



# The Seasonal Spa

Kempinski The Spa is a journey inspired by the European cycle of the seasons. Drawing on the elemental wisdom of nature, our treatments both invoke and restore the body's natural equilibrium.



# Spa *Etiquette*

The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave valuables in your guest room safe. The spa does not assume liability for any valuables.

## Health Concerns

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa facilities.

## Spa Experience

To make the most of your spa experience and support the benefits of your treatment, we recommend that you allow extra time prior to your scheduled time to enjoy our inviting wellness area. For your convenience the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all treatments you will be properly draped for ensured privacy.

## Relaxation Lounge

As your treatment continues to benefit both body and mind, we invite you to rest and recuperate in our relaxation room. Stay for as long or as little as you like.

## Reservations

Advanced booking is highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings based on availability. To make a reservation from your guest room, dial 3585 to call the spa reception.

## Minimum Age

The minimum age for spa treatments and use of the gym and wellness area is 16 years. Children below 14 years of age may use the swimming pool and relaxation area if accompanied by an adult, and respecting the comfort of other guests.

## Gift Certificates

Our gift certificates make a wonderful gift for any special occasion. Please enquire at the spa reception for details and purchase.

## Lateness & Cancellation Policy

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of six hours notice for cancellations. With fewer than three hours notice you will be charged the full price of your treatment.

## Hours of Operation

Spa is open from 7am to 10pm daily. Treatments are available 9am–9pm. Fitness Centre: 6:15am–10pm daily.

# Seasonal Massages

## Spring In Your Step **Detoxing**

This is a detoxifying and uplifting massage that works on the lymphatic system, thus helping to eliminate toxins from the body. This therapeutic treatment commences with a dry body brushing designed to awaken a lethargic system.

**50 minutes** HUF 26 500/EUR 88  
**80 minutes** HUF 36 000/EUR 120

## Summer Bliss **Balancing**

The Summer Bliss massage is based on soothing strokes. The body will be cooled, calmed and soothed with the use of refreshing Aloe Vera and Cucumber, and cool stones on both the face and décolleté will bring balance to the whole body.

**50 minutes** HUF 26 500/EUR 88  
**80 minutes** HUF 36 000/EUR 120

## Autumn Sleep **Relaxing**

This nurturing, aromatherapy massage focuses on achieving deep levels of relaxation. The massage includes a therapeutic head massage that works on cranial pressure points to alleviate signs of stress to help you to unwind.

**50 minutes** HUF 26 500/EUR 88  
**80 minutes** HUF 36 000/EUR 120

## Winter Warmer **Energizing**

This classic deep massage is both energizing and nourishing and is specifically designed to focus on painful joints or stiffness in the body as required. This therapeutic body treatment includes a warming Shea and Mango butter foot balm.

**50 minutes** HUF 26 500/EUR 88  
**80 minutes** HUF 36 000/EUR 120

# Additional Massages

## Back, Neck & Shoulder Massage

**40 minutes** HUF 22 000/EUR 73

## Classic Massage

**50 minutes** HUF 26 500/EUR 88  
**80 minutes** HUF 36 000/EUR 120

## Thai Massage

**50 minutes** HUF 28 000/EUR 93

## Thai Massage

**80 minutes** HUF 37 500/EUR 125

# Body Treatments

## Detoxing

### Spring Clean Scrub

Clearing stagnant energy is the focus of the Spring Clean Scrub. This detoxing treatment eliminates dead skin cells and refreshes the skin & body.

**50 minutes** HUF 21 500/EUR 72

### Spring Embrace Wrap

This wrap is highly effective in purging toxins and boosting the blood and lymphatic circulations. An infusion of Grapefruit and Juniper Berries is used to stimulate any sluggishness in the system. During the wrap, a refreshing hair treatment is applied using cranial pressure points.

**50 minutes** HUF 21 500/EUR 72

## Balancing

### Summer Pearl Scrub

Mother of Pearl is the key ingredient in this luxurious calming body polish. In its powdered form, it works gently yet effectively to encourage a smoother skin texture. It is an ideal scrub for those who wish to prepare for a summer tan.

**50 minutes** HUF 21 500/EUR 72

### Summer Cool Wrap

The body is generously encased within a cooling serum before being covered with a light wrap. Whilst the specialised ingredients activate, the face is cleansed and re-hydrated with a refreshing gel.

