

# MARTIN'S SPA

## BODYW<sub>h</sub>EALTH<sup>®</sup>

### Treatment menu



<b>A World of Massages .....</b>	<b>2</b>
<b>The ‘Terraké’ Treatments .....</b>	<b>3</b>
<b>Our ‘La Sultane de Saba’ Treatments .....</b>	<b>5</b>
<b>The ‘Phyto5’ Health Treatments .....</b>	<b>5</b>
<b>The Signature ‘Martin’Spa’ Treatments .....</b>	<b>7</b>
<b>The Essential Treatments ‘For Two’ .....</b>	<b>7</b>
<b>For you gentlemen, for mums to be and new mums.....</b>	<b>8</b>
<b>as well as golfers and sportsmen and women.....</b>	
<b>The ‘Beauty’ Treatments.....</b>	<b>11</b>
<b>Fitness &amp; Thermal baths.....</b>	<b>12</b>
<b>Martin’Spa Etiquette .....</b>	<b>13</b>

## A World of Massages

### **Californian Massage**

A harmonising, all-body massage using long, flowing movements to awaken the senses and become attuned to the body as a sum of its individual parts.

**30min/40€**  
**60min/ 80€**  
**90min/120€**

### **ZenSa Massage**

ZenSa is a personalised, relaxing massage that uses the 'infinite movement' technique to restore its essential balance to your body.

**90min/120€**

### **Hot Stone Massage**

An energising massage, inspired by Ayurveda, which reharmonises the chakras thanks to volcanic basalt stones that slide over the body, plunging the mind and body into a moment of intense relaxation.

**60min/95€**

### **Plantar Reflexology**

Pressure is exerted on the reflex points of the foot that correspond to the body's organs helping to drain, detoxify and rebalance the body's energy flow while generating an all-round feeling of well being.

**45min/70€**

### **Cranial Massage**

Intense relaxation of the head and back of the neck: stress and tensions disappear.

**30min/40€**

### **Candle Massage**

Treatment by light ... a massage using the forearms on hot, melting wax for a delicious moment of relaxation.

**60min/95€**

### **Sport Massage**

A deep massage that prepares the muscles before physical effort, making it possible to avoid aching muscles after sport.

**45min/70€**  
**60min/90€**  
**90min/120€**

### **'Abhyanga' Ayurvedic Massage**

A massage inspired by traditional Indian medicine accompanied by pressures on energy points according to your ayurvedic 'mood' (using the 3 doshas: Vata, Pitta, Kapha).

**60min/100€**  
**90min/140€**

### **Thai Massage**

Performed on a futon, acupressure and deep stretching in order to release tension, increase vitality and achieve balance between the body and the mind. This massage is applied fully dressed.

**60min/100€**  
**90min/140€**

### **Shiatsu**

Performed on a futon, this ancestral technique, inspired by Chinese medicine, will boost your soul and body thanks to the pressures and stretching of the energy meridians. This massage is applied fully dressed.

**75min/125€**



## The 'Terraké' Treatments

A beauty treatment concept dedicated to the world's greatest spas, Terraké seeks harmony between the pleasure of the senses and the release of the spirit.

Terraké proposes 4 ideal sensorial universes, inspired by the birth of the World, and that bring you into close contact with the Forces of Nature:

### **Terra Magica, Of Air and Light, Primordial Waters and Luxuriant Plant Life**

The Terraké beauty rituals draw their power from this restored fusion, to nourish, replenish, and pamper the body, spirit and soul!

Come and discover the Terraké sensorial universes...

## *The Body Rituals*

The body rituals start off with a stay in the Micro-climate Cocoon, an exfoliation, wrap and body massage

**120min/170€**

### **Terra Magica**

**Mineral Sculpt Ritual** – Firming

**Renaissance Terra Magica Ritual** – Relaxation and remineralisation

Combination of precious stones polished a thousand times, hot basalt stones and red jasper.

