

KENSHŌ

BOUTIQUE HOTELS & VILLAS



Cave
Spa



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 Kenshō Cave Spa we have revived the dialogue practised between you and the skin expert, leading to a made-to-measure spa experience.



CROWNED BEST HOTEL SPA EASTERN
EUROPE 2020 AT THE WORLD
SPA & WELLNESS AWARDS



AWARDS



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THE KENSHŌ CAVE SIGNATURE RITUALS

CAVE EXPERIENCE 60MINS

PER PERSON **60€**

20' Hammam | 40' Dive into the cave

DETOX & CONTOURING 90MINS

170€

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.

GUA SHA FACE & EYE PRO-AGEING FACIAL 60MINS

120€

An intensely regenerating treatment associated with a refreshing and draining massage with Gua Sha. 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.

FACE COLLECTION

CODAGE FACIAL DESIGNER TREATMENT 60MINS

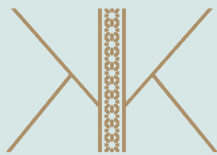
150€

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.



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CODAGE LIGHTENING PEELING FACIAL 45MINS

110€

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.

CODAGE BRIGHT EYES 15MINS

30€

This eye-contour treatment targets all signs of skin aging and erases traces of fatigue around the eye area. Dark circles are faded, puffiness is reduced and you will have brighter and visibly younger eyes.

K-BEAUTY VITAMIN-C & LED FACIAL 70MINS

150€

A face treatment inspired by Korean beauty rituals, where we use a Vitamin-C Rich Peel-Off mask, infused with skin vitamins, then we layer a cocktail of skin serums that bring the ultimate radiance and comfort. The facial rituals rounds up with the use of Red LED light, clinically proven to increase the production of collagen and stimulate the ultimate skin health.

MEN

CODAGE RADIANCE FACIAL FOR MEN 45MINS

100€

This treatment is specially designed for male skin that is dull and lacking radiance due to external environmental factors or every day 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.

FACE THERAPY ADD-ONS

LED MASK - LIGHT THERAPY

50€

CODAGE CELLULAR WORKOUT FACIAL 30MINS

80€

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.



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MASSAGE & BODY COLLECTION

CODAGE CBD RELAXING MASSAGE 60MINS

125€

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. Using the CODAGE Relaxing Body Oil, that contains 100% pure plant extracts that help relieve stress and fatigue and leave body skin soft and satin-smooth. Aromatic essences of Macadamia, Sweet Almond, Sesame and Apricot oil, in a blend of Geranium, Lavender, Amyris, Chamomile and Neroli Essential Oils deliver an overall feeling of wellbeing.

CODAGE MUSCULAR RELIEF MASSAGE 60MINS

125€

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.

CODAGE HOT STONE MASSAGE TREATMENT 60MINS

150€

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.

CODAGE CONTOURING & DRAINAGE MASSAGE 60MINS

125€

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. Using CODAGE Contouring Body oil that contains 100% Natural plant extracts that help eliminate toxins and stimulate skin to prevent sponginess in an exhilarating experience for tired muscles.

A blend of Clary Sage, Ginger, Carrot Seeds, Cedar and Gaiac Essential Oils lock in moisture and convince your body surrender its toxins completely.

CODAGE PREGNANCY MASSAGE 75MINS

150€

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.



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

80€

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.

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

70€

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.

SPORTS MASSAGE 60MINS

145€

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.

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

80€

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.

ADD ON

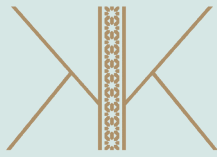
*** CAN BE ADDED TO ANY BODY TREATMENT OR MASSAGE**

THERAGUN

10€

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.



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SPA PACKAGES

THE SLEEP RECOVERY 2HRS 20MINS

PER PERSON **220€**

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

THE LOVERS SPA EXPERIENCE 2HRS 20MINS

PER PERSON **220€**

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

DEEP MUSCLE RELEASE 1HR 40MINS

PER PERSON **175€**

20' Hammam | 60' Sports Massage | 20' Facial and Scalp Massage

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

ADD ON

*** CAN BE ADDED TO ALL SPA THERAPIES**

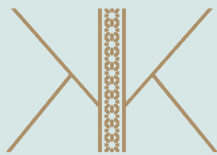
DÉESSE PRO LED PHOTOTHERAPY MASK

50€

This the market leader in mask LED Mask Design. The highest strength Mask LED Output that features a total of 770 LED lights. Using 5 variations to expose the skin to five clinically proven wavelengths of light, it stimulates natural cellular responses that lead to skin-rejuvenation, and the improvement of common problematic skin conditions. This is the Original LED mask that Hollywood Stars choose for their red carpet facials.

After a thoughtful skin consultation, we choose between the following modes:

- ANTI-AGING • ACNE • DETOXIFYING • PIGMENTATION • RECOVERY
- ROSACEA • INFLAMMATORY ACNE • CONGESTED ACNE



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HANDS & FEET

SPA MANICURE 45MINS

55€

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€

SPA PEDICURE 75MINS

55€

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

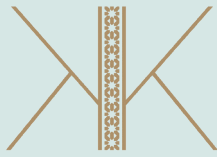
With Soak Off Gel: (additional charge 25€)

HAIR

HAIR APPOINTMENTS UPON REQUEST

WAXING

• ARM	40€
• BIKINI	50€
• BIKINI LINE.....	30€
• UNDERARM.....	25€
• UPPER LIP.....	20€
• EYEBROW SHAPING.....	20€
• FULL LEG.....	60€
• LOWER LEG.....	30€
• UPPER LEG.....	30€
• CHEST (MEN).....	50€
• BACK.....	45€



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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

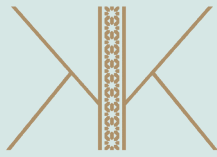
We recommend advanced booking to ensure your preferred times are available. The spa provides walk-in bookings based on availability. Plan to arrive at least 15 minute before your treatments to allow enough time for consultation. To make a spa reservation, please call the Spa Reception from your guest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



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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

