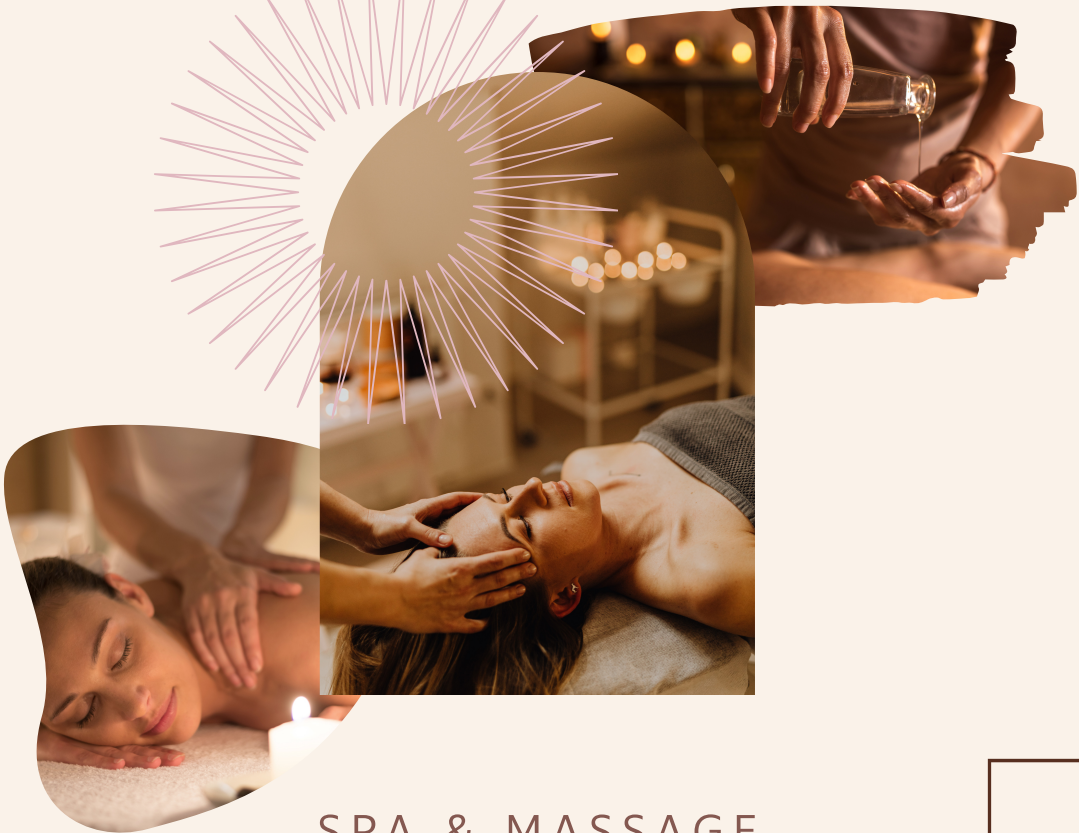




ARRA



SPA & MASSAGE

SPA TREATMENTS

Cleopatra Program 80 min

Chocolate Program 80 min

Aroma Therapy Massage 50 min

Hot Stone Massage 50 min

Deep Tissue Massage 50 min

Wellness Massage 75 min

Thai Massage 50 min

Moonlight Facial Massage 50 min

Slimming Massage 50 min

Anti Stress Massage 50 min

Sports Massage 50 min

Children's Massage 25/50 min

Egyptian Foot Reflexology Massage 25/50 min

Jacuzzi Session 20 / 40 / 60 min

Sauna & Steam Session 20 / 40 / 60 min

LET YOUR BODY MEET YOUR SOUL



Chocolate Program

A luxurious spa treatment with chocolate scrub and face mask where a warm chocolate-based substance, often a mixture of cocoa and oils, is applied to the body. The massage involves gentle strokes and kneading, providing a unique sensory experience. It aims to indulge the senses, moisturize the skin, and create a feeling of relaxation and indulgence for 80 min.

Cleopatra Program

A spa treatment with body salt, honey and coconut scrub. It contains face mask where a warm coconut oil-based substance, often a mixture of coconut and oils, is applied to the body. It aims to indulge the senses, moisturize the skin, and create a feeling of relaxation and indulgence for 80 min.



