

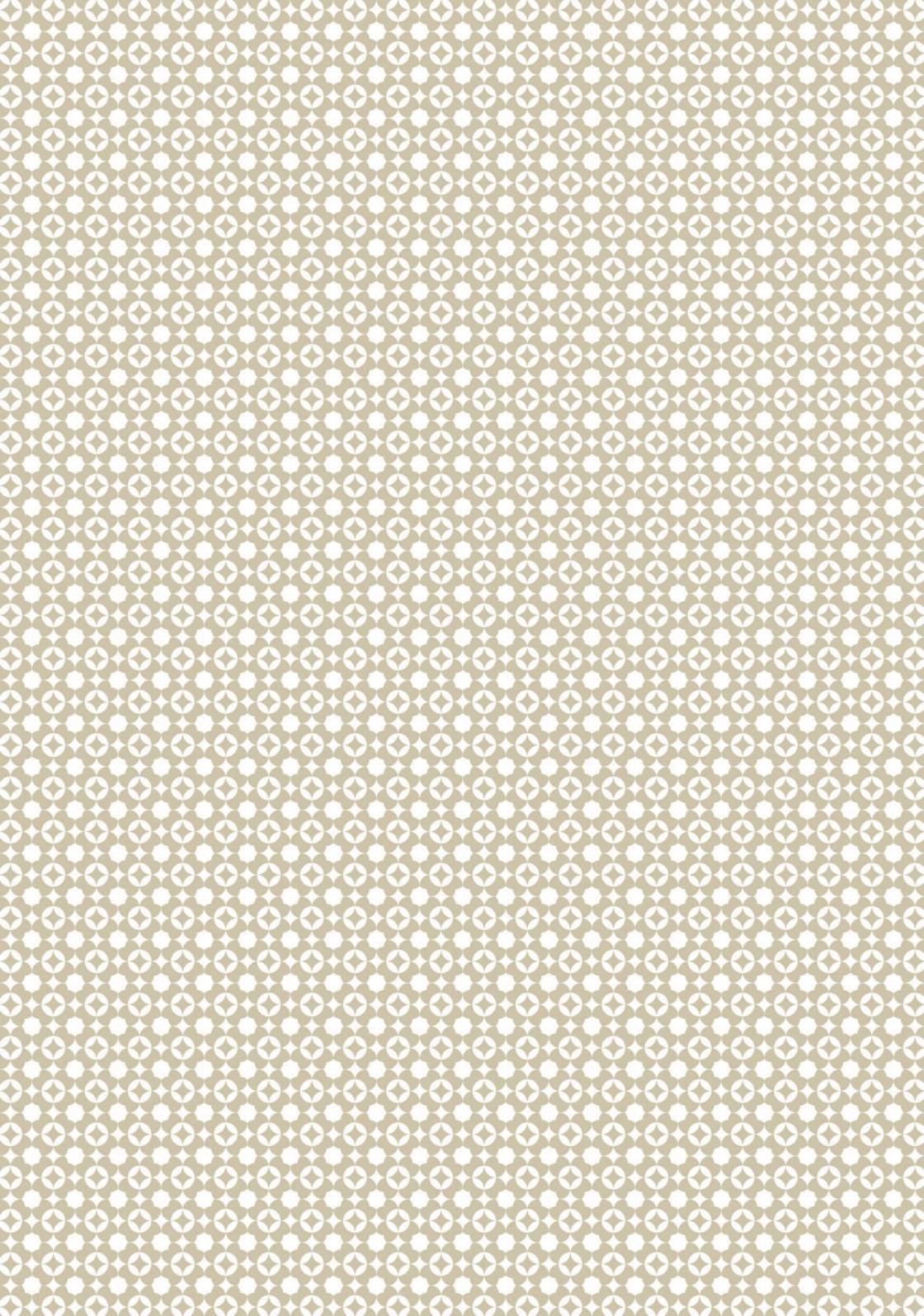


AKASHA

WELLBEING IN HARMONY

LOUNGE SPA GYM YOGA

SPA TREATMENT MENU



The moment you relax, you are in the present. Relaxation is going beyond time — no past, no future.

AKASHA SIGNATURE TREATMENTS

The Four Elements

90 minutes £210

An immersing full body journey designed according to the four elements of nature:

Water – a therapeutic treatment performed in warm water, while you are supported by your therapist

Earth – soothing foot massage with warm towels

Fire – a restorative hot oil massage combined with hot stones

Air – a tension relieving scalp massage

Relax and Balance Ayurveda

80 minutes

Two hands or four hands £170 / £260

'The Science of Life' – a traditional Indian treatment featuring hot sesame oil and long, gentle movements. Oil is poured onto the 'third eye' (your intuition) before the treatment is concluded with a soothing massage of the scalp. An indulgent treatment leaving you feeling peaceful.

