

La Mer Spa Menu



Thank you for considering La Mer Spa.

You are choosing a team of class wellness professionals who want to see you flourish on the inside and out.

Our spa menu consists of holistic health services designed to deliver therapeutic benefits to you, not just to make you look better.

Rejuvenate & Awaken your 6 Senses



M A S S A G E T H E R A P Y

Aromatherapy Full Body Massage

60min / 70 €
90min / 100 €

Aromatherapy massage not only has powerful physical, emotional and mental effects but it is also described as a great relaxing and rejuvenating experience. The benefits of aromatherapy massage affect a wide range of health conditions of nervous, circulatory, lymphatic, immune and muscular systems. Aromatherapy massage is a pleasant method for mental clarity, relaxation, stress and headaches alleviation.

Swedish Relaxation

30 min / 35 €
60 min / 70 €
90 min / 100 €

Swedish massage is intended for relaxation and comfort, and will help to relieve stress that affects you on a daily basis. Is very gently, and will not abrade the skin or the muscles. It is not intended to 'work out' kinks and knots, but to soothe them.

Therapeutic/Deep Tissue

30 min/40€

60 min/80€

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints).

During massage, the skin is warmed and the blood drawn to the surface, increasing circulation and encouraging the elimination of toxins from the body, which has the consequence of speeding up recovery time from any illness or injury. The manipulation of the muscles continues the process, whilst at the same time releasing tense knotted muscles by dispersing the buildup of lactic acid which often occurs after exercise.

Anti-Cellulite Massage

30min/40€

Anti-Cellulite massage stimulates the deep layers of the skin and the muscle, encouraging the flow of oxygenated blood to the area, which provides the nutrients necessary to improve the condition of your skin, as well as helping the lymphatic system to remove any toxins and excess fluid. The right massage technique will also break down the fat cells that build up under the skin, which stretch and pull on the skins connective tissue, causing the dimpled effect of your cellulite. Physically breaking up these deposits, and promoting better circulation in the area to help remove them, is one of the main reasons why a good anti cellulite massage can be so effective.

Back Massage

20min /20€

30min /30€

40min/40€

Increased blood flow and circulation, which brings needed nutrition to muscles and tissues. This aids in recovery of muscle soreness from physical activity or soft tissue injury (such as muscle strain). Decreased tension in the muscles. This muscle relaxation can improve flexibility, reduce pain caused by tight muscles and even improve sleep.

Increased endorphin levels--the "feel good" chemicals in the brain. This mood enhancer can ease depression and anxiety, which can help reduce pain and speed recovery--particularly important for those suffering from chronic back or neck problems.

Ancient Thai Foot Massage (Reflexology)

45 min /45 €

Thai foot massage is the application of pressure onto particular areas of the soles of the feet. A reflex action in another part of the body is stimulated by the manipulation of each specific area. Foot reflexology massage uses hands, fingers, thumbs, knuckles, and a rounded wooden stick with lotion or oil.

Thai foot reflexology is a marriage between the ancient healing arts of Reflexology, Chinese Tuina, Japanese Shiatsu and Indian Ayurvedi yoga. Working with the feet, lower leg and knees, this 2000 year old, highly reputed session frees up blocked energy within the body's many sens lines (Thai-based meridians) to produce a deep and unique feeling of balance, relaxation and well-being.

Mixed Champion Massage

Craniosacrale Technique and facial
(70% is lifting massage)

60min/50€

Cranio-Sacral Therapy, or CST, is a gentle, hands-on manipulation of a physiological body system called the cranio-sacral system. This system is comprised of the soft tissue and bones of the cranium (or head), the spine and the pelvis. Massage therapists that perform cranio-sacral therapy also target the membranes and cerebrospinal fluids that surround and cushion the brain and spinal cord from injury during a therapy session.

Rejuvance massage

30min/30€

The Rejuvance is a revolutionary renewal massage for face. Soft and sharp, indolent but precisely executed movements of the fingertips release connective tissue and remove the tension from facial muscles and stimulate collagen production and elastinis. Face becomes bright, quiet, with fewer wrinkles while softening and relaxation can be felt throughout the body.

Ayurvedic Massage

60min/ 70€

A good indian massage supplies proper circulation, which helps our bodies grow and renew. Ayurvedic massage expels toxins and provides deep relaxation. Physically, it helps all systems and activates all chakras of the body. Mentally, it helps mind to relax by removing energies that store past tensions and emotional problems in our body.

Thai Oil Massage

60min/ 70€

Thai Oil Massage specifically works to stimulate the flow of energy and unblock meridian (sen) lines so that the body can rebalance and clear negative energy and fully recharge itself. Involves deep, firm pressure and rolling and stretching movements using palms, thumbs, elbows and knees and the application of warmed oils. An invigorating, rhythmic massage, it follows the style of traditional Thai massage. This massage follows eastern and Ayurvedic traditions adapted perfectly for the western environment and is usually performed on a table.

