



Cleopatra's Spa Treatment Menu (Body Treatments)

Rasul – 45 mins

This innovative and sumptuous treatment blends ancient Middle Eastern tradition with beauty and relaxation. To exfoliate and detoxify your body anoint yourself with medicinal earth muds before entering the dome shaped chamber where you sit in royal ceramic heated chairs under a star studded ceiling and relax in warm herbal steam. Gentle tropical rain will rinse away the mud leaving your body feeling totally renewed before essential oils are supplied to enrich the skin. The Rasul can be used for up to four people and is very popular for group celebrations. **Available in female spa only.**

Aromatic baths

The bath is one of the more innovative and luxurious treatments you can enjoy here at Cleopatra's Spa. For an average of 30 minutes, you can relax in a hydrobath infused with selected elemis aromatic oils and herbs which uses 72 powerful jets of water. These jets can be directed to work on different parts of the body, depending on individual requirements.

Baths are wonderful for offering you a little personal time so your mind and body can return to its optimum condition. However, one of the best ways to enjoy an aromatic bath is use it in conjunction with a massage, wrap or even a facial. There are various options available, which are described under deluxe combinations for your ease of reference.

Wrap:

A warm, soothing cocoon around your entire body that can achieve very different benefits and effects, all in a relaxing, tranquil environment. Body wraps are not just for inch – loss, they can treat a variety of conditions from fluid retention to sumptuous moisturizing.

Once your body is covered in specific oils and mud's, you are then 'wrapped' in warm muslin and suspended in a dry floatation bead where you can relax to soothing music – often while enjoying a scalp or foot massage.

International massage:

A jewel in the crown of Cleopatra's spa is the wonderful array of massages all performed in private rooms by carefully selected and trained therapists. While most variety's of massage will help increase blood circulation and de-stress the mind, this forms only the foundation of the massage pyramid. There are varied types available and you can identify the treatment for you by assessing the different benefits offered in addition to the various methods used.

By drawing on a global resource of healing and rejuvenation, Cleopatra's Spa can offer you the complete spectrum of massage – each treatment has been chosen with a particular focus in mind. You can select the massage for you from either international



CLEOPATRA'S SPA

massages, all of which offer different benefits or elemis Aromapure Massages, using aromatherapy oils that soothe the mind as they work on your body.