

Hair Salon

Shampoo & blow dry (short hair)	€25	Children's hair cut (up to 12 years)	€12
Shampoo & blow dry (long hair)	€30	Bridal hairstyling	€120
Hair set with curlers From	€35	Bridal hair styling with trial	€170
Highlights (half head)	€65	Treatment mask	€25
Highlights (full head)	€95	Straightening From	€25
Hair up: from	€48	Perm From	€55
Ladies hair cut	€28	Men's hair cut	€20
Colour from	€48	Treatment for damaged hair from	€35

Wellbeing

Gym: Free of charge for residents **€10** Non - Residents

A towel must always be placed on the machines during workout.

Please wipe off the cardio machines after using.

Personal Training Sessions available - Fitness, Pilates (1 hr) - **€35**

Sauna with frigidarium and water effects or experience shower **€15**

Steam with frigidarium and water effects or experience shower: **€15**

A towel must always be placed on sauna benches during use.

Do not put excess water on sauna rocks.

Swimming lessons available at **€25** per 30 min.

Tennis court is free for hotel guests.

€12 per hour for non residents.

Tennis Lessons or partner available at **€35** per 55 min.

Tennis rackets available for free.

The Bay SPA

HOW TO SPA

Please call us at ext.3102

Spa Punctuality

Please arrive at the spa 10 min early for your appointment, so to allow a stress free check in and changing.

Spa Treatments

We will provide you with disposable underwear for treatments that involve a shower. For therapies that involve water, please wear a swimsuit.

Spa Certificates

Make the perfect gift to the person you love and purchase one of our gift certificates. They will love it!

Spa Special Packages

We can design a spa package based on your requirements. We can customize a Spa package especially for you! For details, ask our Spa therapists.

Health Concerns

Please alert our staff if you are: pregnant, suffer from muscle or joint injuries, varicose veins and broken capillaries, are using retin-A creams, have sensitivity to iodine, are taking any photosensitive medication, have had recent laser or plastic surgery, suffer from heart disease, hypertension or thyroid problems. The above conditions may come in conflict with some of our treatments.

Spa Cancellations

A 3 hour cancellation policy is required to help us reschedule your appointment. If a cancellation is made less than 3 hours prior to your appointment time, a 50% charge will apply whilst a full charge will be imposed for no show.

Call us for your appointments at ATLANTICA BAY HOTEL at 25634070 Ext. 3102.



The Bay Spa



ATLANTICA
BAY HOTEL

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Body

The Sea Salt Glow (35 min) €38
This invigorating treatment uses the finest Sea Salt and Aromatherapy oils to exfoliate and massage away dry skin and improve circulation. Your skin will be marvellously smooth and soft, and you will feel wonderful.

Dead Sea Mud Wrap (1 hr) €68
One of the most luxurious treatments, the Dead Sea Mud Wrap helps you melt away stubborn fat as well as soothing muscle, arthritis and rheumatism pain away. The more consecutive sessions you have, the greater the result. This treatment is also great as a pre-massage muscle warm up.

Micronized Marine Algae body wrap treatment (detoxifying-slimming) (1 hr) €75
Excellent for general well-being and total relaxation. Activates circulation – firming action, increases metabolism and relieves aches and pains.

Marine Algae Rebalancing Back Treatment (1 hr) €75
A deeply relaxing body treatment recommended as a preliminary treatment to all slimming courses. Ideal for skin conditions such as psoriasis or eczema, for general well-being, as a pick me up, and to relieve muscular aches and pains.

Frigi-Thalgo Body Wrap, Anti-cellulite Treatment (1 hr) €80
Excellent for the treatment of cellulite, heavy hips and thighs, for the relief of tired and heavy legs and encouraging the elimination of toxins and excess fluid. Recommended as a course for maximum results (6-12 sessions at 2 per week).

Bust Modelling Treatment (1 hr) €75
An Intensive Thermal treatment incorporating plant and marine proteins combined with high performance liposome's to enhance elasticity and maintain bust firmness and definition. Excellent for re-shaping your bust.

AromaCean Envelopment (75 min) €85
This holistic remineralizing body wrap can be tailor made to suit your individual needs by incorporating Natural Marine Mud with a choice of aromatic oils: Relaxing, Balancing or Energising effect. Just choose the one that suits you!

