



CAVE SPA

SPA TREATMENT MENU



## KENSHŌ

The unique and artistic design of Our Cave Spa will make you feel you are in a real cave, offering you moments of relaxation and rejuvenation. At Kensho Cave Spa we have revived the dialogue practised between you and the skin expert, leading to a made-to-measure spa experience.

## OUR PROFFERED BRANDS

### CODAGE PARIS

CODAGE Paris is a contemporary house of cosmetology founded in 2010 on the belief that every skin is unique. Each need deserves to be understood before to be treated with effective products and expert gestures. With its own laboratory in the south of France where all products are designed, CODAGE is committed to being 100% Made in France, vegan, personalised and natural, with effective products and offering an optimal skin tolerance. Each formula is clean, natural and not tested on animals

### RODIAL

London based luxury brand RODIAL was founded by former Beauty Editor, Maria Hatzistefanis in 1999. The ultimate in premium modern skincare, every RODIAL product has been formulated using high-performance, innovative ingredients. The cult London-based beauty brand is now internationally acclaimed, with its products enjoyed in over 35 countries.

**CODAGE**  
PARIS

Rodial



# THE KENSHŌ CAVE SPA SIGNATURE RITUALS

## CAVE EXPERIENCE **50MINS**

20' Hammam | 30' Dive into the cave

**60€** Per Person

## RODIAL DRAGON'S BLOOD LIFTING FACIAL **60MINS**

An intensely regenerating treatment associated with a refreshing and draining massage with Gua Sha, using RODIAL luxury high-tech skincare. Specially designed to prevent and treat all signs of age: wrinkles, fine lines, spots, glow, and firmness. A revitalizing and lifting treatment of 60min to prevent and treat all signs of age. A signature protocol to lift, sculpt and refine the facial contour.

**130€**

## DETOX & CONTOURING **90MINS**

Enjoy a full-body scrub, infused with Sugar, Macadamia and Shea Butter, that eliminates dead skin cells, refines skin texture, revitalizes and reawakens the skin. Particularly suited for those who wish to exalt the beauty of their skin. The ritual is rounded off by the personalized application of a concentrated Slimming & Drainage body milk in a massage that has a concentrated anti-cellulite action.

A toning treatment that helps eliminate cellulite and reduces the "orange-skin" effect.

The drainage-stimulating massage techniques promote cellulite elimination and regeneration.

This treatment stimulates the microcirculation for a true sensation of comfort and lightness.

**180€**

## CODAGE HEAD & SCALP MASSAGE WITH HAIR OIL TREATMENT **30MINS**

Our Head and Scalp Massage helps improve circulation of blood to the head and face and is designed to relax the mind as an effective stress reducer. Warm oil is massaged throughout the scalp working to relax tight muscles in the temple and neck regions.

This treatment promotes a therapeutic action to the hair using an oil blend from Coconut, Sweet Almond, Baobab, Macadamia, Apricot, Hazelnut, Grape Seed and Pomegranate. We recommend that you keep the hair oil on your head for at least one-hour post treatment, before you wash off, to ensure a deep therapeutic action.

**80€**





# FACE COLLECTION

## CODAGE HAUTE COUTURE FACIAL TREATMENT **60MINS/90MINS**

The Designer facial treatment responds to a precise skin type and need, regarding the selection of high performance CODAGE serums that we choose according to your skin needs. During the treatment, each serum is applied with a specific protocol, which has been designed to reinforce the serum's action to guarantee maximum effectiveness. This treatment for the face, neck, cleavage and hands is the ultimate anti-aging experience. At once your complexion looks radiant, your skin visibly smoother, relaxed and regenerated.

The Designer Facial is customised between:

- ANTI-AGING • LIFTING • INTENSE MOISTURISING • ANTI-SHINE
- RADIANCE • ANTI-DARK SPOTS • ANTI-REDNESS.

**160€/210€**

## CODAGE LIGHTENING PEELING FACIAL **45MINS**

This treatment is specially designed for skin with dark spots and pigmentation needs. A true highly exfoliating professional peel to smooth out skin texture, lighten the complexion and visibly fade dark spots for an even and radiant complexion.

- THIS TREATMENT IS RECOMMENDED TO BE DONE AFTER 5PM TO AVOID IMMEDIATE ACCESS TO THE SUN.

