



SPECIALTY TREATMENTS

Body Lymphatic Treatment

Gentle stimulation of the lymphatic system enhances the circulation of blood and the elimination of toxins; a relaxing scalp massage concludes this treatment.
50 min. - \$125

Enhanced Body Lymphatic Treatment

Using a combination of algae-based creams, specific areas of the body are targeted, promoting smoother skin appearance and detoxification. This treatment is finished with a body gel.
80 min. - \$170

Reflexology

Based on the ancient Eastern method of strengthening the inner body functions through stimulation of the pressure points on the feet, this treatment enhances the flow of energy throughout the body.
25 min. - \$75; 50 min. - \$140

Element Back Treatment

According to traditional Chinese medicine, each person has dominating characteristics of one of five elements; wood, fire, earth, metal, and water. Your back will be cleansed, toned, and exfoliated. A marine mask of tertonc clay leaves your back smooth; a finishing body gel cools and refreshes.
25 min. - \$65

Wild Chamomile/Ancient Cedar Pedissage

Beginning with a scrub of purifying cedar, the feet and legs are cleansed before a masque of wild chamomile flowers and lavender. Then the feet and legs receive a reflexology pedissage using wild chamomile-infused oil, followed by a moisturizing chamomile and lavender foot balm. The pedissage ends with a relaxing cup of wild chamomile tea.
105 min. - \$225

Wild Chamomile/Ancient Cedar Body Treatment

The body is first exfoliated with Aspira's signature Ancient Cedar Scrub, known for its purifying and detoxifying properties. After exfoliation, the rehydrating signature masque of Wild Chamomile and Lavender is applied to the entire body. The treatment concludes with a 50-minute relaxing reflexology massage, applying gentle pressure to the reflex points of the body.
105 min. - \$225

Head And Scalp Balancing Treatment

Using a selection of shampoos and minerals, followed by essential oils on specific meridians, this treatment promotes and maintains healthy scalp and hair. Following this treatment, hair must be rinsed.
25 min. - \$55

Massage With Balneotherapy

Choose a therapeutic bath in the chromatub before your massage for total bliss.
75 min. - From \$190

- Energizing Yin - Cooling; good after exposure to the sun or after exercising.
- Energizing Yang - Warming; perfect for pre- or post-sport activities. Promotes energy and prevents energy loss.
- Balancing - Helps to regulate bodily fluids.
- Toning - Diminishes puffiness and fatigue.
- Normalizing - Revitalizes cellular activity.
- Regenerating - Detoxifying; stimulates blood circulation.
- Soothing - Relaxing and calming, used to relieve anxiety and stress.
- Detoxifying - The eliminating properties of ivy with essential oils make this product ideal for detoxification. The products used in this treatment are non-algae based.

Chakra Balancing

This treatment begins with a balancing bath, using light and sound vibration, while the body is massaged with hundreds of air jets. After this relaxing bathing experience, the Chakra Balancing Massage leaves you in a state of total relaxation.
120 min. - \$240

Hammam

This centuries-old Moroccan body cleansing ritual begins with aromatherapy in the steam room, followed with the Marine Body Peel exfoliation and a body shampoo. After the exfoliation and a warm shower, the Moroccan Hot Oil Massage provides a soothing finish to this exotic experience.
105 min. - \$240

Slimming Treatment

This treatment begins with an Ivy Slimming Chromatub Bath to stimulate detoxification and reduce water retention. Next, the Body Lymphatic Treatment, using specific algae-based creams, tones and firms the skin. The treatment finishes with slimming body gels and a soothing scalp massage.
80 min. - \$200