



Spa Menu



KASHMIR WELLNESS & SPA
is a place, specially created for you!

We invite you to join us to an exciting journey into the relaxing atmosphere of nature – to rediscover your health, to rejuvenate your body and to inspire your soul.

Especially for you we have created the innovative Wellness and Spa concept by developing spaces, therapies and programs on health, beauty, fresh appearance and internal relaxation – the care without any compromise that you deserve!

Welcome!





Spa Treatments

ENERGISING MASSAGE – classical technique to regenerate and recharge the body with energy.

25 min / 49 eur | 50 min / 75 eur

RESTORATIVE MASSAGE – treatment, based on techniques on easing the muscular tension, provoked by stress, incorrect posture and insufficient rest.

25 min / 55 eur | 50 min / 85 eur

DEEP TISSUE MASSAGE – it creates the feeling of weightlessness, it helps you breathe deeply and release the tension. It is appropriate after long physical exertion.

45 min / 89 eur | 55 min / 99 eur

RELAXING ANTI-STRESS MASSAGE – it reduces stress, calms the nervous system and improves sleep.

50 min / 75 eur

MANUAL LYMPH DRAIN – a massage with tender movements to drain and rejuvenate the lymph and blood systems.

50 min / 75 eur

REFLEXOLOGY THERAPY – massage on points that correspond to the body meridians, in order to eliminate the toxins and restore the energy flow within the body.

40 min / 69 eur

ANTI-CELLULITE MASSAGE – a technique to reduce the fat depots and improve blood circulation.

40 min / 79 eur



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Hammam

Traditional steam bath to relax and detoxify the body.

ORIENTAL HAMMAN – warming and steaming the body in the Turkish bath, followed by exfoliating the skin with a silk glove. The procedure continues with a light massage with foam and washing the hair.

50 min / 89 eur

KASHMERE SOFTNESS – a satisfying experience, based on a deep body clean with a silk glove, followed by a nourishing mudpack from the Dead Sea. The ritual ends with a revitalising essential oil massage to relax and harmonise your body.

80 min / 115 eur





Wellness



Holistic treatment for your body, mind and soul!

PERSONALISED MASSAGE OR CUSTOM MADE MASSAGE

We adapt the custom-made massage according to the physical and psychological state of our clients. Enjoy a deep, relaxing, stretching and effective massage, which always starts with an introductory brief conversation. The massage therapist personalises their movements according to your answers to their questions. The zones, where the massage starts, as well as the sequence of the three modules are: Stretching, Abdomen, Neck.

60 min / 100 eur

PERSONALISED AROMATHERAPY MASSAGE

Essential oils represent the embodied soil of the flower in shape and matter. Enjoy this personalised massage with a combination of essential and plant-based oils, which were selected and combined according to your physical, mental and emotional needs. Balance your **Ying** and **Yang** in a calm harmony.

60 min / 95 eur

HARMONY

This massage is performed with two "Bian Gua-Sha" stones, which favor thermal conductivity and heat storage capacity thanks to their ability to store negative ions. An intensely rejuvenating body oil is used, prepared using an ancient technique that follows the teachings of ancient alchemical procedures.

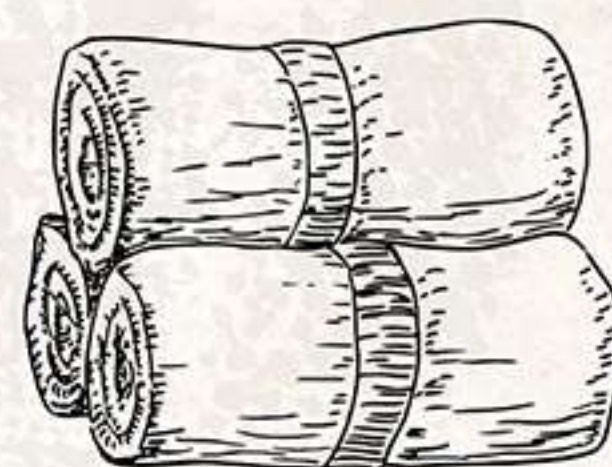
The result will be rejuvenated and radiant skin, as well as a surge of energy, a feeling of complete relaxation and an improvement in mood.

60 min / 95 eur

EXFOLIATING, HYDRATING AND RELAXING MASSAGE / P50 NEW SKIN /

A massage that exfoliates, tones and hydrates the skin. This therapy includes body peeling and a hydrating massage, which restores the health of the stratum corneum of the skin and leaves it effectively protected from the unfavourable weather conditions (sun, wind, cold) as well as silky smooth.