Nadi-Nidra

80 minutes £180

An Indian treatment to rebalance the spirit. Sesame oil and hot lava shells are used to massage your body to stimulate blood flow and relax, followed by a calming head massage and the pouring of oil onto the 'third eye' (your intuition). You will be left feeling relaxed and serene.

A Celebration for Two

90 minutes £400

Make time together with a luxurious spa experience for two in our double treatment Akasha Suite. Your retreat starts with soothing foot rituals followed by a 60 minute Personalised Massage or Pure Radiance Facial. Relaxation is enhanced by a double aromatherapy Jacuzzi bath, Champagne and the finest seasonal fruits.

MASSAGE EXPERIENCES

Personalised Massage

50 or 80 minutes £110 / £170

A bespoke treatment using various techniques from East to West tailored for you by our massage therapist.

Deep Tissue Massage

50 or 80 minutes £120 / £185

During this deep tissue Swedish style massage, stimulating essential oils are combined with deep manipulation of your body's muscles. This intense massage unravels tension in sore, tight muscles.

Pre or Post Natal

50 or 80 minutes £110 / £170

This treatment promotes optimum wellbeing for expectant (from the twelfth week) or new mothers. A gentle and soothing experience uses restorative aromatic infusions and compresses to reduce the feeling of heaviness, stabilise posture and loosen up your lower back and hips. This treatment will allow you to recuperate and relax, promoting a state of calm as you begin your journey into motherhood.

Hot Stones

80 minutes £175

A balancing treatment that cleanses and purifies to free you of daily tension. A reviving massage to relax is coupled with the placement of hot basalt stones on the body's energy paths to stimulate blood flow. You will be left with a long-lasting sensation of warmth and inner calm.

Thai Qi Fusion

80 minutes £175

This therapeutic massage warms and invigorates with Thai herbal compresses, stretching, acupressure and vigorous massage. Your body's Qi will flow and tight muscles will unwind.

SPECIALISED HOLISTIC EXPERIENCES

Sodashi Chakra Balancing Treatment 90 minutes £190

Deeply meditative, this treatment brings the body's seven main Chakras into alignment through a fluid combination of massage, specific essential oil blends and healing crystals. This truly unique experience leaves you feeling calm and in a state of harmony, with an increased sense of overall wellbeing.

Sodashi Crystalus Body Massage 90 minutes £190

A sensory experience designed to influence the mind, body and spirit using ancient Australian healing stones and crystals. A therapy to bring you total harmony, leaving you feeling relaxed, balanced and rejuvenated.

Reflexology 50 minutes £120

Pressure is applied to key reflex points of your palms and soles, followed by a relaxing massage to stimulate energy flow and restore balance to encourage the process of self-healing.

Shirodhara, Hands and Feet 50 minutes £120

A treatment with focus on the *shiro*, meaning head, and *dhara*, meaning flow. A stream of warm aromatic oils are poured over the forehead, scalp and particularly on the "third eye", the Chakra point said to be the seat of human consciousness. You'll be left with an instant sense of calm.

BODY NURTURING EXPERIENCES

Sodashi Refining Body Toner 60 minutes £130

This treatment begins with a body polish to exfoliate and cleanse the whole body. A nurturing full body mask is then applied to extract, firm, tone and condition the skin while you are cocooned in a comforting wrap. This treatment is especially beneficial during (after the twelfth week) and after pregnancy.

Sodashi Purifying Body Boost (with Dry Body Brushing) 60 minutes £140

Boost your energy levels and re-energise your whole system with a complete body cleanse. Circulation is stimulated with body brushing before a purifying and detoxifying mask is applied to the whole body to draw out toxins, relieving the body of any sluggishness and congestion. A final application of enlivening body moisturiser leaves you feeling invigorated and revived.

Sodashi Vanilla Body Bliss 60 minutes £130

An all over body exfoliation to soothe and calm the mind and body while revitalising and hydrating the skin and relieve tired aching muscles. Beautifully fragranced and gentle, this treatment is the perfect tonic to counteract the effects of a stressful life. This treatment is especially beneficial during (after the twelfth week) and after pregnancy.

Valmont Peaks of Slimness 60 minutes £170

A complete remodel of your silhouette using Valmont's signature butterfly movement. This original technique, which works muscular fibers to tone and slim, is enhanced by further kneading, friction and smoothing massage techniques. Peaks of Slimness is both a relaxing and effective experience with immediate results.

FACIAL EXPERIENCES

Sodashi Pure Radiance Facial 60 minutes £130

A journey of total renewal for your skin. Warm aromatic compresses soften and exfoliate before a nurture face mask, rich in herbal extracts, is used to purify and hydrate. Tailored to your specific needs your skin will feel revitalised and fresh, your body and mind relaxed.

