

# SHANTI-SOM WELLBEING SPA

At Shanti-Som Spa, we believe true beauty and total wellbeing comes from deep within, an ancient eastern philosophy that is more relevant than ever today. As part of our commitment to provide our guests with a one of a kind experience, we do our best to breathe life into this philosophy through our spa treatments.

We have a sincere understanding and passion for wellness, and are committed to delivering all aspects of wellbeing with integrity and honesty. At Shanti-Som Wellbeing Retreat, we always do our best to provide our guests with inspiration for lifestyle change in a relaxed calming environment. This is all possible through our spa treatments.

External visitors are welcome to join us for treatments or Day Retreats. We kindly ask that you book in advance, as priority is given to our Retreat guests. Feel free to inquire about our Day Retreat options!

## RELAXING & WELLBEING MASSAGES

- **DEEP TISSUE MASSAGE – 60 min. – €109**

Focused to relieve specific stress and muscle tension.

- **HOT STONES MASSAGE – 60 min. – €99**

This is one of the best spa treatments we offer. A unique warm experience for relaxing tense muscles to make you feel re-energized.

- **BACK & SHOULDER MASSAGE – 30 min. – €58**

Ideal for those who have lots of tension on their back, shoulders and neck.

- **MOTHER TO BE MASSAGE – 60 min. – €99**

Only recommended after 13 weeks

This specific massage designed for your pregnancy will help to improve your circulation, to drain your system and release the tension that creates the pregnancy.

- **STRESS RELIEF MASSAGE – 60 min. – €99**

This massage will improve your circulation, relieve muscle tension, ease pain and stimulate healing.

- **AYURVEDA MASSAGE – 60 min. – €99**

This Indian massage helps to expel toxins and provide deep relaxation. Warm organic coconut oil will be applied on your body and will deeply hydrate your skin.

- **BODY DRAINAGE – 60 min. – €99**

A rhythmic and deeply relaxing dry body massage, where the skin is methodically stretched towards directions of lymphatic flow treating fluid retention, toxins and cellulite.

- **ORIENTAL HAND OR FOOT THERAPY – 30 min. – €48 (per treatment)**

Relax with a complete exfoliation followed by a relaxing massage along the energy points of your hands / feet which will help to raise natural energy encouraging the release of tension.

- **FOOT REFLEXOLOGY – 30 min. – €58 / 60 min. – €99**

Foot Reflexology is one of the most relaxing types of spa treatments. This therapeutic technic aims to create harmony in the body through applied pressure to the soles of your feet, those are considered as a mirror for the systems and functions of the body.

- **ANTISTRESS RITUAL – 90 min. – 160 €**

From Alqvimia, the combination of the Antistress Body Treatment and a nourishing, moisturizing Facial Treatment offers profound physical and mental relaxation. This holistic experience helps counteract the aging effects caused by stress, nervous tension, and the fast pace of daily life, restoring balance and inner calm.

- **SHANTI-SOM RITUAL – 90 min. (per treatment) – €160**

Complete beauty experience with the exotic aromas of Alqvimia's Queen of Egypt essential oils. A rejuvenating skin treatment that restores your beauty and enhances self-esteem and inner feminine strength.

## BODY TREATMENTS

- **LEMON & GINGER BODY SCRUB – 30 min. – €58**

A Body Scrub is a great way to keep your skin healthy and beautiful through exfoliation. It removes the dead skin cells on the surface, revealing the softer, younger cells just below.

- **SEAWEED BODY WRAP – 60 min. – €74**

Enriched with seaweed to reduce cellulite and fluid retention, eliminating toxins, leaving de body healthier.

- **PRESOTHERAPY- 30 min. – €58**

Body treatment that applies air pressure (like a massage) on different areas of the body to activate the lymphatic system. It also improves tissue oxygenation, recovers skin elasticity and facilitates circulatory system.

- **LPG ENDERMATOLOGY – 40 min. – €68**

Developed in France, this 100% natural and non-invasive treatment uses gentle mechanical stimulation to visibly smooth the skin, activate fat release, and boost collagen and elastin production, it provides visible results instantly without pain or side effects.

- **LPG ENDERMATOLOGY – 40 min. – Pack of 6 Sessions – €347**

For optimal results, a course of 6–10 sessions is recommended.

## FACIAL TREATMENTS

- **ANTI-AGEING & FIRMING *by Biologique Recherche* – 60 min. – €110**

A deeply nourishing treatment that revitalizes the skin from within, restoring its natural glow and vitality. It helps reduce signs of fatigue and ageing, leaving the skin feeling firmer, radiant, and renewed.