Lympho Drainage Massage (Ladies)

90min/80€

With lymph massage, the system gets a wake-up call through delicate means. Lymph massage is extremely gentle and slow, not just as an aspect of its healing nature, but by necessity. That light, slow pressure mimics the pulse and rhythm of the lymphatic system itself and gets the vessels to respond as they should. Each stroke slightly moves the skin in the direction of the lymphatic flow to encourage the drainage of fluid and waste.

Zanzibar - Bio-energetic Therapeutic Massage

50min/70€

When nodes or points are very blocked or stagnant with energy-charged, the body begins to weaken, down the antibodies and will cause all sorts of diseases and conditions. Receiving a massage of bio-energy not only manipulate and stimulate muscles, tissues, circulatory system, bones and tendons, but also works with the body's subtle energies, where all disease begins. Balances body, spirit and mind.

Lomilomi massage

60min/70 €

90min/100€

When harmony is lacking the effect is pain physically, mentally, emotionally or spiritually. Illness is a state of tension, which leads to resistance which blocks energy movement. Lomi Lomi helps release this and therefore facilitates the road to healing. On the physical level, stress and tension are relieved, blood and lymph flow assisted and the elimination of wastes and toxins stimulated.

The massage is given in fluid, rhythmic motion using the palms, forearms, fingers, knuckles, elbows, knees and feet.



FACIAL TREATMENTS

Skin brightening facial

90min/80 €

Consultation Dry, oily, aging, uneven, sensitive, and acneic skin conditions and eye concerns can all be addressed with a customized facial treatment. After a thorough, your skin therapist will provide the best combination of products, personalized Aveda aromas, and techniques and design a customized treatment that will move your skin toward balance and reveal its nature.

Anti-aging facial treatments

90min/70€

Anti-wrinkle, firming treatment to increase the skin's resistance and prevent deterioration of elastic tissue. It helps to rebuild cells and produce collagen. Effective care for glowing skin; firms and smoothes wrinkles, Our natural, cleansing and exfoliating treatment customized for any skin type . A powerful treatment that transforms and improves skin texture, clarity and radiance; smooth appearance of fine lines and wrinkles, revealing fresher, younger skin.

Intense eye treatment

40min/ 50 €

An antiwrinkle eye treatment with collagen's marine elements and elastin. It smoothes the wrinkles on eye contour and helps decrease the edemas and dark circles.

Ultimate Age Defying Facial Ritual

100min/100 €

Aging through the years and solar exposure which has robbed the skin of its natural radiance and beauty. This treatment resurfaces, plumps fine lines and wrinkles, evens out skin tone and brightens a dull complexion; using the latest advanced ingredients to work beneath the skin to nourish dry skin tissue, repairs damaged skin cells and stimulate the production of new collagen for increase the skin.

SPA PACKAGES

Aromatherapy full body massage - rejuvance massage	80min/90€
Back massage - neck massage - head massage	50min/50€
Rejuvance massage - anti-aging facial treatments	70min/90€
Anti-cellulite massage - thalasso therapy	100 min/100€
Foot relaxing massage - pedicure	90min/70€

BODY TREATMENTS

*THALASSO THERAPY

- Anti -cellulite
- Lipolysis
- Toning and stimulating
- Detoxification and hydration

Firming and slimming body treatment based on Seaweeds, natural green Clay, marine Elastine, slimming Liposomes with Carnitine and Caffeine, Organic Silicium and a complex of lipolytic herbal extracts (Green Tea, Ivy and more).

*AFTER SUN

Professional moisturizing and nourishing after-sun treatment for sensitive skin with active organic Aloe Vera, soothing extracts and skin friendly conditioning natural actives.

Nail Care

Manicure & Color	30€
Pedicure & Color	40€
Manicure& Pedicure & Color	60€
French Manicure	35€
French Pedicure	45€
French Manicure & French Pedicure	70€
Selac Manicure	40€
Selac Pedicure	50€

Waxing

Full Feet Wax	35€
FULL FEET & BIKINI WAX	50€
Half Leg Wax	25€
Bikini Wax	20€
Brazilian wax	40€
Back Wax	25€
Chest Wax	25€
Arm Wax	20€
Eyebrows	10€
Upper Lip	8€

APPOINTMENT RESERVATION

It is recommended to book your treatments in advance to be able to select your desired time and avoid disappointment.

OUR CANCELLATION POLICY

Please notice us at least 24 hours in advance if you need to cancel or re-schedule your appointment. Any cancellation with a notice shorter than 6 hours will be subject to a full charge. No shows for confirmed appointment will be charged full amount for services booked.

SPA ARRIVAL

To start your relaxing spa experience, please arrive 10 minutes prior to your treatment so that you can receive your full allotted treatment time.

WHAT TO WEAR

Upon arrival, you will be given a comfortable robe and slippers. We recommend you that you leave your valuables and jewellery in your room. We do not assume any liability for any valuables.

LATE ARRIVAL

Please be advised that your treatment will end on time so that the next client is not kept waiting. Full charge for the service will apply.