### **Of Air and Light**

**Snow Breeze Ritual** - Detoxification

### **Primordial Waters**

**Relaxing Waters Ritual** –Hydration

### **Luxuriant Plant Life**

**Liana Contour Ritual** – Slimming

**Delectable Essence Ritual** - Nutrition



## ***Terraké à la Carte***

Exceptional ritual – ‘**Anti Jet-Lag’ Pure Plenitude Ritual** **90min/135€**  
Face, body and reinvigorating treatments

**Awakening to the Earth** **60min/85€**  
Exfoliation + back body massage in one of the 4 Universes:  

- gentle exfoliation: Primordial Waters, Of Air and Light
- vigorous exfoliation: Terra Magica, Luxuriant Plant Life

**The Terraké Massages** **60min/80€**

**Terra Magica Massage**  
‘the hand shares its powers’: a relaxing manual massage + hand variation

**Primordial Waters Massage**  
‘rain sticks’: relaxing manual massage + rain stick variation

**Of Air and Light Massage**  
‘feather brushes’: relaxing manual massage + feather brush variation

**Luxuriant Plant Life Massage**  
‘liana ribbons’: relaxing manual massage + cotton liana variation

## ***The Face Rituals***

The face rituals include a purifying make-up removal treatment, **60min/90€**  
an exfoliation, face-pack and massage.

**Terra Magica**

**Precious Earth Ritual** – Anti-ageing

**Of Air and Light**

**Breath of Pure Air Ritual**– Detoxification

**Primordial Waters**

**Origins of the Sea Ritual** – Hydration

**Luxuriant Plant Life**

**Rare Essence Ritual**– Nutrition



## Our 'La Sultane de Saba' Treatments

### **Hamмам+ exfoliation**

**60min/80€**

Choose between:   smoothing sugar and Neroli oil (small flower) exfoliation  
                          smoothing orange blossom or jasmine salt exfoliation  
                          smoothing Lulur exfoliation  
                          eucalyptus black soap and exfoliation with a kessa glove

### **Oriental Adventure**

**90min/120€**

Hamмам+ jasmine salt or orange blossom salt exfoliation + massage (30 min)  
with oriental hot precious oils perfumed with jasmine or orange blossom

### **A Trip to Bali**

**120min/150€**

Hamмам + Lulur exfoliation with lotus and frangipani blossom + massage (1h)  
With hot precious oils of lotus and frangipani blossom and shea butter

### **Japanese Escape**

**135min/165€**

Black Soap and eucalyptus shower + Hamмам + black soap exfoliation with kessa glove  
Followed by a sugar and Neroli oil exfoliation + Rassoul (Moroccan clay) and shea butter wrap  
+ massage (30 min) with Neroli hot precious oils

## The 'Phyto5' Health Treatments

**PHYTO5** is a range of plant products inspired by Chinese medicine (law of the 5 elements) and combined with refined Western techniques. PHYTO5 is an organic, professional and exclusive treatment using natural and active products.

A personalised diagnosis will be carried out by one of our specialists before you start treatment.

### ***Body Treatments***

Each body treatment follows several essential stages: analysis of your skin and structure of your body, body peeling, stimulation of energy points, clay face-pack.

### **Serenity treatment**

**75min/100€**

Exfoliation, clay wrap and relaxing 20 minute massage  
chosen according to your current state of mind.

### **Element treatment**

**120min/140€**

Sculpting treatment to address your aesthetic problems. Includes a diagnosis, a body exfoliation, a clay wrap, an energetic draining massage, and the application of the end of treatment balm.



**Bust treatment**

Tones and firms the bust.

**75min/90€**

**Energetic draining massage with suction pads**

Improves skin quality and imparts a feeling of lightness by improving blood and lymph circulation.

**45min/60€**

\*\*\*

***Element face treatment***

Addressing personal aesthetic problems. Each face treatment follows several essential stages. Diagnosis by one of our specialists, make-up removal, exfoliation, in-depth seaweed cleansing, chromotherapy, draining, stimulation of the reflex points, clay face-pack, end of treatment creams.

**90min/100€**

**Rejuvenating treatment with 5 clays**

Radiance element treatment with the application of the 5 clays according to the reflex points of the face.

**90min/95€**

**Natural facelift**

Resculpts the oval of the face thanks to chromotherapy and black clay.

**90min/100€**

**Phyt'Osmose & lymphatic draining treatment**

Remineralising, toning, moisturising and detoxifying.

**60min/90€**

**Body and face energetic draining treatment**

Improves skin quality and imparts a feeling of lightness by improving blood and lymph circulation.

