

# Spa Menu

## Complementary Rooftop Jacuzzi

*Available 10am-9:30pm*

We always want to ensure that our products are environmentally friendly and safe for our guests to use. Therefore, instead of using chlorine, we use a saltwater cleaning system in our Jacuzzi. Additionally, the water in the Jacuzzi is heated up by solar energy.

## Infra-red Sauna

*Available certain times in the week*

The sweat you emit during an infra-red treatment will detoxify your body by eliminating heavy metals, radiation and a great deal of other types of environmental toxins.

## Wholeness Massage (60 min)

40 €

Soothe the body and mind through relaxation and the power of touch. The massages we offer are dependent on the practitioner present at the time.

## Private Yoga Class (60 min)

40 €

Yoga was taught traditionally one on one to really work with the person as a whole. Asana's, adjustments, pranayama and meditation practices designed just for you.

## Outdoor Bath Experiences

15€

### *Ground yourself bath*

Add some extra relaxation to your stay, feeling the effects of the calming magnesium on your skin.

### *Awaken your senses bath*

Nourish your body, mind and soul with essential oils of your choice as you become one with the water surrounding you.

### *Loving myself bath*

Treat yourself for some time with yourself, as we add freshly picked flower petals to your bath.

## Ionic Detox Foot Bath

10€

Detox your body and get rid of heavy metals. This foot bath creates negative loaded ions and exchanges them with the positive loaded ions in your body so that toxins leave your body.