

TREATMENT LIST

Sanya is an invitation to being.

It is an invitation for you to withdraw from your daily life and take time to nourish yourself, to let your body and mind relax and find the peace within yourself.

All treatments include complementary use of the spa facilities on the day of your booking. Many of our treatments include the use of high quality oils that are very nourishing for the skin. It is therefore recommended that to gain maximum benefit of these oils you make use of the facilities prior to the treatment rather than afterwards.

Please arrive 15 minutes prior to your treatment or at least 1 hour earlier if you would like to use the spa facilities.



FACIALS

Express tailored facial	30min - €45
Full tailored facial	60min - €60
Superfood facial	60min - €70
Stress relief facial	30min - €30

SCRUBS

- Lavender and Sugar Body Polish for Dry Skin
- Lemon-grass and Thyme Salt Scrub for Oily Skin
- Coffee and Cinnamon Scrub for Mature Skin

30min - €45

JACUZZI BATHS

- Epsom salt soak with essential oils of your choice
- Oat soak for dry skin

30min - €45



MASSAGE

Swedish massage

Light to medium pressure purely for relaxation.

Back, neck and shoulder/ legs	35min - €55
Full body	70min - €85

Deep tissue

Medium to firm pressure for tension and stress relief.

Back, neck and shoulder/ legs	35min - €60
Full body	70min - €90

Sports massage

For regularly active individuals to aid in the recovery and prevention of sports related injuries.

45min - €65

Lymphatic drainage

to complement deep tissue or sports massage

45min - €45

Indian head massage

Using traditional Indian head techniques focusing on the shoulders, neck and scalp.

30min - €35

Reflexology

60min - €50

Thai Massage

Works on energy meridians using a global technique based on the application of pressure

Yoga Thai Massage	70min - €90
Thai Foot Massage	35min - €45