**60min/70€**



## The Signature 'Martin'Spa' Treatments

### Rejuvenating Experience

20min/40€

Hydromassage with essential oils of camomile, mountain pine, rosemary or mint bee balm ...  
A prelude not to be missed! € 20 if taken with a treatment.

### Thermo-Spa Relaxation

20min/40€

Snuggling into our water mattress, you will feel cocooned as if back in your mother's womb.

### Shea Cocoon

60min/80€

Sugar or salt exfoliation followed by a nourishing shea butter wrap, softly cradled in our Thermo-Spa.

### Silhouette Cocoon

60min/80€

Sugar or salt exfoliation followed by a slimming and remineralising seaweed wrap, softly cradled in our Thermo-Spa. (not advised for persons suffering from thyroid problems)

### Rassoul Ritual *Pamper yourself*

45min/50€

Hammam + scrub yourself down with Rassoul (Moroccan clay). Its oligo-elements nourish the skin in depth. Throughout the ritual you will remain in our private hammam to pamper yourself.  
To further enhance the effect, finish off the treatment by smothering yourself in body cream.

### Winter Supreme

120min/150€

A blissful ritual for guaranteed sensations. Spend a moment in our private hammam, enjoy a sugar exfoliation of your body and face, allow yourself to be smothered in Rassoul from the crown to the tips of your toes and relax during a scalp massage that will make you writhe in pleasure.

## The Essential Treatments 'For Two'

Get away from it all with your partner or friend for an unforgettable moment of escapism in one of the pleasant suites overlooking the lake.

Prices given are for two persons. *Other treatments from our menu can also be provided for two.*

### Jacuzzi + Hot Stone Massages

90min/200€

Enjoy a fruit cocktail during your Jacuzzi session.

### Jacuzzi + Be Born Again Together in one of the Terraké Universes

90min/200€

Enjoy a fruit cocktail during your Jacuzzi session, followed by an exfoliation and a massage.

### Marine Wave Ritual For Two

135min/350€

Mother of pearl smoothing exfoliation, aromatic bath embalmed with mother of pearl followed by a massage.

### Rassoul Ritual For Two (La Sultane de Saba)

45min/100€

Application of the Rassoul + Hammam + end of treatment body cream.

If you are celebrating a special occasion, remember to tell us when you book.



For you gentlemen, for mums to be and new mums as well as golfers and sportsmen and women

***Body & Face Rituals***

***For Men***

**Mineral Force Ritual *Body***

Deep massage redefining and following the muscles to smooth out love handles and resculpt the body.

**90 min/125€**

**Mineral Force Ritual – Anti-ageing *Face***

**60min/90€**

***For mums to be***

**Massage for pregnant women (as from 4 months)**

A cocoon of softness that will help mums to be through their pregnancy, that will relax the back, make legs lighter and prepare the mind.

**30min/40€**

**60min/80€**

**Delectable Essence Ritual - Nutrition *Body***

**120min/170€**

The generous smoothness of a wrap of fruit pulps and essences that is devoured by the skin. The exquisite and exhilarating perfume of paradise, the delectable joy of pampered skin ... to enjoy without moderation!

*Well-being benefits for the future mother:*

- Improved skin quality, which becomes more elastic and velvety thanks to the fruit butters and rich oils specially selected for their remoisturising properties.
- Prevention of stretch marks
- Intense relaxation

**Origin of the Sea Ritual – Face hydration**

**60min/90€**

An exquisite dive into the volcanic water of the lagoons. The skin is completely quenched and retains the beneficial water at the heart of its cells.

*Benefits for the future mother:*

- The skin is perfectly quenched and replumped thanks to the fresh textures and active principles selected for their moisturising properties.
- Prevention of the marks of ageing with a particular action on dehydration lines
- Total well being



## ***For new mums***

### **Postnatal massage**

It allows a gentle elimination of nervous tensions and brings about a sense of serenity. It makes muscles more supple and toned, evacuates excess fat and toxins, restores skin elasticity and slims the figure.

**30min/40€**  
**60min/80€**

### **Mineral Contour Ritual – Body Firmness**

The intense pleasure of a wrap of geological mud, rough yet welcoming. Divine firmness of a body redrawn by the original earth.

**120min/170€**

#### *Benefits for the young mother:*

- Improved, toned skin quality
- The contours of the body are resculpted thanks to a targeted treatment
- Intense relaxation

### **Breath of Pure Air Ritual– Detoxification Face**

**60min/90€**

Pure sensations of a deep detoxification. The skin breathes again and remains protected from pollution.

