



ANANDA

SPA EXPERIENCES



Ānanda  
(Sanskrit: आन )  
literally means  
bliss or happiness.

In yoga philosophy it is said that God is sat-chit-ananda. Paramhansa Yogananda adds that ananda is different from the temporary happiness that comes from sense pleasures such as eating, listening to music, and seeing beautiful things. It is also not a monotonous joy that is always the same. Ananda refers to a joy that “changes and dances itself in many ways to enthrall your mind and keep your attention occupied and interested forever.”

According to Paramhansa Yogananda, ananda can only be found through regular deep meditation. This joy lives within and cannot be found through anything outside oneself. When one has divine joy, the joy remains despite any difficult outward circumstances.



# FULL BODY

## MASSAGES

### CLASSIC MASSAGE 60/90min

€65/90

Improve blood circulation, which helps you feel more energetic by increasing the flow of oxygen to the muscles in your body. Additionally, it stimulates the lymphatic system, which carries the body's waste products, meaning you'll process the good and the bad much quicker.

### RELAXING MASSAGE 60/90 min

€65/90

Experience the art of totally relaxation focuses on giving the client time to recover from the stresses of daily life by Long smooth gliding strokes that are rhythmic and flowing.

### AROMATHERAPY 60/90min

€65/90

Aromatherapy is the use of essential oils to promote healing and a feeling of well-being and relaxation in the recipient. The essential oils are extracted from the parts of herbs and plants and contain all the properties of the plants themselves.

### PREGNANCY MASSAGE 60min

€65

A wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps and headaches.

### SPORT - DEEP TISSUE MASSAGE 60/90min

€70/95

It is used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries.

### COMBINATION MASSAGE 60/90min

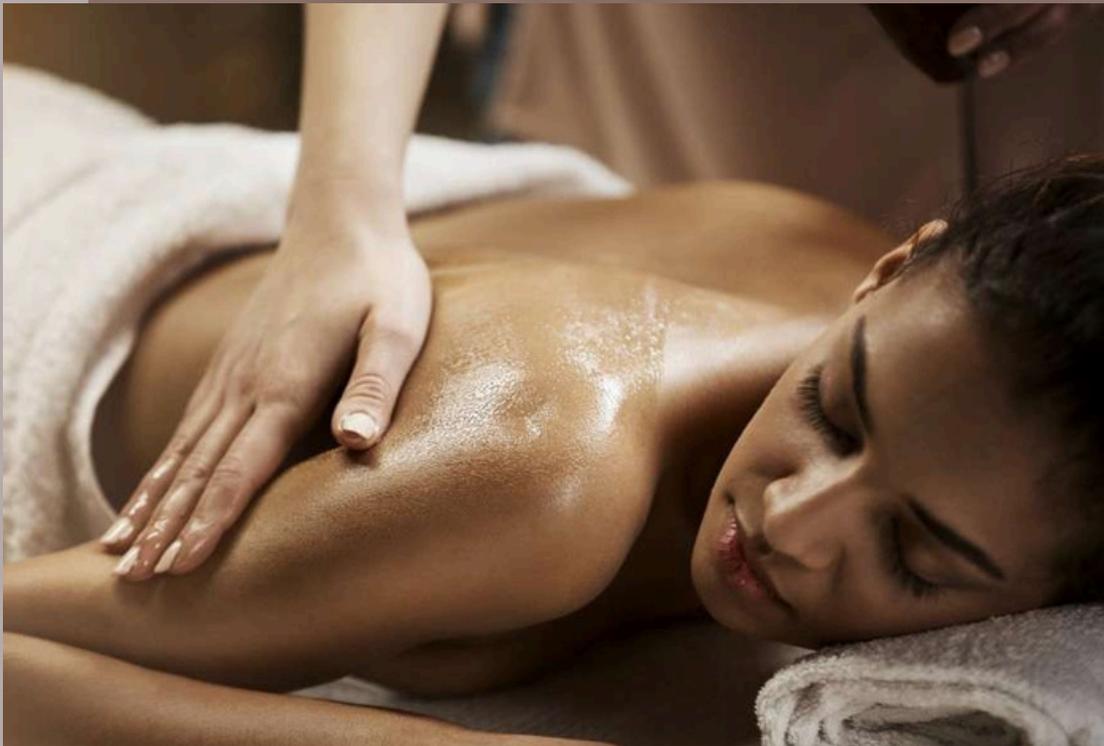
€70/95

Combinations are used to tailor the massage towards your personal preferences and specific needs integrating more than one style for the ultimate experience.

