

Sample programme:

Day 1

- Upon your arrival from 14.00, there will be flavoured water in your room that you can ask to be refilled throughout your detox journey at the hotel lobby bar. We recommend you to drink lot of water during your detox-package!
- It is time to enjoy the silent spa for three hours. The journey at the silent spa provides relaxing sauna rituals as well as health and strength from floating in the healing Dead Sea pool.
- Time to enjoy the hydro massage for 20 minutes. The massage table is filled with flowing warm water allowing your body to relax while also boosting circulation and relieving muscle tension.
- There is no hurry – just let the sunlight caress your body and produce vitamin D in our unique sun room with a cup of Hedon herbal tea.
- It is time to take a glass of a refreshing smoothie for an evening boost.

You can already feel your body thanking you for the day and you will gently fall asleep in the big soft bed.

Day 2

- Healthy breakfast.
- Relaxing in the bathing area.
- Cinq Mondes ritual in the hammam with kassa glove body exfoliation and Rhassoul clay wrap for 60 min.
- It is time for your refreshing mid-day smoothie – why not enjoy it in the sunroom.
- Cinq Mondes slimming and firming Brazil ritual for 60 min.
- Three-course vegan dinner at the a la carte restaurant Raimond.

Day 3

- Healthy breakfast.
- Relaxing in the bathing area.
- Before leaving, why not charge your batteries once again in our sunroom to make your way home brighter.
- Check-out at 12.00

You can also choose among a selection of active exercise throughout your stay: training at the gym, walking or jogging along the winding coastline boardwalk or parks. We can also provide you with a yoga mat for exercising, and yoga or meditation at the most appropriate time for you either in your own room, in our gym or weather permitting at the beach or in the park.

We recommend the following two treatments for your detox programme:

DETOX FEET CARE

A calming, refreshing and detoxifying foot treatment. The mixture of herbal extracts and magnesium sulphate crystals soften and moisturise the skin, calm and relax muscles, reduce stress, boost your mood and reduce blood pressure and swelling. A lot of residual substances are released through your feet during the foot bath. The 15-minute foot bath is followed by a pedicure. The treatment is finished with a foot massage that calms and rejuvenates the skin and relieves stress. Toenails are not painted after the detox foot massage. Personal tips and recommendations for 10 min.

Price Mon-Sun 44 EUR (90 min)

SLIMMING AND SHAPING UDVRTANA AYURVEDA RITUAL

The slimming ritual from India includes a massage technique that invigorates lymphatic circulation and “fights” the soft tissue cellulite on legs, hips and upper arms. The massage is preceded by a warm body wrap enhancing the release of residual substances from the body and improving the absorption of active substances.

Fri-Sun 56 EUR; Mon-Thu 51 EUR (50 min)

Further information and booking at sales@hedonspa.com or by phone on [+372 44 99 021](tel:+3724499021)