

## Pool and Physiotherapy Treatments

### Specialised physiotherapy treatments

Aqua aerobic (20 min.)	15,00
Aqua bike / Aqua bike aerobic (20 min.)	22,00 / 36,00
Electrotherapy x 2 (15 min.)	31,00
Hydrokinesiotherapy (20 min.)	39,00
Indoor - Outdoor pool (30 min.)	Free of charge
Inhallation (15 min.)	12,00 / 16,00
Kinesiotherapy (20 min.)	43,00
Therapeutic aqua gym (20 min.)	39,00
Ultrasounds x 2 (15 min.)	31,00
Watsu (Shiatsu in the water) (30 min.)	65,00

## Beauty Services

### Our special beauty services to refine your look

#### Velvet hands and feet

Basic manicure (30 min.)	14,00
Basic pedicure (45 min.)	21,00
French nail polish	5,00
Nail polish	5,00
Spa manicure (60 min.)	21,00
Spa pedicure (60 min.)	28,00

#### Waxing

Half leg wax (30 min.)	28,00
Lip / chin / eyebrows wax (15 min.)	10,00
Men's waxing	22,00
Spa wax package (bikini & legs) (60 min.)	60,00
Under arm / Bikini wax (45 min.)	16,00
Upper leg / inner thigh wax (30 min.)	22,00

\*Please note: as a natural thermal SPA, we do not have the facilities to apply shellac / acrylic polish

## Hair stylist on request

## Yoga / Gym

Group yoga (over 3 people) (60-90 min.)	35,00
Gym's daily visit	10,00
Personal yoga (60-90 min.)	50,00
Monthly membership	50,00
Monthly membership plus	69,00



## Spa etiquette - Regulations

- ✿ Opening hours: daily 09:00-20:00  
For call spa reception: 526, 527
- ✿ You are kindly requested to arrive 10 minutes before starting your treatment.  
Please take a shower prior to each treatment.
- ✿ All programs and treatments are subject to availability.
- ✿ The spa reserves all rights to modify programs without previously notice.
- ✿ In our spa you will find private lockers, the Management is not responsible for any loss of valuable items.
- ✿ Access to the spa is only permitted with your bathrobe and pool slippers.
- ✿ Please ensure that your mobile phone and any electronic device are switched off during your visit at the spa.
- ✿ Entrance permitted to the spa and fitness area for clients above 15 years of age.
- ✿ Cancellation: A 24-hour cancellation notice is required. You will be charged 50% of the treatment cost if the appointment is cancelled less than 6 hours before start time. There is a 100% charge for a "No Show".
- ✿ **Before your first spa treatment or use of the pool you have to visit our doctor.**
- ✿ If you are unsure of the correct "etiquette" please ask at the spa reception we will be happy to advice.



TOP 10 - THE BEST IN THE WORLD  
MEDICAL / THERMAL SPAS  
Condé Nast Traveller - England



## Step into Nature's Spa

## A la Carte Treatments

to relax and revive

from head to toe!

## Detox Treatments-Body peelings.....

*Begin your spa experience, by preparing your skin to absorb all the beneficial effects of our thermal water!*

	Inhouse Guests	External Guests
Body peeling (30 min.)	45,00	60,00
Chocolate or Coffee or Ginger body scrub (20 min.)	38,00	50,00
Energetic salt therapy (45 min.)	71,00	95,00
Farmer's Steambath (with eucalyptus) (20 min.)	15,00	20,00
Herbal body scrub (20 min.)	38,00	50,00
Kraxenofen Steambath (20 min.)	24,00	32,00
Oriental Bath (60 min.)	69,00	84,00
Oriental Rasul® (45 min.)	71,00	95,00
Signature aromatherapy with massage (60 min)	71,00	95,00
Thermal grotta (hot steam bath in thermal Cave) (45 min)	19,00	25,00
Wine draft (30 min.)	71,00	95,00