**120€**

## CODAGE RADIANCE FACIAL FOR MEN **45MINS**

This treatment is specially designed for male skin that is dull and lacking radiance due to external environmental factors or everyday shaving. An elixir of youth, bringing back energy to your skin cells, to help erase the signs of tiredness and give you vitality and lustre for your complexion.

**120€**

## CODAGE CELLULAR WORKOUT FACIAL **30MINS**

With Advanced Anti-Aging techniques, this express lifting facial is designed to lift and contour your facial muscles. Using a Turbo Anti-Aging cocktail of CODAGE Serums, we stimulate circulation and perform a lymphatic drainage massage for an express glow. This is an intense hydration workout for your face, that will bring back radiance and will leave you with plumped and healthy-looking complexion in an instant.

**80€**

## FACE THERAPY ADD-ONS

LED MASK - LIGHT THERAPY

**50€**

THERAFACE PRO

**50€**





# MASSAGE & BODY COLLECTION

## **CODAGE CBD RELAXING MASSAGE 60MINS**

A true source of stress-relief, this deep and enveloping massage soothes and relaxes for a moment of pure well-being. Tension is released and the skin is left nourished, deeply moisturized and incredibly soft, with the use of CBD oils that have a deeply relaxing effect on the body and soul.

**130€**

## **CODAGE MUSCULAR RELIEF MASSAGE 60MINS**

This massage deeply addresses all body's tensions. Relaxing, it instantly relieves and soothes muscle pains. Ideal for muscular recovery before or after sports, it activates blood circulation for a true sensation of comfort and well-being.

Reveal a relaxed body and the best feeling of lightness you have ever felt.

**135€**

## **CODAGE HOT STONE MASSAGE TREATMENT 60MINS**

The power of hot stones will help release any tension trapped in the muscles whilst reducing stress and anxiety.

Our Hot Stones Massage promotes a healthier sleep and a boost on the immunity.

Placing the stones on key points, the heat from the stones is deeply relaxing and helps warm up tight muscles allowing our therapist to apply a deeper pressure to those areas needed without causing discomfort.

**150€**

## **CODAGE CONTOURING & DRAINAGE MASSAGE 60MINS**

This treatment provides a concentrated anti-cellulite action. The toning massage helps eliminate cellulite and reduces the "orange-skin" effect. The drainage-stimulating massage techniques promote cellulite elimination and regeneration. This treatment stimulates the microcirculation for a true sensation of comfort and lightness.

**130€**





# MASSAGE & BODY COLLECTION

## PREGNANCY MASSAGE **75MINS**

A healthy way of reducing stress and promoting overall wellness. Our Pregnancy Massage relieves discomforts experienced during pregnancy such as backaches, leg cramps, headaches or swelling. This is a therapeutic workout that focuses on the special needs of mothers-to-be as the whole body goes through the dramatic changes of pregnancy. We enhance the function of muscles and joints, improving circulation and general body tone, relieving any mental and physical fatigue. Gentle but effective and performed with respect and care.

**150€**

## CODAGE ANTI-STRESS BACK MASSAGE TREATMENT **30MINS**

Focusing on the Back, Neck and Shoulders, this is a quick fix for tired muscles where you need it most, using relaxing blends of Essential oils we regulate the pressure applied and reveal a better version of you in

30 minutes.

**85€**

## SPORTS MASSAGE **60MINS**

Our Sports Massage isn't just for top athletes; We combine deep tissue massage techniques in a sequence of healing techniques for those that want to decrease muscle soreness, improve their flexibility and increase range of motion in their movement. Your body and mind will be prepared for optimal performance.

**145€**

## CODAGE LUXURY SUGAR, MACADAMIA & SHEA BUTTER BODY SCRUB TREATMENT **45MINS**

This full-body scrub, infused with Sugar, Macadamia and Shea Butter, eliminates dead skin cells, refines skin texture, revitalizes and reawakens the skin. Particularly suited for those who wish to exalt the beauty of their skin. The treatment is rounded off by the personalized application of concentrated body milk that gives vitality to the skin. Reveal skin that is smoother and incredibly soft.

