



## Spa & Fitness Menu

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# MASSAGE TREATMENTS

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## Sanctorium Signature Massage

This rhythmic body massage was created to restore your balance and re-align energy flow. A choice of aromatic oils is available to address diverse individual needs and help you achieve enhanced mind and body wellness.

Duration: 55 min | €90 • 85 minutes | €130

## Melt Away Candle Signature Massage

Give in to the flowing strokes of this warming and nourishing candle massage. Subtly scented oils were selected for their particular qualities and ability to relax the muscles and relieve tension, leaving your skin smooth and fragrant.

Duration: 55 minutes | €100

## Therapeutic Massage

Especially recommended for anyone suffering from aches, pains and stiffness, this full-body massage will ease tense muscles and bring harmony to body and mind.

Duration: 55 minutes | €100 • 70 minutes | €130

## Deep Tissue Massage

Recharge your body and kick-start your circulation with this deep tissue massage. The powerful detoxifying essential oils will help relieve muscle tension in specific areas of the body, either to release lactic acid build-up and muscle stiffness due to over-exertion in the gym, or to reduce fluid retention and improve poor circulation associated with cellulite conditions. It's an effective way to recondition your skin tone and feel free from aches and pains.

Duration: 70 minutes | €130

## Thai Massage

Performed on the floor using unique stretching techniques, this massage releases blockages and increases your energy and flexibility while inducing peace of mind.

Duration: 70 minutes | €110

## Royal Thai Massage

Using a combination of pressure points, stretching, and a warm blend of essential oils, this massage will alleviate pain and simultaneously invigorate the body and muscles while boosting the body's energy level.

Duration: 70 minutes | €110

# Sanctum Spa & Fitness Etiquette

For the comfort, safety and undisturbed relaxation of all our guests, please respect the following guidelines at all times:

## General guidelines

- Sanctum Spa & Fitness facilities are open to persons aged 16 and over.
- Upon arrival and prior to using the facilities, all guests will be required to complete and sign a health & lifestyle questionnaire.
- Sanctum Spa & Fitness and its environs are strictly NO SMOKING areas.
- To maximize the benefits of your Sanctum experience, mobile phones are not allowed in the spa areas. Please leave them switched off in your locker.
- Please leave all valuables in your locker. Sanctum Spa & Fitness is not liable for loss of or damage to a guest's personal belongings.
- Please conduct all conversations at levels consistent with a relaxing spa environment.
- Shower towels and bathrobes are placed in your lockers. Please do not take shower towels and bathrobes outside.
- Always shower before using pool facilities and between sauna and steam rooms. Robe and slippers should be worn in all spa areas.
- Swimwear is compulsory in the steam, sauna and pool areas.
- A towel should always be placed on sauna and steam room benches between your body and the bench.
- In the gym and fitness area, comfortable sportswear is recommended and appropriate footwear is required.
- Please do not leave toiletries in showers or wet vanity areas.
- Please do not add oils or other products to the sauna bucket water without first speaking to a member of staff.
- Ensure that you drink plenty of fluids to re-hydrate after using the sauna and steam rooms.
- Please place all used towels in the baskets provided.

### **If you have booked a spa treatment**

- If you have a gift voucher, please remember to bring this with you and hand it to our reception staff upon arrival.
- Please arrive in good time to enjoy the facilities and ensure that you are ready to be escorted by your therapist at the allocated time. LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.
- Underwear or suitable swimwear should be worn in the treatment room and during treatments. For some treatments your therapist will provide disposable undergarments, and suitable towel draping will be used at all times.
- During treatments, please let your therapist know if you are uncomfortable, too warm or too cold, or if her pressure is too light or too firm. Your comfort and care are our greatest concern and priority.

- If you have a particular injury or physical condition, please advise your therapist. Appropriate adjustments to the treatment will be made for your comfort and enhanced benefit.
- There is no pressure to talk during a treatment. If you have any questions or would like to talk, feel free to do so. If you prefer silence, that is entirely up to you.
- Our therapists will take their cue from you. We hope you will enjoy this interlude of pampering and relaxation. Your comments are always welcome.

### **Cancellation Policy**

Please note that 24 hours' cancellation notice is required for all bookings and services, otherwise 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.

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