins - €120

Awaken dull, lackluster skin with this brilliance-boosting facial; a glow-getting, nutrient-rich treatment serving you a daily boost of skin wellness. Experience our ultrasonic peel technology and brightening enzymes to deeply cleanse and remove visible pollutants, makeup, and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a supercharged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing.

Supercharged with ELEMIS BIOTEC 1.0: Ultrasonic, O2 Infusion & Galvanic.

### Pro-Glow Renewal+, for a Healthy, Gorgeous Glow 50mins - €135

ELEMIS' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. Highly effective resurfacing technology with super-hydrating, skin-kind formulas, and nutrient-rich Superfoods nourish and protect the skin, whilst helping the skin's microflora to maintain a healthy balance.

After just one treatment, skin looks visibly refreshed and rebalanced.

Supercharged with ELEMIS' BIOTEC 1.0: Ultrasonic Resurfacing.



## 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.

### FACE TECHNOLOGY

Pro-Glow+ Men's Facial 60mins/90mins - €130/€180

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution.

### FACE TOUCH

Pro-Glow Renewal 60mins - €110

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration, whilst steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax. Finally the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalised skin for a vibrant and energised result.





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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 - €120

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 30/90min - €70/ €160

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 30 minutes on one of the areas of concern (hips and thighs, abdomen or back of arms).

\*Independent Clinical Trials.



## Exotic Scrubs and Wraps

### ELEMIS Frangipani Body Nectar Nourishing Wrap 60min - €110

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 - €120

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.



## Valmont Body Treatments

The Swiss anti-aging expertise, in the Body Time Control program. A combination of nurturing rose oil with high-tech Silicium D2 and caffeine, allows pleasurable detoxing and slimming treatments, whilst taking care of mature skins.

### Purity of Bisses - body exfoliation 45min - €90

Indulge in the perfect body exfoliation, with respect of mature and dry skins, based on a rose oil full of fatty acids, for a maximum hydrating effect. Enjoy the delightful perfume of Fresh Dew Cleanser and Onctuous Lotion at the end of the session.

### Peaks of Slimness - full body massage 60min - €150

A one-hour body sculpting massage, with anti-cellulite, anti-orange-peel, draining and firming action thanks to a mix of gentle movements respecting mature skins and specific original palper-rouler motions... The perfect balance between slimming and relaxation, it includes the application of "Fit & Tone" duo, the slimming serum D-Solution Booster and firming cream, C-Curve Shaper.

## Valmont Facials

Result-driven Valmont facials eliminate toxins and revive blood circulation while high-tech ingredients, combined with the natural resources of Switzerland, achieve spectacular anti-aging results! The skin's glow is restored, wrinkles are eliminated, and skin is firmer and intensely hydrated.

### Hydration Ritual - Source of Bisses

Complete 60min - €150 - Intensive 90min - €200

A must for after - sun exposure. This corrective hydrating facial combines a lymphatic face massage with the most advanced active principles, like hyaluronic acid and plant extracts from the Alps. Skin is soothed and calmed and regains its radiance.

### Energy Ritual - Vitality of the Glaciers

Complete 60min - €150 - Intensive 90min - €200

A Biological Lift and Deep Hydration face treatment, with spectacular results based on the Swiss tradition in Cellular Rejuvenation. A patented pure native collagen mask is used along with a specific massage technique for the face, smoothing fine lines, restoring tone, glow and suppleness.

### Lines and Volumes Ritual - Summits of the Cervin

Complete 60min - €150 - Intensive 90min - €200

In this resolutely lifting and firming treatment, Valmont shows its technical expertise with a tribute to one of the highest peak of the Swiss Alps, with the new Anti-Wrinkle Factor range of products.

### Reflection of the Frozen Lake - Eye Collagen Lift treatment 60min - €120

Thanks to a specific collagen eye mask and the application of the ANTI-WRINKLE Eye cream, this treatment aims to eliminate dark circles, puffiness, fine lines and wrinkles. An excellent combination of drainage, acupuncture, and firming massage. For men and women.

### L'Elixir des Glaciers Majestic treatment 90min - €250

This facial represents the ultimate refinement in skin care. It is an intensely nourishing, sculpting and rejuvenating treatment based on core Valmont ingredients allied to the quintessence of beehive products. It includes a lifting and anti-wrinkle massage, the Japanese Ko-Bi-Do.



## 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 05min €275

ELEMIS Garden of England Rose Restore Relaxing Massage '60

ELEMIS Pro-Glow Brilliance Facial

ELEMIS Best Foot Forward Pedicure

### Here Comes the Groom 3h €265

ELEMIS Freestyle Deep Tissue Massage '55

ELEMIS Pro-Glow Men's Facial

ELEMIS Garden of England Rose Restore Hand Treatment

### Just The Two of Us 1h 40min €340

Aromatherapy Couples Massage

Express Facial

### Hen Day

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





### VALMONT Discovery €395

Purity of Bisses – body exfoliation '45

Peaks of Slimness – full body massage '60

Vitality of the Glaciers facial '90

### Body Perfect with VALMONT 5 days €755

10 x 30minute personal training sessions

Purity of Bisses – body exfoliation '45

3 x Peaks of Slimness – full body massage '60

Summits of the Cervin – lifting & sculpting facial '60

## 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 €285

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani

Aromatherapy Massage

Choice of ELEMIS Hands-on Facial '50

### Hébe Rebirth 3h 50min €330

Hébe Ritual Signature Treatment

Choice of ELEMIS Pro-Glow Hands-On Facials '50

ELEMIS Best Foot Forward Pedicure

Hair Blow Dry

### Peaceful Pregnancy 3h 15min €275

ELEMIS Peaceful Pregnancy Massage

ELEMIS Pro-Glow Brilliance Facial

ELEMIS Garden of England Rose Restore Manicure

### Mediterranean Cleanse 3 days €520

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani

Reflexology

ELEMIS Targeted Toning Tightener '90

Anti-Cellulite Firming Massage

ELEMIS Thousand Flower Detox Wrap

ELEMIS Freestyle Deep Tissue Massage '55

### Ultimate Relaxation 5 days €665

Frangipani Total Wellbeing

Indian Head Massage

Thai Peace and Vitality Massage

ELEMIS Cellutox Aroma Spa Ocean Wrap

Choice of ELEMIS Pro-Glow + Tech Facial '50

2 x Private Yoga Sessions



## 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 ped-  
icure.

### 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



## 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 - €80

Private Yoga Session 75min - €80

Personal Training session 60min - €60

Swimming Lesson €35

## 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.





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