60 min / 89 eur



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Body Therapy - Biologique recherche

DETOXIFYING AND SLIMMING ALGAE THERAPY / SOIN DETOXIFIANT AUX ALGUES /

60 min / 99 eur

FIRMING THERAPY WITH BOOSTER LIFT CORPS

90 min / 136 eur

LIFTING THERAPY WITH BOOSTER MINCEUR

120 min / 149 eur

Goals:

An exclusive procedure to restore and harmonise your silhouette.
It stimulates the microcirculation and helps dissolve the unwanted fat depots.
It eliminates the toxins and the extra water. It tones, hydrates and tightens the skin.

Body rituals - Algrimia



PURE DETOX HOT

A holistic detox concept based on physical and mental integrity.
A stimulating, warm and enveloping synergy, ideal for temperature imbalances,
eliminating toxins and restoring the beauty of the skin.

This procedure can be used after a sauna or steam bath to complement
the body's detoxification processes.

80 min / 129 eur

OASIS OF SERENITY



Transformation as a quest of the ideal balance

With the **Oasis of Serenity** body ritual you will transcend the daily hustle and bustle to
achieve a moment of total relaxation to restore your inner harmony and life rhythm.

This spa ritual consists of a combination of anti-stress body therapy, nourishing
and hydrating care for the face and energy balance from the Tibetan singing bowls.

90 min / 136 eur



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THE ALCHEMY OF THE GODDESSES

There are many goddesses within every woman.
We invite you to connect with the goddess within you.

Understanding the complexity of the feminine, every woman goes through multiple phases or periods of energy. When feminine energy is in balance, it grows in harmony with natural cycles.

This holistic sensory ritual focuses on seeking this harmony by connecting all of the senses: smell, hearing, touch, taste, and sight.

90 min / 146 eur

QUEEN OF EGYPT

Look after your body as if it were a treasure and rediscover its beauty!
You deserve to feel like a queen. After the beauty ritual **Queen of Egypt**, which includes Dead Sea salt and mudpack, exotic aromas and soft tones of frankincense and myrrh, you will feel your skin rejuvenated, its freshness and natural beauty restored; your self-confidence and inner strength – rekindled. Let the enigmatic aroma, inspired by Queen Cleopatra – one of the most beautiful women in history - seduce you.

90 min / 146 eur

GARDEN OF WISHES – SEDUCTIVE (YANG POLARITY FOR HIM)

The **Seductive** ritual is for the man, focused on being the best version of himself without fearing the transformation he will go through. We will provide an experience for your face, body and mind that will make your self-confidence and power of seduction shine through. Includes **Alqvimical Moxa**.

110 min / 156 eur

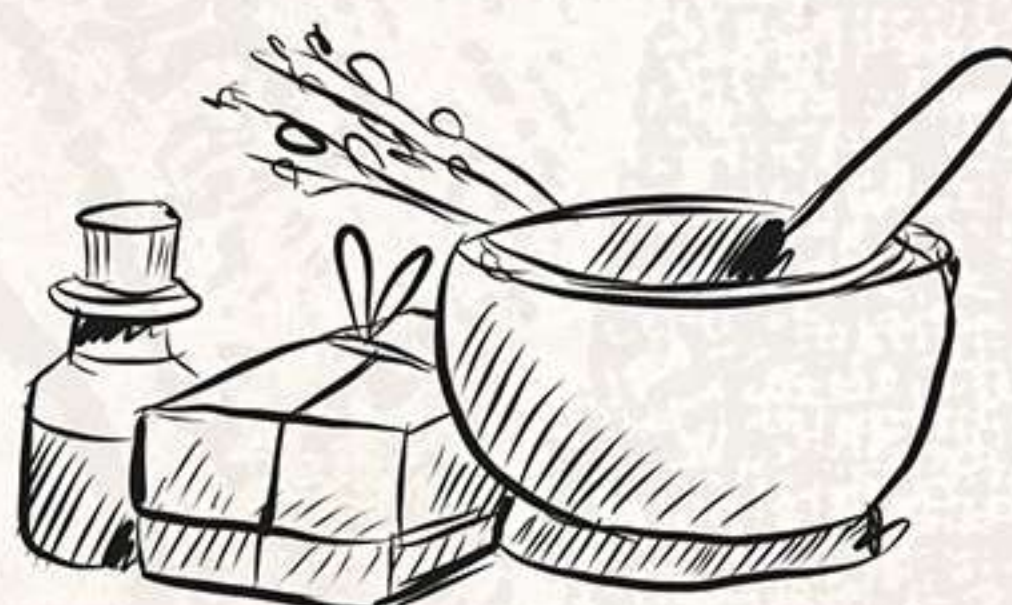
GARDEN OF WISHES – SENSUALITY (YING POLARITY FOR HER)

