

## **Sample programme:**

### **Day 1**

- Upon your arrival from 15.00, 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 2 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:**

### **CUCCIO DETOX SPAPEDICURE 90 min**

The soothing and refreshing detox foot bath with herbal extracts and magnesium sulfate crystals softens skin, soothes and relaxes muscles, relieves stress and improves mood. During the foot bath, many residues are released into the water through the feet, therefore, the watercolour will become darker. After a 15-minute foot bath, a pedicure is followed. The treatment ends with a relaxing foot massage that removes residues. After the detox foot treatment nails will not be varnished.

**Mon-Thu 53 € Fri-Sun 55 €**

### **ICONIC FACIAL AND BODY RITUAL**

This new Ritual provides the finest massage techniques of Cinq Mondes, rooted in ancestral and ceremonial practices.

Reconnect with your mind and body with a back massage inspired by ancient Ayurvedic movements, followed by a facial treatment and massage that is personalized based on what you would like and need.

The Iconic Facial and Body Ritual reflects technical and ancestral expertise, showcasing the expertise of Cinq Mondes. Your Treatment Ritual starts with a back massage inspired by Ayurvedic techniques, and continues with a personalized facial treatment and massage.

Relax deeply and release all your muscle tension during this massage ritual with the care lavished by your spa therapist.

The Indian Ayurvedic Massage for the back tones the body and stimulates energy points to strike a physical, mental, and spiritual balance again. Interspersed by alternating fast and slow gestures with heated Universal Ayurvedic Body Oil, this treatment stimulates the energy metabolism of the body and tones the body.

Brilliantly extend your expert ritual with a customized “KO BI DO” Face and Neck Lifting Massage is an ancient Japanese anti-aging touch therapy, known to this day as one of the most effective ways of preserving or restoring the youthfulness of the face, neck and décolletage.

This special treatment alternates between 50 lifting massage movements in specific areas

**KO BI DO face-lifting massage :** A real holistic anti-ageing treatment, this manual natural face-lift, together with personalised client care, acts deeply on wrinkles and on the firmness and elasticity of your skin by concentrating mainly on the areas that need it most: the contours of the eyes, the mouth, the décolletage and the arms. Alternating between vigorous stimulation, anti-wrinkle and lifting movements, and energising massage to the pressure points, this full

treatment stimulates the entire flow of energy in the face and décolletage. It enables toxins to be eliminated and tones the muscles of the face, thereby acting on the main reasons for the appearance of wrinkles.

*\*Additional personal recommendations and tips 10 min.*

**Mon-Thur 68 €; Fri-Sun 74 €**

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