**50 minutes** HUF 21 500/EUR 72

## Relaxing

### Autumn Flame Scrub

This body scrub removes dead skin cells whilst aiding in the on going process of cellular renewal. Powerful, active ingredients such as sea salt, Papaya and Mandarin work together to speed up the elimination process. An application of Body Hydrator gives the skin a subtle glow.

**50 minutes** HUF 21 500/EUR 72

### Autumn Drape Wrap

This wrap is deeply relaxing. The body is reassuringly wrapped, whilst a warm stone massage is administered to the face with movements designed to enhance a holistic body experience.

**50 minutes** HUF 21 500/EUR 72

## Energizing

### Winter Clear Out Scrub

The Winter Clear Out Scrub contains fine Himalayan salt infused with melted Shea Mango Butter and essential oils. When applied, dryness is polished away and the skin is deeply nourished.

**50 minutes** HUF 21 500/EUR 72

### Winter Fleece Wrap

Comforting thermal clay is applied to gently warm the body and give nourishing relief to stiff bones and joints. During this wrap, the face is cleansed and a rich rehydrating facial moisturiser is applied to feed the skin and seal in moisture.

**50 minutes** HUF 21 500/EUR 72

# Seasonal Facials

## Spring Face **Detoxing**

This deep cleansing Spring facial ensures the skin is refreshed and renewed.

**50 minutes** HUF 26 500/EUR 88  
**80 minutes** HUF 38 000/EUR 127

## Summer Face **Balancing**

For those who tend to have dry or inflamed skin, the Summer Facial will be the one to choose. Its' calming properties will help to rehydrate and cool the skin, bringing it back into balance.

**50 minutes** HUF 26 500/EUR 88  
**80 minutes** HUF 38 000/EUR 127

## Autumn Face **Relaxing**

This relaxing Autumn facial nurtures tired skin, unwinding any facial tensions, and resulting in a radiant look for the face.

**50 minutes** HUF 26 500/EUR 88  
**80 minutes** HUF 38 000/EUR 127

## Winter Face **Energizing**

This wonderful Winter facial works to pamper and stimulate dry skin by warming and nourishing the facial cells.

**50 minutes** HUF 26 500/EUR 88  
**80 minutes** HUF 38 000/EUR 127

# Additional Facials

## Bio- Rejuvenating Facial

This transformative brightening facial addresses the key underlying causes of aging by improving detoxification, micro- circulation and the skin's nutrition.

**80 minutes** HUF 38 500/EUR 128

## Classic Facial

In this 50 minute customised facial, healing botanicals, natural tonics, vitamins and marine extracts are selected to feed the skin and restore equilibrium. Results are immediate and long lasting.

**50 minutes** HUF 26 500/EUR 88

## Men's Facial

Take a moment to indulge in a facial, tailored specially for men. Enjoy this refreshing experience as your skin is cleansed, exfoliated and nourished.

**50 minutes** HUF 26 500/EUR 88

# *Couple's* Treatments

Why not enjoy the Spa together? Any of the treatments on the menu can be booked for two and enjoyed in our couple's room.

# Our *Definitive Treatment*

## The Hungary Holistic

Hungarymud® is a highly versatile mineral-rich mud extracted from the plains of South East Hungary. Hungarian mud is regarded as being one of the highest quality 'muds' in the world and it has been used successfully for both medical and therapeutic purposes for the past 100 years.

The healing properties of the Hungarymud® help to relieve arthritic joint pains, sports injuries and circulation. This Wrap is perfect if you are feeling fatigued, seeking rejuvenation or simply seeking to enhance the clarity and softness of your skin.

Our Definitive Treatment begins with a body brush, which stimulates and opens the pores preparing the skin for the Mud. During the Wrap you will be offered the choice of either a relaxing Scalp Massage or a soothing Mini Facial. After which, a wonderful Back, Neck and Shoulder Massage completes your enriching Hungarian experience.

Dry Body Brush, Body Wrap, Mini Facial or Scalp Massage, Back, Neck and Shoulder Massage

**80 minutes**

For one person HUF 45 000/EUR 150  
For couples HUF 85 000/EUR 284