Spicy and Chocolate Treatment for Slim and Sculpt (1 hr) €65
Your body deserves perfection! Chocolate is rich in Flavonoids, antioxidants and vitamins. It invigorates the body and the immune system and offers hydration, freshness, and revitalisation.

Ionic Detoxification: Foot Spa (30 min) €35
A unique system that cleans your liver from toxins and detoxifies your body.

Special California Body Treatment (90 min) €120
Relaxing hydro bath with Cleopatra milk, peeling with coffee and massage with special candles.

Hydro massage with Cleopatra milk for Relaxing, Balancing or Energising (20 min) €25

Tribal exotic body treatment with coffee and cactus (2 hrs) €150

Perfect Legs treatment (60 min) €80
A refreshing ritual composed of an exfoliating massage and "ice-effect" mask. This treatment is recommended for varicose veins, heavy legs and similar disorders, such as lymphatic and cellulite problems.

Massages

Hot stone Therapy - Sen Tao (80 min) €95
We invite you to meet the secret of the oriental philosophy of beauty , body and mind! The Sen Tao Body and face massage uses hot stones and shiatsu techniques based on a holistic approach to stimulate the Qi, the energy flow, and to relax body and mind.

Reflexology (30 min) €40
A gentle treatment that uses pressure on reflex areas of the foot. These pressure points correspond to all major organs of the body. This is a lovely therapy that will trigger the body's healing mechanisms and will balance body, mind and spirit.

Relaxing Swedish massage (30 min, 45 min or 60 min) €40, €50, €60
If you are feeling tired from a busy work schedule or if you just wish to take a break from the rest of the world and relax, then this is the choice for you. Just leave yourself in the experienced hands of our massage therapist and enjoy!

Aromatherapy Massage (45 min or 75 min) €60, €88
A rhythmic and stimulating massage using extracts from plants and flowers. Combined with the exquisite power of essential oils, helps restore harmony and Balance while detoxifying your entire body. Choose from a variety of Aromatherapy blends- Wake up & Go, Less Stress, More Energy, Depression, Arthritis, Circulation (water retention), Sore Muscles and Sleep Better.

Back & Neck Massage (30 min) €38
This massage concentrates on alleviating tension and soothing away stress and tiredness, leaving you relaxed and ready to move on with the rest of your day.

Indian Head Massage (30 min) €40
Indian Head Massage is an ancient form of massage that has been practiced for over 4000 years and targets the head, scalp, neck and shoulders, to relieve symptoms of migraine, headache, insomnia, sinus and stress.

Thai Massage (60 min) €80
Performed on the floor with special movements, this unique ancient massage technique allows the therapist to manipulate, loosen and stretch the body. Working on the energy lines, which run throughout the body, it releases blockages; open the chakras, increasing your energy and flexibility whilst inducing a peaceful mind.

Anti-Stress Aromatherapy Massage for Men (30 min, 45 min or 60 min) €45, €60, €75
A treatment suited for busy men who are constantly on the run. It will relax and de-stress you, so that you can be ready for the rest of the day.

Sports Massage (60min) €70
A treatment that is appropriate before or after exercise, this full body massage uses essential oils to help increase circulation and warm up muscles. It helps prevent strains and relieves aches and pains.

Anti-Cellulite Massage (30min or 60min) €40, €70
This is a vigorous massage that will help break down fat and eliminate the 'orange peel' effect on the skin. A series of sessions is recommended for optimum results.

Foot and leg massage (30 min) €40
A revitalising treatment perfect for tired or jet-lagged feet and legs. The rhythmic movements of the massage will help stimulate the blood flow and relieve any tension and stress felt from the strained areas of the feet and legs

Anticellulite massage with special candles (45 min) €75
This massage is designed to tone the skin, eliminate toxins, increase blood circulation, stimulate the lymphatic system and reduce the appearance of cellulite.

Lymphatic massage (50 min) €75
This slow, gentle massage stimulates the lymphatic system and blood circulation to enable the free flow of the lymph glands to help clean the body of wastes and toxins.