Moonlight Facial Massage

It is a program to cleanse and soothe the facial skin with the use of materials that suit the skin type to increase its maturity and vitality. We make suitable skin masks with facial massage using natural oils to reduce wrinkles, if any. This program is suitable for all age groups for 50 min.





Egyptian Foot Reflexology Massage

Therapeutic technique that involves applying pressure to specific points on the feet, hands, or ears. This practice is based on the idea that these points correspond to different organs and systems in the body. Reflexology aims to promote relaxation, improve circulation, and support overall well-being through the stimulation of these reflex points for 25/50 min.



Deep Tissue Massage



Therapeutic technique that involves applying firm pressure and slow strokes to reach deeper layers of muscles and connective tissue. This type of massage aims to release chronic tension, improve range of motion, and promote overall muscle recovery and relaxation for 50 min.

Aroma Therapy Massage

Massage session combines the benefits of massage with fragrant oils, providing a relaxing and soothing experience. Aromatherapy oils are used to stimulate the senses and enhance relaxation for 50 min.



Hot Stone Massage

A very useful session for relaxation. It helps us sleep deeply, reduces stress, and gives the positive energy that we always need. One of the most important benefits of hot stone massage is removing moisture and cold from the muscles of the body and stimulating blood circulation for 50 min.



Thai Massage

One of the oldest types of massage known worldwide. It requires a flexible body because we stretch the muscles and apply deep pressure on the muscle. It is a massage without the use of oils for 50 min.



Children's Massage

It will help our children relax and have a deep, peaceful sleep, which makes our children happier. It is also beneficial for children who play sports because it helps in the process of muscle growth and improves the child's level of physical fitness and sports for 25/50 min.



Wellness Massage

A wonderful collection of the best types of massage, starting from the feet to the top. We focus on the problems in the shoulder, back and neck muscles. We do Indian head massage and facial massage with a face mask, which is a type of combination between relaxing and therapeutic massage using warm oils for 75 min.



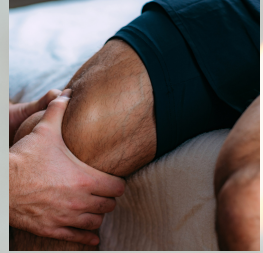
Anti Stress Massage

An anti-stress massage is designed to alleviate tension and promote relaxation by using gentle strokes and techniques. Focusing on key areas prone to stress, this massage aims to release built-up tension, soothe the muscles, and create a calming effect to enhance overall well-being for 50 min.



Sports Massage

Session is tailored to address the specific needs of athletes, focusing on enhancing flexibility, relieving muscle soreness, and promoting recovery. It involves targeted techniques to improve athletic performance and prevent injuries for 50 min.



Slimming Massage

A very effective type of massage for removing sagging in some areas of the body, such as the buttocks, abdomen, and under the arms. It also helps to lose excess weight, but you should know that it requires undergoing a series of sessions no less than five times to give good results, knowing that it is a type of massage that does not There is relaxation in it because it relies on strong blows and pulls on the slimming areas for 50 min.

Jacuzzi



A Jacuzzi, also known as a hot tub or spa, offers various benefits. The warm water and massaging jets can help relax muscles and joints, alleviate stress, and promote better sleep. The buoyancy of the water reduces the impact on joints, making it beneficial for individuals with arthritis or muscle pain. Additionally, the hydrotherapy provided by Jacuzzis can enhance blood circulation and contribute to overall well-being for 20 / 40 / 60 min.

Sauna & Steam

Saunas provide a dry heat experience that induces sweating, promoting the elimination of toxins and impurities from the body. The high temperature in a sauna helps improve circulation, which can have positive effects on cardiovascular health. Regular sauna use is associated with relaxation, stress reduction, and improved sleep. It can also contribute to the opening of pores, leading to clearer skin. However, individuals with certain health conditions, such as cardiovascular issues, should consult a healthcare professional before using saunas for 20 / 40 / 60 min.





Lavender Oil



Olive Oil



Coconut Oil



Moisturizer



Candles



Wood Therapy Kit

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