Sodashi Crystal Opalescence Facial 90 minutes £200

Beginning with warm aromatic facial compresses to soften and exfoliate you are taken on a deeply relaxing journey before healing crystals and nutrient rich plant essence are used to bring new life and radiance to the complexion. You'll feel balanced and revived.

Sodashi Mankind Facial 60 minutes £120

The treatment begins with a relaxing salt therapy back massage to ease stress and reduce tension in the mind and body. A deep cleansing and exfoliating facial then balances the skins natural oils and assists in preventing ingrown hairs before soothing mists de-sensitise your skin. The treatment concludes with a relaxing facial massage to tone and firm the facial muscles leaving you looking fresh and revitalised.

Valmont Elixir Des Glaciers Facial 90 minutes £310

Illuminate your beauty and let youth shine through with this anti-aging and firming treatment for face and body. High performance and luxurious Elixir des Glaciers products are lavishly massaged into the skin to fade away all trace of muscular tension and stress, leaving you feeling relaxed and appearing refreshed.

Valmont Energy Ritual – Vitality of the Glaciers Facial Complete 60 or 90 minutes £170 / £245

A facial treatment designed to combat the impact of stress, pollution and the high demands of modern life which visibly leave their mark on the skin and dramatically restore radiance. This ritual begins with the application of products created especially to refresh dull skin and revive cells deprived of oxygen. Results are further enhanced with a collagen mask, to improve elasticity, firmness and lift.

Valmont Anti-Wrinkle and Firmness Ritual – Peaks of Firmness Facial 60 or 90 minutes £170 / £245

Delay or prevent the most visible signs of aging with a treatment specially designed to firm and re-plump the skin. A contouring and lifting massage is followed by an intensive collagen facial mask to smooth wrinkles. Your face will be left visibly denser and with a much more even complexion.

HAMMAM EXPERIENCES

A Hammam treatment is an experience which includes scrubbing and massaging to purify the body. Within the private Hammam, created entirely in heated marble, your body will be cleansed and blood circulation improved.

**Relaxing Hammam
50 minutes £120**

A traditional ritual designed to help blood circulation, revive skin and release tension. Aromatic soap and exfoliating gloves cleanse and purify while a warm oil massage relaxes.

**Kese – Hammam Body Peeling
25 minutes £60**

A traditional Hammam treatment using a special exfoliating glove and aromatic soap to cleanse your body, renew and soften the skin. The perfect addition to any treatment of 50 minutes or more.

**23 Carat Gold Signature Hammam
75 or 90 minutes £140 / 160**

The 23 Carat Gold Signature Hammam ritual takes place in the private hammam where the sound of softly played ancient music and aromatic steam creates a fitting ambience. Surrounded by a mist of orange blossom, rose and geranium which delicately floats onto the body alongside gemstones – to promote harmony throughout.

Once completed the Akasha therapists perform the following treatments:

Gold Infused Body and Face Exfoliation

The exfoliation starts with a full body cleanse using black soap blended with gold minerals. A traditional kessa glove is then used with a technique that massages the body whilst providing the most invigorating exfoliation with immediate and visible results. The face is then cleansed with a 23 carat gold jelly and exfoliated with 23 carat gold anti-ageing scrub combining micronized pearls and corundum extract to soften and smooth the skin. The experience is complete by a Pure Lava Clay & Gold hair treatment to remove impurities, smooth and condition the hair and scalp.

Gold Back Massage OR Mini Gold Facial

Following the exfoliation guests are given the choice of an indulgent massage or indulgent facial in one of Akasha's luxurious treatment rooms. The Gold Back Massage uses 100% pure shea butter which is melted and combined with an oil of the guests' choice which is steeped with gold minerals. The massage is an exceptional anti-ageing and nourishing skin treat whilst deeply relaxing and muscle melting techniques provide the ultimate back massage.

A 90 minute 23 Carat Gold Signature Hammam can be tailored for a longer Gold Back Massage or Full Gold Facial, or a combination of the two.

WATSU EXPERIENCES

The Watsu pool is an exclusive treatment space dedicated to water therapy, a signature of Akasha. The pool is heated to an optimum temperature to enable deep relaxation and a journey through movement, freeing your body in ways impossible on land.

**Water Treatment
25 minutes £60**

A meditative and therapeutic water experience encompassing soft movement and light massage while you drift in the Watsu pool supported by floats.

**Poetry in Water®
50 or 90 minutes £150 / £210**

Eyes closed, ears immersed, body-neutral water will melt your perception of shape and space as you experience a lack of gravity. A series of gentle twists, organic movement patterns and yoga like stretching is performed in the water, these are tailored to fall in sync with your inner rhythms to elongate your spine and unwind your body. As your heart rate drops and your thoughts slow down your will experience deep relaxation.