Face

Hydra Moisture Source Facial (1 hr) €65
A truly hydrating moisture treatment featuring active marine ingredients and vegetal milks combined with a unique mask to combat dehydration, improve skin texture, and leave the skin feeling soft and radiant.

Mini hydrating Facial (45min) €48
Specially designed for dry and dehydrated skin, combining neck massage to stimulate cell regeneration.

Collagen velvet facial (1 hr) €75
A luxurious treatment for moisture deficiency, fine lines and wrinkles. Ideal for sun damaged & dehydration skin type. The ultimate pampering treatment with instant results.

Collagen velvet eye (45min) €48
An intensive treatment for fine lines and crow's feet. (Not suitable for puffy eyes).

Wrinkle control modelling facial (1 hr) €85
A treatment to combat premature ageing, fine lines and wrinkles. This luxurious heat mask, in combination with high performance and anti wrinkle products, will effectively smooth the skin while purifying the oval of the face.

Rebalancing Facial with Micronized Marine Algae (1 hr) €58
Combining pure natural seaweed, this treatment stabilizes and deep cleanses. It is ideal for combination, oily and problem skin types.

Luxury Ocean facial (for men) (1 hr) €65
Algue Bleue Vitale and Bamboo extracts combine to give an anti- ageing, anti fatigue and energizing facial especially for men.

Anti pollution-anti - stress chocolate treatment for face (1 hr) €65
Take a break and escape from daily routine. Indulge yourself with the Bernard Cassiere chocolate treatment from Paris, an express care using cocoa butter with orange essential oils. A delicious chocolate fondue and nectar combining vanilla cocoa extracts for proven results!

Tribal Care for Face (1 hr) €65
Using plants that were originally used in beauty recipes or ancestral medicines inV Morocco, Japan, aboriginal Australia or Africa, the Tribal Treatment has also become a Radiance Treatment.

Wrinkle control facial with patch (1 hr) €85

Face peeling with hot stone (30 min) €68

Face massage with cold stone (30 min) €59

Face massages (30 min) €39

Natural lifting with special organic mask (30 min) €65

Make Up

Special Occasions Make-up €35
Special occasions require special attention. We will help you to look your best, no matter what the event.

Bridal Make up €135
On your special day, we want you to look and feel at your best. We include one make-up trial before the big day.

Eye Brow and Eye Lash tinting €20

Eye Brow Shaping €10

Nail Care

Spa Luxury Manicure €49
Spa Holistic Hand and Nail treatment incorporating Hot Stones; it includes gentle exfoliation, a relaxing massage incorporating hot stone therapy and a warm envelopment to leave your hands luxuriously soft. The treatment includes nail shaping, cuticle removal and varnish application.

Express manicure €20
Shape and regular polish application in less than 15 minutes.

Spa Manicure €35
Nail shaping and cuticle removal followed by a relaxing and moisturizing hand massage and regular polish application.

Spa French Manicure €45
Nail painting and cuticle removal followed by a relaxing and moisturizing hand massage and French polish application.

Spa Luxury Pedicure €60
Holistic Feet and Nail treatment incorporating Hot Stones; It includes a dry method of hard skin removal, gentle exfoliation, a relaxing massage incorporating hot stone therapy and a warm envelopment to leave your feet luxuriously soft. This treatment includes nail shaping, cuticle removal and varnish application.

Spa Pedicure €45
A dry method of hard skin removal, nail shaping, cuticle removal and varnish application.

Spa Nail Extensions €80
If your natural nails are short and you wish them to be long, we add tip extensions to provide you with natural looking beautiful nails. You can choose your nail extensions to be Gel, Acrylic or Fiber Glass.

Waxing

We perform quick, expert, and painless waxing to remove unwanted hair from (practically) anywhere.

You should refrain from using waxing as a hair removal method if you are using Retin-A (currently or in the last 3 months), Accutane (currently or in the past 6 months), or other keratolytic medication (that increases skin exfoliation), or are sunburned or recovering from a recent laser peel.

Full leg / Half Leg Wax €35, €25 Under Arm Wax €18
Bikini Line Wax €18 Back or Chest Wax from €30
Full Arm/ Half Arm Wax €30, €25 Upper Lip Wax €10