# BACK BODY

## MASSAGE TREATMENTS

CLASSIC 45min	€45
RELAXING 45min	€45
PREGNANCY 45min	€45
SPORT 45min	€50
COMBINATION 45min	€50



## PARTIAL MASSAGE TREATMENTS

BACK OR LEGS 30min	€40
NECK AND SHOULDERS 20min	€30
KIDS MASSAGE 30min	€40

# MASTER TEMPLE OFFER PERFECTION MASSAGES AND THERAPIES

Master Massage 90min/120min

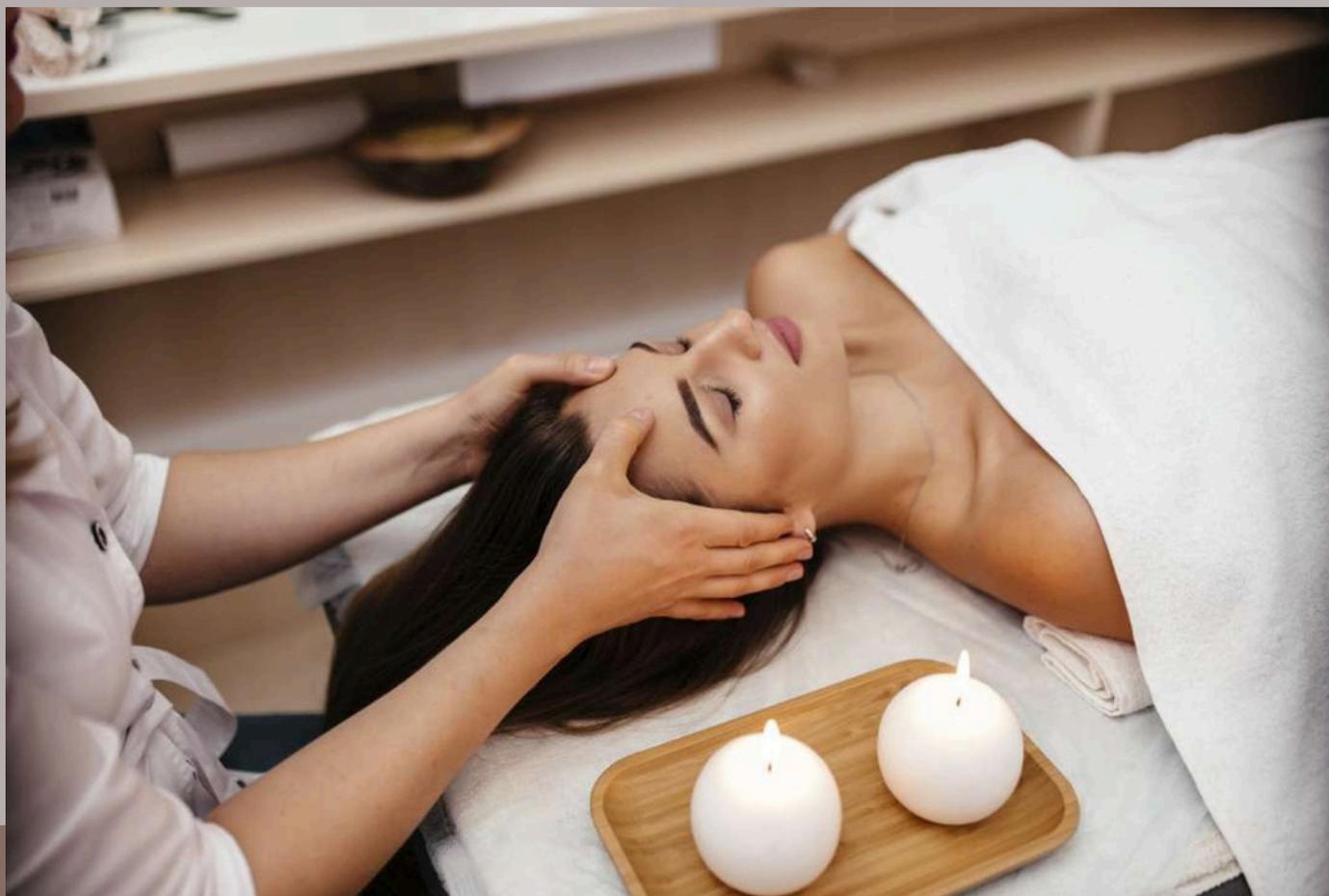
€90/€120

The master provides a healing massage according to clients needs.  
More than 20 techniques are use for the perfect result

Thai Royal Combination Oil Massage 90min/120min

€90/€120

Thai Royal treatment aims to unblock, balance and restore the body's natural flow of Prana / Qi / Chi / Energy and so maintain equilibrium in all organs and systems within the body thus preventing poor health and disease, enabling the body to heal itself and work efficiently.