**Aquatic Therapy by Steve Karle
50 minutes £150**

A highly innovative bespoke approach to movement that allows your body to naturally unwind and re-align. As you float, free of gravity, your body will be guided into continuous motions using bodywork techniques according to your natural movement patterns to encourage the release of muscular and joint restrictions. Moving from repetitive into spontaneous movement will improve posture and release stress and trauma in the body.

BEAUTY EXPERIENCES

**Luxury Manicure
50 minutes £50**

Hands are soaked in a mineral-rich bath before nails are shaped, buffed, exfoliated and nourished. Essential oils and hydrating botanicals are massaged into your arms and hands before nails are given a final polish.

**Luxury Pedicure
70 minutes £70**

Indulge your feet in a warm soak of purifying salts before we shape, buff, exfoliate and nourish your nails. A luxurious acupressure massage scrub is followed by a skin-softening wrap and reviving acupressure before toe nails are perfectly polished.

**File and Polish hands or feet
25 minutes £30**

Your nails will be shaped before being given a final polish.

**French Manicure/Pedicure
15 further minutes £15**

Available as an add on with luxury manicure or pedicure.

**Brow Colouring and Shaping
25 minutes £45**

To give you a clean, well-shaped appearance.

**Brow and Lash Colouring
25 minutes £45**

To give enhanced definition.

**Lycon Waxing
Price on request**

We use a premium luxury waxing system which helps to prevent ingrown hairs and redness, using only the finest resins, natural ingredients and aromatherapy oils. Lycon delivers superior performance, removing stubborn and short hairs.

ESSENTIAL TREATMENTS

The perfect treatments for those short on time or as an add on to any experience over 50 minutes.

Skin Nurturing Facial
25 minutes £70

For all skin types. To restore hydration and balance, with reparative botanicals, essential oils, tonics, and cell-plumping actives. An acupressure massage relaxes and leaves skin refreshed, dewy and radiant.

Focus Massage
25 minutes £60

Choose from a back, neck and shoulder massage or leg massage.

Scalp Massage
25 minutes £60

A restoring massage to the scalp.

Foot Massage
25 minutes £60

A reviving massage to leave you grounded.

Hand and Arm Massage
25 minutes £60

A soothing massage leaving you feeling calm.

ADDITIONAL

Treatment Courses / Spa Series

Purchase a series of ten treatments and benefit from complimentary access to spa facilities on the day of each treatment.

Day Passes

Passes which include access to all four elements are also available to purchase. Please contact Akasha for further information.

Gift Vouchers

A variety of Akasha gift experiences are available from reception or to purchase online at hotelcaferoyal.com

GENERAL INFORMATION

OPENING HOURS

Spa Treatments

Daily from 9am to 10pm
Christmas Eve, Christmas Day, New Year's Eve and New Year's Day from 10am to 8pm.

Gym and Swimming Pool

Daily from 6.30am to 10pm
Christmas Eve, Christmas Day, New Year's Eve and New Year's Day from 8am to 8pm.

Junior Guests

We are delighted to welcome our junior hotel guests under the guidance of an adult from the age of 5 to 16 in our swimming pool daily between 10am to 11.30am and between 2pm to 3.30pm.

Guests must be over 16 years of age to use further spa and fitness facilities.

SPA ETIQUETTE

To enhance your spa experience, we encourage you to arrive 20 minutes prior to your scheduled appointment time.

Swimwear is compulsory in our spa facilities.

The Akasha spa is a relaxing and tranquil environment. Please respect all spa guests' rights to privacy and serenity. The use of mobile phones, laptops, cameras is permitted only in the Lounge Bar.

Lockers are provided, however Akasha accepts no responsibility for loss of any valuables.

Separate male and female changing rooms provide guests with bathrobes, slippers, towels and all amenities required during your visit.

Upon arrival into the spa you will be requested to complete a health questionnaire. If you have any health concerns please check at the time of booking to ensure that your chosen treatment is suitable.

Please understand that late arrivals will result in the treatment time being shortened accordingly.

SCHEDULING AN APPOINTMENT

We advise booking in advance to ensure your preferred time and treatment is available. Credit card details are required at the time of booking.

Individual consultations are carried out before all treatments. Due to scheduling demands, we cannot always guarantee your choice for a particular therapist.

Health condition

Please advise us of any health condition, allergies, injuries or medication during your visit. We offer specially designed treatments for pregnancy from the twelfth week. Please allow your therapist to guide you while selecting treatments.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled treatment time.

Prices

All prices, treatments and information are correct at the time of printing and are subject to revision at any time.

Gratuities are not included and are welcomed at your discretion.