



CHAVANA
— SPA —



Packages

Journey of the Senses

2 hrs 10 mins 1,560 EGP

Immerse yourself in an unforgettable journey of the senses. Citrus Footbath ~ Lime Body Wash and Choice of Botanical Body Polish ~ Traditional Balinese Massage ~ Refresher Facial.

Saskia Turkish Hammam Treatment

2 hrs - with Body Massage 1,800 EGP
1 hr 20 mins 1,400 EGP

Hammam is considered a great way to purify and detoxify the skin and body, increase microcirculation, stimulate the immune system and encourage physical and mental well-being. This SASKIA ritual starts with spicy oriental fragrances purely based on essential oils, that turns into milk as soon as it touches water at your feet. The scrubbing starts with a SASKIA creation - a slimming exfoliating mix based on a trio that brings coffee, sugar and Argan seeds together for optimal skin cleansing, rich in deeply hydrating elements. You will leave with your skin feeling supple with an unmatched smoothness, and a redefinition of cleansing.

An extended sensorial journey includes a full body massage, complemented with the use of Rose Essential Oil and Musk massage oil blend.

Saskia Intense Hydration

2 hrs - with Body Mask & Massage 1,700 EGP
1 hr - Nourishing Body Mask for Cooling & Hydration 1,020 EGP

Replenish the skin with essential nutrients with SASKIA's deeply soothing and hydrating treatment designed specifically for dry and sun-exposed skin. Starting with a hydrating delicate body scrub to prepare the skin, this calming body ritual includes a deeply hydrating body mask rich in cell-restorative beeswax, and the miraculous anti-inflammatory rose-essential, which reduces redness, while its antioxidant properties help fight free radical damage.

An extended ritual includes a relaxing full body massage, featuring a massage oil with French Lavender Essential Oil, to calm the mind, body and soul.

Saskia Dead Sea Detox & Remineralization Ritual

1 hr 30 mins 1,500 EGP

An intensive treatment for regulating problem skin, treat aging skin, the Dead Sea Detox treatment features a full body scrub with Dead Sea crystals followed by a body mask with Dead Sea Mud and a full body massage with SASKIA's Lemongrass essential oil-rich massage oil for the perfect balance. The specialised massage techniques improve microcirculation and drainage. You will leave with a super clean and fresh skin.

Saskia Energizing Ritual

1 hr 30 mins 1,100 EGP

A rejuvenating treatment including a sugar scrub and full body massage with SASKIA's signature Escape to Martinique nourishing lime and basil massage oil for a rejuvenating experience. Focusing on the thighs, waist, tummy and bottom, this treatment will leave you feeling refreshed with an energy boost.

Heaven & Earth

1 hr 20 mins 1,080 EGP

This treatment package begins with a Traditional Balinese Massage to unwind and is followed with a Refresher Facial to leave you glowing.

Facial

Saskia Elemental Harmony

1 hr 1,500 EGP

Experience the power of the oxygen-rich SASKIA Black Mineral Clay Face Mask with Aromatherapy Essential Oils. It soothes irritations, stimulates circulation and draws out excess oil and impurities, leaving you with a flawless, healthy and younger looking complexion. The essential vitamins A, E, and D and collagen-boosting factors in this treatment work on reducing fine lines and wrinkles to give your skin a long-lasting natural lift. Our signature facial massage releases tension and replenishes your skin with active ingredients that deeply penetrate for long-lasting firmness and health.

Saskia Facial Treatment Pour Lui

1 hr 1,200 EGP

Reduce skin roughness and improve circulation for a firmer look and a healthy glow. This treatment works on detoxifying your skin and getting rid of excess oil, dirt and toxins with the power of Dead Sea Mud Mask and purifying lemongrass essential oil. This active-ingredient rich mask will help to minimize the appearance of pores, fine lines and wrinkles. Also a natural treatment to acne-prone skin; drawing out any impurities for smoother looking skin.

Purity Facial

50 mins 685 EGP

Using fresh ingredients prepared daily in the Spa kitchen. This facial treatment delivers cleaner, healthier and smoother skin.

Massages

Traditional Balinese Massage

	<i>1 hr 20 mins</i>	<i>50 mins</i>
Single	<i>1,120 EGP</i>	<i>735 EGP</i>
Couples	<i>2,140 EGP</i>	<i>1,400 EGP</i>

Passed down through the generations this massage is designed to loosen tight muscles and improve energy flow through the body.

Chavana Massage

	<i>50 mins</i>	<i>1,200 EGP</i>
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Chavana's signature massage is a fusion of global techniques performed by two therapists at the one time.

Gua Sha Therapy

	<i>1 hr 20 mins</i>	<i>1,200 EGP</i>
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This centuries old Chinese therapy utilizes a curved crystal stone to scrape the skin in firm strokes, Gua Sha directly stimulates blood flow and lymphatic drainage improving wellbeing.