- **BIOSENSITIVE TREATMENT *by Biologique Recherche* – 60 min. – €110**

Restore your skin's natural balance with a ritual that hydrates, soothes, regenerates, and protects. It gently eases tightness and irritation, cocooning the skin in deep comfort. Ideal for all skin types, especially during times of sensitivity, fragility, or intense dehydration.

- **PIGM400 ILLUMINATING TREATMENT by Biologique Recherche – 60 min. – €120**

A radiance-enhancing ritual that revitalizes the skin and restores an even, natural glow. Gently regulates melanin production, helping to fade dark spots and pigmentation. Its powerful antioxidant action brings clarity, freshness, and renewed vitality.

Perfect for dull, tired, or uneven skin in need of brightness.

- **COLD MASK by Biologique Recherche – 15 min. – €30**

Complete your Biologique Recherche ritual with our rescue Cold Mask, known for its powerful soothing and decongesting action. Perfect for sensitive or reactive skin, it instantly calms redness, reduces heat, and evens out the tone, restoring balance and comfort. *This treatment must be booked in combination with a Biologique Recherche facial.*

- **HYDRADERMIE by Guinot – 60 min. – €84**

Designed to deeply cleanse, hydrate, and rejuvenate your skin. This facial enhances the absorption of active ingredients, targeting your skin's specific needs. Leaves your complexion smooth, luminous, and beautifully refreshed.

- **HYDRAPEELING by Guinot – 60 min. – €84**

This regenerating treatment uses gentle acid exfoliation to remove dead skin cells, boost cell renewal, and reveal a smoother, brighter complexion.

- **HYDRADERMIE PLUS by Guinot – 60 min. – €95**

An enhanced version of the classic Hydradermie facial, this treatment uses galvanic current to deeply hydrate, restore, and revitalise the skin for visible, long-lasting results.

- **HYDRADERMIE LIFT LUX AGE by Guinot – 75 min. – €130**

A powerful anti-aging facial that combines stimulating microcurrents and galvanic technology to tone facial muscles, lift contours, and deeply treat the skin. Includes deep pore cleansing for a radiant, youthful appearance.

- **DEEP PORE EXTRACTION – 15 min. – €25**

Enhance your Guinot facial with this focused treatment to clear clogged pores, eliminate impurities, and refine skin texture. Perfect for congested or breakout-prone skin, it leaves your complexion smooth, clean, and revitalized. *This treatment must be booked in combination with a Guinot facial.*

- **LYMPHATIC DRAINAGE Face/Scalp – 30 min. – €58**

A gentle massage that stimulates lymph flow to reduce puffiness, detoxify the skin, and promote relaxation. Perfect for revitalizing both face and scalp.

## MANICURE & PEDICURE RITUALS

- **EXPRESS MANICURE (without polish) – 30 min – €30**

Nail cleaning and shaping for a neat, natural look. A quick treatment to keep your hands looking fresh and well-groomed.

- **SPA MANICURE – 45 min – €40**

Nail cleaning, shaping, and polish application. A full treatment for soft, well-groomed hands.

- **EXPRESS PEDICURE (without polish) – 45 min. – €50**

Includes nail cleaning and shaping, cuticle care, exfoliation, and callus treatment. Optional polish application. A complete treatment to leave your feet soft, smooth, and refreshed.

- **SPA PEDICURE – 60 min. – €60**

Nail cleaning and shaping, hydrating cuticle treatment, exfoliation, and callus care. Optional polish application. A full protocol for soft, refreshed feet.

- **SHELLAC SPA MANICURE – 60 min. – €55**

A thorough hand treatment with nail shaping and grooming, finished with long-lasting Shellac polish for a glossy, chip-resistant finish.

- **SHELLAC SPA PEDICURE – 75 min. – €75**

A complete foot treatment combining exfoliation, callus care, and precise grooming, finished with long-lasting Shellac polish for flawless shine and extended wear.