**85€**

## ADD ON

\* CAN BE ADDED TO ANY BODY TREATMENT OR MASSAGE

## THERAGUN

A handheld, battery operated 'Percussive Therapy' device, designed to naturally address muscle pain. The rapid and repetitive application of pressure increases blood flow and the oxygen levels delivered to the muscle, relieving soreness, improving motion and aiding recovery. Add it to any of the massages for that extra bit of recovery and stress relief.

**10€**



# SPA PACKAGES

## THE SLEEP RECOVERY 2HRS 20MINS

20' Hammam | 30' Scrub | 60' Relaxing Massage | 30' Cave Experience

**230€** (per person)

## THE LOVERS SPA EXPERIENCE 2HRS 20MINS

20' Hammam | 30' Radiance Facial | 60' CODAGE Muscular Relief massage | 30' Cave Experience

**240€** (per person)

\*\*HOTEL OR PRE-BOOKING OFFERS CANNOT BE REDEEMED TOWARDS THE SPA PACKAGES

# HANDS & FEET

## SPA MANICURE 45MINS

With long lasting Weekly Nail polish: (additional charge **10€**)

With Soak Off Gel: (additional charge **25€**)

Removal of Soak-Off Gel Hands or Feet: **15€**

**55€**

## SPA PEDICURE 75MINS

With long lasting Weekly Nail polish: (additional charge **10€**)

With Soak Off Gel: (additional charge **25€**)

**55€**

## HAIR

HAIR APPOINTMENTS UPON REQUEST

## WAXING

• ARM **40€**

BIKINI **50€**

BIKINI LINE **30€**

UNDERARM **25€**

UPPER LIP **20€**

EYEBROW SHAPING **20€**

FULL LEG **60€**

LOWERLEG **30€**

UPPER LEG **30€**

CHEST(MEN) **50€**

BACK **5€**

## FITNESS

FITNESS APPOINTMENTS UPON REQUEST

PERSONAL TRAINING SESSION **60MINS** **120€**

PERSONAL TRAINING SESSION WITH SPA PACKAGE **200€**

60' Personal Training | 30' Muscle Release Back Massage



# HOW TO SPA

## ONCE IN THE SPA

Please respect the privacy of other guests. Refrain from smoking or using mobile phone and cameras. We recommend you leave all valuables in your room. The Spa does not assume liability for any valuables.

## HEALTH

Please make sure you let us know of any health concerns, allergies, injuries or recent operations.

## THE EXPERIENCE

The Spa will provide towels, slippers and all amenities that are needed for your Spa visit.

## RESERVATIONS

We recommend advanced booking to ensure your preferred times are available. The spa provides walk-in bookings based on availability. Plan to arrive at least 15 minutes before your treatments to allow enough time for consultation. To make a spa reservation, please call the Spa Reception from your guest room.

## GIFT CERTIFICATES

We offer Gift Certificates that make a wonderful gift for a special occasion. Please enquire with our Spa Reception for details.

## AGE

The minimum age for Spa usage is 16. For any treatments booked for ages under 18, we will need a Parent's approval and Signature.

## LATENESS & CANCELLATION POLICY

Your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We ask for a minimum of 6 hours' notice for cancellations. With fewer than 6 hours' notice you will be charged the full price.

## IN-ROOM TREATMENTS

Many of our treatments can be performed in the comfort of your room. Please enquire at Spa Reception for details. There is an extra charge of 50€ for any Spa In-Room appointment.

## POOL TREATMENTS

We offer a beautiful selection of mini treatments that can be enjoyed from the comfort of your Pool Bed. Please enquire at Spa Reception for details and bookings. There is a dedicated menu for these services.

## SPA FOOD MENU

We have a carefully curated menu of anti-oxidant drinks and bites that can be consumed only in our Spa Reception or our Spa Cave (subject to availability), either before or after your treatment. These come at an extra cost and there is a dedicated menu at our Spa Reception.

## SPA BOUTIQUE

A full selection of CODAGE products and Suncare products is available to purchase at the Spa Reception. Please ask for a complete Skin and Lifestyle Consultation to ensure you take with you the best at-home experience.

## SAFETY & HYGIENE

We would like to reassure you that all protocols are being followed to ensure that your treatment is delivered to the highest standard of hygiene and safety.

Operating hours: 10:00-20:00 | Last treatment appointment: 19:00





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