## Thermal mud-Balneotherapy.....

*Be healthy, with the nature's power*

	Inhouse Guests	External Guests
BE balanced - «Balm» (20 min.)	23,00	27,00
BE relaxed - «Swiss pine» (20 min.)	23,00	27,00
BE healthy - «Rosemary» (20 min.)	23,00	27,00
Half body mud therapy (40 min.)	51,00	60,00
Local body mud therapy (20 min.)	26,00	30,00
Ozonotherapy with thermal water (20 min.)	32,00	38,00
Thermal bath CO <sub>2</sub> (20 min.)	32,00	38,00
Thermal fitobalnea soothing/relaxing bath (20 min.)	30,00	35,00
Thermal hydromassage pacific (20 min.)	32,00	38,00
Thermal hydromassage caracalla (20 min.)	38,00	45,00
Total body and facial mud therapy with 15' massage (75* min)	94,00	110,00
Total body mud therapy with 15' massage (75* min)	81,00	95,00
Total body mud therapy (without massage) (40 min.)	66,00	78,00

## Massages.....

*Specialized therapists in a variety of techniques from all over the world to bring back balance to body & spirit*

	Inhouse Guests	External Guests
4 hands relaxing massage (45 min.)	116,00	155,00
Anti-stress massage (30 min.)	45,00	60,00
Candle massage (30 min.)	52,00	70,00
Deep tissue massage (60 min.)	94,00	125,00
Lomi-lomi (45 min.)	71,00	95,00
Lymphatic massage with CO <sub>2</sub> bath (80 min.)	94,00	125,00
Padabhyang - Ayurvedic foot massage (30 min.)	45,00	60,00
Pantai Luar & Pantai belle visage (90* min)	146,00	195,00
Pantai Luar (only back) (30* min.)	64,00	85,00
Pantai Luar (60* min)	101,00	135,00
Reflexology (feet) (30 min.)	45,00	60,00
Relaxing body aromatherapy massage (30 min.)	51,00	68,00
Shirobhyang - Ayurvedic head massage (30 min.)	64,00	85,00
Shirodhara (45* min.)	94,00	125,00
Signature Ayurveda Total Body Massage (90 min.)	124,00	165,00
Thermae sylla full body massage (30 min.)	54,00	72,00
Thermae sylla full body massage (45 min.)	71,00	95,00
Thin rain shower (30 min.)	26,00	35,00
Thin rain shower massage (30 min.)	59,00	74,00
Tonic / slimming massage (30 min.)	62,00	83,00
Traditional Ayurvedic full body (60 min.)	109,00	145,00
Traditional Thai massage (55* min.)	101,00	135,00

## Moisturizing Treatments.....

*Pamper and hydrate your body*

	Inhouse Guests	External Guests
Chocolate body treatment (60 min.)	59,00	90,00
Cleopatra's Bath or evening primrose (30 min)	62,00	95,00
Men's moisturizing care (30 min)	62,00	95,00
Olive wonder (30 min.)	49,00	75,00
Pumpkin seed body wrap (30 min.)	49,00	75,00

## Body Tightening.....

*Body sculpting & toning*

	Inhouse Guests	External Guests
Thermae Sylla Anti-cellulite treatment® (30 min.)	46,00	65,00
Total seaweed treatment (30 min.)	67,00	95,00
Ginger gold, with indonesian dream (45 min.)	39,00	55,00
Local seaweed (30 min.)	45,00	64,00
Sea water hydro massage jet (15 min.)	20,00	29,00
Fat Determination	15,00	15,00

## Facial Treatments.....

*Treatments for anti-aging, radiance and hydration with the unique beauty products of Thermae Sylla*

	Inhouse Guests	External Guests
Age repair facial (105 min.)	132,00	176,00
Thermae Sylla Anti-Wrinkle facial® (45 min.)	56,00	75,00
Chocolate facial treatment (60 min.)	65,00	87,00
Customized facial aromatherapy massage (30 min)	44,00	59,00
Deep cleansing facial (60 min.)	94,00	125,00
Express facial for men (with extractions) (45 min.)	57,00	76,00
Facial tightening with ampoules (60 min.)	89,00	118,00
Flash beauty facial (45 min.)	48,00	64,00
Holistic Ayurvedic facial (45 min.)	71,00	95,00
Pantai herbal belle visage (30 min.*)	90,00	120,00
Regenerating eye treatment (25 min.)	38,00	50,00
Signature facial grapes treatment (60 min.)	90,00	120,00
Thermal mud facial (starter) (30 min.)	22,00	29,00
Whitening facial treatment (45 min.)	44,00	58,00
Eyebrows / eyelashes dye	11,00	15,00