*Please note: Shellac removal is not included in any ritual. A €10 supplement applies.*

## HOLISTIC TREATMENTS

- **REIKI – 60 min. – €99**

An ancient therapeutic method through the imposition of hands that has its own wisdom, which is guided to where it is most needed, helping you to improve the balance of being. Its healing effects and harmonizers let those who receive it immerse in a sense of peace

- **HARMONYUM HEALING – 60 min. – €99**

Harmonyum is a powerful holistic modality designed to transform your physical, emotional, and spiritual well-being. It helps release negative thoughts and patterns, letting go of stress and emotional burdens while restoring balance and harmony to your mind, body, and spirit. By addressing key areas like the immune system, anxiety, and depression, Harmonyum promotes overall health and empowers you to live a more vibrant, balanced life

- **SOUL READING – 60 min. – €109**

Connect with yourself on Soul level. Soul reading is a communication from your soul to you. Vicky provides Soul Reading to pass on the guidance and insights your Soul wants you to know so you can live your life with meaning, abundance and joy on all levels of your being

- **SHIATSU – 60 min. – 99€ | 90 min. – 150€**

Therapy based on Chinese medicine that uses stretches and pressure on the body's energy points to balance vital energy, improve circulation, and promote deep relaxation. Aims to harmonize body, mind, and spirit

- **LIFE COACH – 60 min. – 109€**

A guided, one-on-one session focused on helping you gain clarity, set meaningful goals, and overcome personal or professional obstacles. Ideal for those seeking direction, motivation, or positive change in their lives.

- **CONSCIOUS NUTRITION – 60 min. – €99**

You will receive information about what we should eat and what we should avoid, learn to follow a balanced diet full of life, acquiring good habits, know how to combine food properly for good digestion as proper absorption of nutrients, adequate bowel movement and continuous detoxification of the body, to avoid illness to keep a full and healthy lifestyle.

## WELLNESS RITUAL PACKAGES

- **SPA RITUAL – €240 p/p**

*A complete experience for deep relaxation and facial and body care*

Welcome drink

Anti-stress massage or Ayurvedic massage (60 min)

Hydradermie facial by Guinot (60 min)

Access to sauna pool and gym

Herbal tea in the spa area

- **GENTLEMEN'S TIMEOUT – €240 p/p**

*A ritual specially designed to relieve tension and revitalise the skin*

Welcome drink

Anti-stress massage or deep tissue massage (60 min)

Men's facial by Guinot (60 min)

Access to sauna pool and gym

Herbal tea in the spa area

- **ULTIMATE MOTHER TO BE RITUAL – €240 p/p**

*A moment of care and well-being designed for expectant mothers | Please inform the team of your pregnancy in advance*

Welcome drink

Mother To Be massage (60 min)

Biosensitive facial by Biologique Recherche (60 min)

Access to sauna pool and gym

Herbal tea in the spa area

- **DETOX RITUAL – €265 p/p**

*A purifying journey to cleanse and revitalise the body*

Welcome drink

Lymphatic body drainage (60 min)

Revitalising body scrub (30 min)

Foot reflexology (30 min)

Access to sauna pool and gym

Herbal tea in the spa area

- **BALANCE & HARMONY RITUAL – €295 p/p**

*A restorative ritual to harmonise body mind and energy*

Welcome drink

Anti-stress ritual by Alqvimia (90 min)

Foot reflexology (30 min)

Access to sauna pool and gym

Herbal tea in the spa area

- **COMPLETE SHANTI SPA RITUAL – €295 p/p**

*A holistic experience to relax body, mind and soul*

Welcome drink

Shanti-Som ritual by Alqvimia (90 min)

Back & shoulders massage (30 min)

Access to sauna, pool and gym

Herbal tea in the spa area

- **COMPLETE BODY SCULPT RITUAL – €310 p/p**

*A sculpting and rejuvenating ritual for body and face*

Welcome drink

Private Reformer Pilates or personal training session (60 min)

Full body LPG Endermologie treatment (40 min)

Firming and anti-ageing facial by Biologique Recherche (60 min)

Access to sauna pool and gym  
Herbal tea in the spa area

## PRIVATE ACTIVITIES

- **YOGA – 85€**

Experience a journey of mindfulness and movement as you flow through poses that enhance flexibility, strength, and relaxation. Perfect for nurturing both body and soul.

- **BREATHWORK – 85€**

Harness the power of your breath to release stress, boost energy, and cultivate inner peace. This guided practice helps you reconnect with yourself, promoting clarity and emotional balance.

- **PILATES REFORMER – 85€**

Strengthen and tone your entire body with the Pilates Reformer. This low-impact workout improves posture, core stability, and overall alignment through dynamic and controlled movements.

- **PRIVATE TRAINING – 85€**

Achieve your fitness goals with a personalized training session tailored to your needs. Whether you're building strength, improving flexibility, or enhancing endurance, our expert trainers will guide you every step of the way.

- **TAI CHI – 85€**

Chinese practice that combines gentle, flowing movements with breathing and meditation. It helps balance energy, improve flexibility, and promote both mental and physical relaxation. Ideal for harmonizing body and mind.