Female energy is the hope of mankind. You will be inspired by the most feminine flowers and change your way of going through life after this ritual. You will feel more beautiful, more sensual, more seductive, more vital, more creative.

You will love yourself more and will be more self-confident.

Let the aroma of rose, jasmine and neroli seduce you so that you reconnect with your feminine essence. Includes **Alqvimical Moxa**.

110 min / 156 eur





Revitalising Hydrotherapy

FLOTATION CAPSULE - provides relaxation and meditation, stimulates the immune system, reduces stress, restores the body muscles and improves sleep.

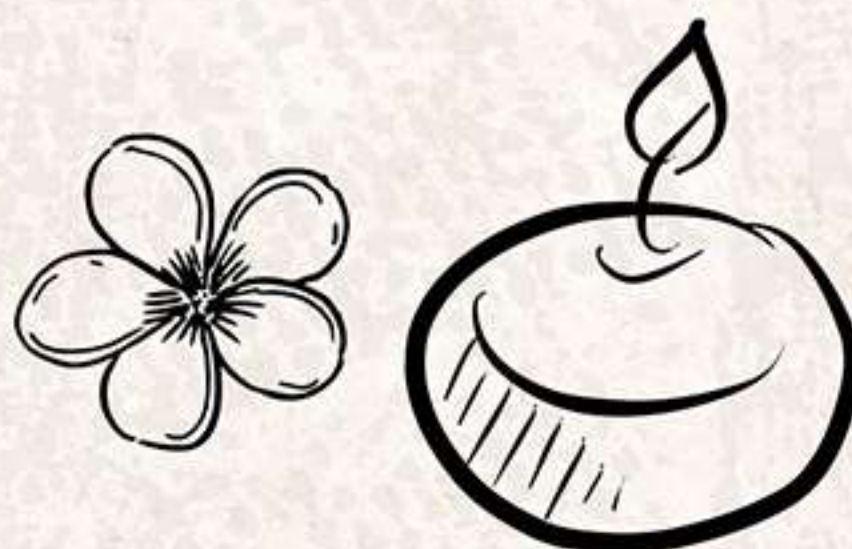
30 min / 55 eur | 60 min / 75 eur

SPA BATH – underwater massage procedure

20 min / 49 eur

HYDRO AROMATHERAPY – aromatic salts bath

20 min / 45 eur



Face Treatments - Biologique recherche

Our specialists at Spa reception provide personal consultation regarding the whole range of therapies and products.

Add an extra care to the procedures you have chosen:

Face mask – **39 eur**

Body pack – **45 eur**



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Do's and Dont's for a truly beneficial Spa experience:

Do's

- Book in advance the services and therapies you wish.
- When canceling or changing a reserved time for a Spa procedure – face or body, please notify us up to 2 hours before the reserved time. After that, you will be charged 50% of the requested procedure.
- Let us know as soon as possible if you need to change the appointment or the spa service you have already booked. If you are late for an appointment, the procedure will be of shorter duration.
- Consult your doctor before using our spa facilities and let our spa specialists know if you have heart issues, high or low blood pressure; diabetes, take strong medication or if you are pregnant.
- Wear bathing suits, flip-flops and bathrobes in the spa centre.
- Wear clean trainers in the gym.
- Take a shower before and after using the swimming pools, saunas and steam baths.
- Sit on a towel in the sauna.
- Return all the used towels in the Wet towels containers.
- Remember to hydrate more while in the spa centre.

Don't

- Use food, alcohol, tobacco or glass objects while in the spa centre.
- Wear jewellery while using the spa facilities.

In order to ensure that all the guests can enjoy the peace and calm in KASHMIR WELLNESS AND SPA, please keep the noise to a minimum in all areas.

The spa centre will not be responsible for lost and damaged property or body injuries, which have been caused by not observing the spa etiquette.



BIOLOGIQUE
RECHERCHE
PARIS

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