#### *Well-being benefits for the young mother:*

- Draining and detoxification effect for a more luminous skin
- The skin is moisturised and recovers its elasticity
- All-round well being



***For golfer, sportsmen and women...***

**'Back pain treatment**

**90min/140€**

- Balneotherapy with "woody" essential oils; with a stimulating action favouring energy circulation and muscular relaxation.
- Energetic draining massage adapted to back pains.
- 'Woody' green clay wrap and massage in the Thermo-Spa.

**'Light legs' treatment** - ideal for heavy and tired legs

**60min/100€**

- Balneotherapy with 'Fire' essential oils; recommended for circulation problems and after sport.
- Energetic draining massage adapted to heavy legs.

**'Serenity' treatment**

**75min/100€**

- Relaxation treatment

- Exfoliation;
- Wrap in the Thermo-Spa
- 45 minute manual massage with an oil that meets your needs:

Zen = regulating – calming - anti stress

Chi yang = energising and toning

Chi yin = relaxing and refreshing



## The 'Beauty' Treatments

### *Facials*

**Terraké Gentle Water** **60min/80€**  
 Cleaning and moisturising of the skin...Your skin is revitalised!

**Phyt'Osmose 'Radiance'** **30min/60€**  
 An instant radiance! Ideal before an event or a dinner.

### *Make-up*

<b>'Daytime'</b>	<b>30min / 30€</b>	<b>'Evening/Cocktail'</b>	<b>45min / 45€</b>
<b>Technical tips</b>	<b>45min / 45€</b>	<b>'Bridal' – including trial</b>	<b>2*30min / 75€</b>

Tips for successful make-up (mineral or normal)

### *Manicure & Pedicure*

<b>Hand treatments</b>	<b>30min / 30€</b>	<b>Feet treatments</b>	<b>45min / 45€</b>
<b>Spa hand treatments</b>	<b>60min / 60€</b>	<b>Spa feet treatments</b>	<b>60min / 60€</b>
<b>Nail varnish</b>	<b>15min / 15€</b>	<b>Medical pedicure</b>	<b>60min / 60€</b>
<b>French nail varnish</b>	<b>30min / 25€</b>		

### *Hair Removal & Tinting*

<b>Eyebrows</b>	<b>15min / 10€</b>	<b>Upper lip</b>	<b>15min / 10€</b>
<b>Chin</b>	<b>15min / 10€</b>	<b>Face (2 zones)</b>	<b>30min / 20€</b>
<b>Half-leg</b>	<b>30min / 30€</b>	<b>Full leg</b>	<b>45min / 40€</b>
<b>Armpits</b>	<b>15min / 15€</b>	<b>Arms</b>	<b>30min / 25€</b>
<b>Bikini line (classic)</b>	<b>15min / 20€</b>	<b>Extended bikini line</b>	<b>30min / 25€</b>
<b>Brazilian</b>	<b>45min / 40€</b>	<b>Back/Chest</b>	<b>30min / 40€</b>



<b>Half leg / Classic bikini line / Armpits</b>	<b>60min/60€</b>
<b>Full leg / Classic bikini line / Armpits</b>	<b>75min/70€</b>
<b>Bleaching per zone</b>	<b>30min/20€</b>
<b>Eyelash tint</b>	<b>15min/ 15€</b>
<b>Eyebrow tint</b>	<b>15min/ 15€</b>
<b>Eyelash &amp; eyebrow tint</b>	<b>30min/ 25€</b>

---

**Full day / Spa getaway packages on request:**

Ask us about our rituals or courses of treatments available as full day or spa getaway packages.

---

**Fitness & Thermal baths**

**Entry** **30€/pp**

**Opening times**

Monday to Friday: from 7 a.m. to 10 p.m.

Weekends and public holidays: from 9 a.m. to 8 p.m.

The Fitness centre and courses are open to anyone aged 16 or over.

