

La Santé
Wellness Spa
SPA MENU

Gentle Facial

● **Nourishing Detox Facial**

A nourishing detox facial that commences with deep cleansing of the back, lymphatic facial massage and a marine mask with hand harvested seaweed leaf strips.

● **Reviving Facial**

A relaxing cleansing facial suitable for all skin types enriched with anti oxidant algae complexes and pro collagen organic extracts to give the natural glow one needs.

Pampering Massage

● **La Santé Signature**

A unique combination of Swedish and Shiatsu massages to provide deep tissue and muscle tension relief. It helps to improve one's circulation and energy level in complete harmony.

● **Swedish**

An aromatherapy relaxing massage that adopts smooth, gliding strokes and kneading to promote complete body relaxation and rejuvenation.

● **Pre Natal**

Mums-to-be deserve some pampering massage to improve relaxation, reduce stress and relief from normal discomforts experienced during pregnancy such as backaches, stiff necks, leg cramps and swelling.

Therapeutic Massage

● **Herbal Poultice**

A real sensory treat! Warm, organic herbal & seaweed compresses are gently massaged into the body, releasing precious seaweed oil and herbal compounds into the skin and herbal and underlying muscle tissue. The penetrating heat provides deep relaxation while healing properties of organic herbal and seaweed soothe aches and pains. This full body treatment is the ultimate indulgence.

● **Stress Relief**

A relaxing massage enhanced with the use of seaweed massage oil to relieve deep tissue and muscle tension and to revive one's energy level.

● **Head, Neck & Shoulders**

Take away the built up stress, stiffness and tension from your head, neck and shoulders. This focused pressure massage will restore comfort to these typically tense parts.

● **Foot Reflexology**

The practice of applying pressure to the feet to stimulate energy pathways and promote healing effects on corresponding parts of the body.

Body Exfoliation

- **Lavender Sugar Glow**

A wonderful fragrant mix of lavender buds, seaweed and sugar to gently remove dead skin cells, increase circulation and support skin regeneration.

- **Peppermint Sugar Glow**

The fresh and invigorating organic peppermint essential oil with seaweed and sugar scrub cools and is uplifting while promoting skin renewal.

- **Organic Sea Salt Glow**

A detoxifying salt exfoliating treatment that is designed to remove dull skin, refine the skin texture and helps to stimulate blood and lymphatic flow.

- **Bladderwrack Body Buff**

100% certified organic powdered seaweed and oil scrub to protect the skin against cell damages, tone and stimulate, the ultimate treat for tired and dull skin.

Therapeutic Body Wrap

- **Mermaid's Purse**

An intense hydrating and detoxifying wrap for tired, dry and dull skin by stimulating blood flow and promoting cell renewal.

- **Tangle Me Up**

An anti aging and anti cellulite body wrap that helps to improve suppleness and elasticity of the skin. Its anti-oxidant compounds offer protection to cell damage.

Wellness Antidote

- **Herbal Bath**

An European heated chamber infused with the choice of herbs of Rosemary, Chamomile and Lavender.