The action of pulling the crystal across the skin is deeply relaxing, assists with muscle tension, and reduces inflammation and puffiness. With continued use, Gua Sha is renowned for the ability to firm the body's contours.

Tension Relief Massage

	<i>1 hr 20 mins</i>	<i>1,120 EGP</i>
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Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

Warm Stone Massage

	<i>50 mins</i>	<i>995 EGP</i>
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A massage therapy that employs smooth warmed stones on the body to relax muscles and improve blood circulation.

Asian Foot Massage

	<i>50 mins</i>	<i>685 EGP</i>
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Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

Express Massage

	<i>530 EGP</i>	<i>30 mins</i>
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For those of you on a tight schedule, this short but effective massage focusing on the back, neck and shoulders will help to relieve tension and stress.

Foot Massage

	<i>500 EGP</i>	<i>30 mins</i>
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A foot massage based on the ancient principles of Reflexology. Massage of these reflex points can improve the health by restoring the natural flow of body energy.

Nourishing Scalp Massage

	<i>500 EGP</i>	<i>30 mins</i>
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Aims to alleviate discomfort, stress and tension due to stress and fast-paced lifestyle.

Botanical Body Polish & Wrap

Hibiscus Body Scrub

	<i>45 mins</i>	<i>520 EGP</i>
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Inspired by the invigorating fragrance of Hibiscus flowers, green tea and rice powder, this body scrub removes dead skin, complemented with a carrot conditioner to moisturise and keep the skin smooth. Not recommended for sunburned skin.

Green Tea-Spice Body Wrap

	<i>45 mins</i>	<i>520 EGP</i>
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Infused with rich aromas of fresh ground rice and green tea, combined with the warming properties of spices, this body wrap is ideal for sore muscles, colds and flu. Cucumber conditioner is applied to cool the body. Not recommended for sensitive or sunburned skin.

More of Chavana

Spa Pedicure Power Polish- French

	<i>1 hr 30 mins</i>	<i>620 EGP</i>
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Spa Pedicure Power Polish

	<i>1 hr 15 mins</i>	<i>570 EGP</i>
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Spa Manicure Power Polish - French

	<i>1 hr 15 mins</i>	<i>580 EGP</i>
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Spa Manicure Power Polish

	<i>1 hr</i>	<i>530 EGP</i>
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These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, gel nail polish and a wonderfully relaxing hand and arm or lower leg massage. The Spa Pedicure also includes a rejuvenating foot mask.

Usage of Spa Facilities

Indoor Pool, Sauna,
Cold Shower and Steam rooms.

200 EGP

Spa Jacuzzi

150 EGP

2, 3 or 4-day Spa Package

Enjoy daily indulgence with our multi-day packages. Every day offers a luxurious spa experience to make your stay unforgettably wonderful.

Please contact our spa for more information.

Children's Menu

Pedicure

	<i>50 mins</i>	<i>510 EGP</i>
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Pedicure with nail art

	<i>1 hr 15 mins</i>	<i>570 EGP</i>
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Manicure

	<i>45 mins</i>	<i>480 EGP</i>
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Manicure with nail art

	<i>1 hr</i>	<i>530 EGP</i>
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A fun spa treatment for your princess hands where you can choose bright colors and nail art. Includes a hand or foot soak, nail care, nail polish and a relaxing hand and arm or lower leg massage.

Back, Neck and Scalp Massage

30 mins 445 EGP

We promise not to tickle you in this wonderful soft massage done near the indoor pool or in an outdoor area of the resort. Bring your mom and dad so they can watch over you.

Teen's Menu

Pedicure	50 mins	510 EGP
Pedicure with nail art	1 hr 15 mins	570 EGP
Manicure	45 mins	480 EGP
Manicure with nail art	1 hr	530 EGP

A complete spa treatment for hand and feet, where you can choose bright colors and even a French style finishing. Includes a hand or foot soak, nail care, nail polish and a relaxing hand and arm or lower leg massage.

Back, Neck and Scalp Massage

30 mins 445 EGP

Come join us near the indoor spa pool or outdoor area for a relaxing spa treatment. This massage will leave you feeling relaxed and ready for another fun day on your holiday.

Spa Basics

Should I reserve my treatments?

Yes, either phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

When should I arrive?

Please arrive at the Spa 15 minutes before the scheduled time to check-in and change.

What if I have special health considerations?

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

What do I wear during my treatment?

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

What about my valuables?

We advise guests not to bring valuables to the spa as we do not accept liability for loss. For all other personal items we provide lockers.

What if I need to cancel a spa reservation?

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.

Who will be responsible for my child during his/her treatment?

We have something for every member in the family. However, children and teens (under 18) must be accompanied by an adult.

What about payment for spa services?

You may charge spa services to your hotel bill.

All prices are quoted in Egyptian Pounds and inclusive of applicable tax. Rates are subject to change without prior notice.



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TUI BLUE

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A Mandara Spa Company