**Fitness equipment**

1 fitness room, 1 cardio-training room, 2 course rooms (group & spinning),  
Power Plate - coaching on request (extra charge)

**Solarium** **15min/ 15€**

**Personal Training**

Personalised fitness and cardio coaching – prices and durations vary

**60min/40€**

**Thermal baths**

1 relaxation pool, 1 Jacuzzi at 36°, 1 eucalyptus hammam at 45°, 1 sauna at 85°,  
1 panoramic terrace (5<sup>th</sup> floor) with sun-loungers ... and lake view.

Swimwear must be worn in the pool area.

The pool is open to children every weekday between 2.30 and 4.30 p.m.

On public holidays, during school holidays and on weekends between 9 and 11 a.m.

Children under 12 years old must always be accompanied by an adult.

Price for children:

Under 12 years: € 5.00

from 12 to 16 years: € 15.00

**Tennis**

During the season – subject to booking.



## Martin'Spa Etiquette

*Make it an unforgettable experience for your body ... and mind*

### **Spa opening times (treatment area only)**

From Monday to Sunday between 9 a.m. and 7 p.m.  
Late night openings : Wednesdays and Thursdays until 8 p.m.

### **Access to the fitness centre, pool area and sun terrace**

The fitness centre and pool area (sauna, relaxation pool, hammam and jacuzzi) are open from Monday to Friday 7 a.m. - 10 p.m.

On Saturday and Sunday, open between 9 a.m. and 8 p.m.

For more information about our Club membership packages, consult the “practical information” section.

Book 2 hours of treatments p.p. at Martin'Spa and have free access to all of the facilities during your stay. Book between 1 and 1 ½ hours of treatments, and only be charged €15 euros p.p.

Please note that, unless included in your stay, there is charge of €30 per person for unlimited access to the fitness and pool area.

Accompanied children are only allowed in the pool area weekends and public holidays between 9 a.m. and 11 a.m. Weekdays between 2.30 and 4.30 p.m.

Small charge of € 5 for under twelve and € 15 for 12 to 15 year old.

*Swimwear must be worn in the pool area.*

### **Treatments & Massages**

Access to the spa is reserved to guests over the age of 16.

Please arrive 15 minutes before your treatment is scheduled to begin in order to be punctual with your appointment. Late arrivals will reduce the precious treatment time, and be invoiced to you in full.

If you have any health problems, suffer from allergies or high blood pressure or if you are pregnant, please let us know in advance so that we can advise you on the most appropriate treatments.

These are personal care and beauty treatments rather than therapeutic treatments. The term “massage” can also be used to express body modelling, performed according to different and varied techniques by qualified massage therapists trained in a recognized centre or by qualified beauticians.

We do not offer any medical or para-medical treatments.



## Prices

Prices for treatments include VAT. Subscriptions of 10 treatments are also available on request. A favourite with guests is for Two to share our specially designed 'dual' treatments suites.

## Equipment

A bathrobe, towel and slippers are handed to you at the spa reception.

If you are a hotel guest, please change in your room before going to the spa in your bathrobe.

For clients who are not hotel guests and who have no treatment appointment, a bathrobe can be hired for € 4, the slippers for € 2 (single-use, you can take them home), a large towel for € 1 and a small towel for € 0.5.

To maintain a peaceful and harmonious atmosphere, please turn off your mobile phone or any other beeper.

## Snacks & Bar

Snacks (mixed salads, carpaccios, sandwiches) are served between 11 a.m. and 3 p.m. in the lounge of Martin'Spa. Champagne and soft drinks available at the bar at all times.

## Reservations

Reservations can be made by phone on **+32 (0)2 655 74 66** ;  
by e-mail to **sparesa@martinshotels.com** ;  
or directly at the **reception** of the Martin'Spa Bodywhealth (4<sup>th</sup> floor of the Château du Lac, 2nd entrance).

Your reservation must be guaranteed by credit card, in which case we will ask for your name and your credit card number as well as the validity date. For cash a deposit will be required.  
For terms and conditions, please contact us.

## Cancellation

Should you wish to cancel a treatment less than 24 hours before your appointment, Martin'Spa Bodywhealth reserves the right to charge the total cost of your treatment.

## Gift vouchers and Spa Boutique

All our treatments and packages can be transformed into gift vouchers to delight your loved ones. An on-line sale system, offering a varied range of possibilities (from a treatment to a stay in one of our 10 hotels) is available on [www.martinshotels.com](http://www.martinshotels.com).

*We trust you will have a wonderful time with our dedicated and friendly staff.*