# BODY TREATMENTS BY HELIABRINE

ALOE VERA & COCONUT (sun burn ) TREATMENT 60min

€65

Aloe vera is touted as the “burn plant” the perfect natural remedy for a bad sunburn. Initial research has shown aloe vera aids the skin in healing from sunburns and mild burns. In addition, aloe vera oil can moisturize the skin, helping you avoid the peeling normally associated with sun damage.

SUMMER FRUITY BODY SCRUB 60min

€75

An exfoliation with the selection of strawberries, coconut, honey, mango and more, blended with sea salt crystals combined with a relaxing body massage for an express beauty treatment that leaves your skin soft and silky.





# SAUN A

or STEAM BATH

PRICE PER HOUR

1 PERSON	€12
2 PERSONS	€20
3 PERSONS	€30
4 PERSONS	€35

# NAILS

## MANICURE

SHAPE & NORMAL POLISH	€19
SPA MANICURE NORMAL POLISH	€35
SPA MANICURE GEL POLISH	€50
SHELLAC MANICURE	€40
REFILL GEL NAILS	€50-60
FULL SET GEL NAILS	€70-100
NAIL ART	+ €5-15
FRENCH NAILS	+ €10
SINGLE NAIL REPAIR	€8

## PEDICURE FOR WOMEN

DRY PEDICURE & GEL	€50
SPA PEDICURE & NORMAL POLISH	€50
SPA PEDICURE & GEL POLISH	€60
FRENCH NAILS PEDICURE	+ €10
CALLUS REMOVAL	€5
MEDICAL PEDICURE	€50
PEDICURE TOES	€30

## TITANIUM TOE NAIL BRACES

INGROWN NAIL	€45 per nail
3TO BRACES	€55 per nail

## PEDICURE FOR MEN

MEDICAL PEDICURE	€50
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# HAIRSALON

Woman Haircut	€25
Mens haircut	€20
Kids haircut	€15

	SHORT	MEDIUM	LONG
Shampoo & Blow Dry	€30	€35	€40
Cut & Setting	€45	€45	€50
Colouring (roots)	€35	€40	€45
Colouring (full)	€40	€45	€50

Highlights	(½ Head) €75	(Full Head) €120
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	SHORT	MEDIUM	LONG
Hair wraps	€20	€25	€35
Full head plats (braids)	€70	€80	€90
Half head plats (braids)			from €30

Shampoo	from €6
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Hair up	from €50
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Curls with Iron	from €45
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Brides	from €150
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Bridesmaid	from €65
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# SPA

# ETIQUETTE

It's always good to know the basics of etiquette of the place you go to. We have formed the basics of SPA etiquette so that you feel comfortable with us. You will feel simpler if you know the common things to do when you visit the spa salon.

Turn off your cell phones. It's very hard to relax when you have to answer calls, emails, or SMS. This also applies for pedicures. If you do not want time to last - take a book or magazine.

Come on time. The exact arrival time depends on which procedure you choose, how well you know about it and the effect you expect from the procedure. It's always better to go

to the spa salon 10 minutes before. You should not delay the procedure - we recommend arriving at least a few minutes before.

Explain your wishes. Do not hesitate and explain what exactly you would like to get during the procedure when registering.

Tell us about your ailments: allergies, hypersensitivity, high blood pressure, diabetes, heart problems (or other physical illnesses) when you book your treatment.

Forget about everyday problems. Do not waste your time spitting on them. No matter what the problem is - leave them outside the spa door and let yourself enjoy the treatment provided.

Do not come to the procedure sweaty. Wash in the shower, because it will be more pleasant not only for you, but also for the therapist.

Do not speak loudly. No matter where you are in the spa, do not speak loud and do not use your mobile phone as it interferes to relax with others and yourself.

Do not expect the miracle from one procedure. One massage salon will not suffice to eliminate all your ailments and muscle tension. You will need to visit several times to feel the improvement.

Do not treat the spa staff with disrespect. Do not play the king or queen in any spa salon, as this will not make your life more beautiful.

Do not come to spa after eating too much food and drinking alcohol. You feel uncomfortable and agitated. After the procedure it is recommended to drink plenty of pure water and do not rush to eat.

