

# *One&Only* Spa



The Spa  
Oriental Hammam  
Zouari Hair Salon  
Fitness Centre



## One&Only Spa Philosophy

In recognition of the many different ways each of us respond to the stresses of life, our entire spa philosophy pivots around three different approaches entitled Unwind, Restore and Elevate. These themes will act as a guide to help you find the experiences which meet your exact needs of the moment.

Our mission is to recognise you as an individual, offering you holistic, tailored spa experiences ranging from pure relaxation to unique wellness journeys.

### **Unwind**

Sometimes in this fast world we get wound up like a spring and our minds don't stop. Nervous tension can build up and we find it difficult to unwind or sleep. Unwind will calm the mind and nerves, easing muscle tension to achieve a sense of deep relaxation and peace.

### **Restore**

During times of stress, lifestyles can become unhealthy and our bodies may feel sluggish and in need of detoxification. Restore has been designed to cleanse and purify both mind and body, restoring your natural equilibrium.

### **Elevate**

Everyday stress can often lower energy levels, leaving you feeling emotionally drained and creating a sense of exhaustion. Elevate focuses on raising energy levels through different mediums of treatment, activity and carefully selected ingredients, resulting in a sense of wellbeing and renewed vitality.

# One&Only Signature Experiences

The ultimate One&Only Spa experience. These three unique treatments feature authentic, powerful techniques using highly natural products which are tailored to return your natural equilibrium.

## **The One&Only Spa Experience**

*110 minutes*

This sequence of body treatments provides a complete ritual experience, tailored to your needs of the moment.

Journey through the following stages:

- Full body exfoliation
- Total body wrap featuring Marine Mud, Algae or Ayurvedic Oshadi;
- Head Massage
- Full body Aromatherapy massage

Following an in-depth consultation, your therapist will select the most appropriate experience for you, from Unwind, Restore or Elevate Body Rituals.

## **Deeply Relaxing Bodycare with Hot Stones**

*110 minutes*

This holistic treatment focuses on the release of deep-seated tension and blocked energy. A body exfoliation is followed by a full body massage using carefully selected essential oils and volcanic hot stones. The treatment is completed by an acupressure face and head massage, combined with gentle stretching to soothe away stress.

## **Blissful Back, Face and Scalp with Hot Stones**

*110 minutes*

A powerful, stress releasing treatment focusing on classic areas of tension and restoring balance to mind and body. A purifying back exfoliation is followed by a hot stone back massage with essential oils. The facial includes cleansing and specialised massage techniques, followed by the application of an intensive face treatment mask to soothe and hydrate the skin. A head massage helps to clear the mind, calm the spirit and ease tension.



# Body Scrubs

## **Unwind Body Scrub**

*25 minutes*

A warming and relaxing scrub using mineral-rich sea salts, blended with essential oils of rosemary, bay and cinnamon and the deeply moisturising oils of sweet almond and coconut.

## **Restore Body Scrub**

*25 minutes*

Using the Detoxifying Salt and Oil scrub, this treatment stimulates and cleanses. Essential oils of grapefruit, cypress, rosemary and eucalyptus leave the skin toned and mind revived.

## **Elevate Body Scrub**

*25 minutes*

A highly stimulating and invigorating scrub that leaves skin smooth and mood uplifted. Essential oils of menthol, grapefruit and lime with deeply moisturising oils of sweet almond and coconut help to clean and refresh skin.

# Body Wraps

These holistic body wraps include lymphatic skin brushing, body exfoliation, a wrap of Algae, Marine Mud or Ayurvedic Oshadi Clay and a mind calming head massage:

## **Unwind**

*50 minutes*

Ideal for dry, dehydrated skin requiring nourishment and re-stabilising. This wrap uses ESPA Marine Mud, blended with skin softening essential oils which have moisturising and conditioning properties.

## **Restore**

*50 minutes*

Particularly beneficial when needing to speed up the elimination of toxins prior to the absorption of essential oils. This envelopment uses ESPA Marine Algae, known for its detoxifying properties.

## **Elevate**

*50 minutes*

Ideal to ease aching muscles and joints and to revitalise the body. This wrap uses ESPA Oshadi Clay which is mixed with Ginger, Liquorice and Mustard Seed to uplift the mind, enhance mental clarity and re-energise.

## Body Massage

Classic full body massage is essential, professional and specific. Select from the following three themes to find the perfect solution for you:

### **Unwind**

*50 or 80 minutes*

This relaxing massage is enhanced with either Soothing or Restorative Aromatherapy blended oil to help you unwind and rest.

### **Restore**

*50 or 80 minutes*

This clearing and purifying massage is complemented with either Detoxifying or Resistance Oil to help you cleanse, detoxify and restore.

### **Elevate**

*50 or 80 minutes*

This uplifting massage is combined with either Energising or Fitness Oil to energise both mind and body.

### **Swedish**

*50 or 80 minutes*

This full-body massage flows with rhythmic grace, inspired by traditional Swedish techniques. Massage is known to help improve the healthy functioning of the circulatory, lymphatic, muscular and nervous systems.

### **Fitness**

*50 or 80 minutes*

An advanced, area-specific massage developed to alleviate points of deep seated tension resulting from sports activity. Limbs and muscles are stretched and joints mobilised to encourage relaxation.

### **Pre-Post Natal**

*50 or 80 minutes*

A deeply nourishing body treatment designed to ease stress and tension during pregnancy. A gentle exfoliation is followed by a rich and hydrating massage. A totally relaxing scalp massage ends the experience.

### **The Slimming Experience**

*50 or 80 minutes*

A highly effective, stimulating treatment targeting cellulite, fluid retention and uneven skin texture. Ideal for people concerned by their body appearance.



## Advanced Specialised Facials Intensive Facials

### **The Skin Brightener**

*80 minutes*

A rejuvenating facial for all skin conditions; particularly when the environment, stress or lack of sleep cause lifeless skin. ESPA Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet visibly improves the radiance, appearance and texture of the skin.

### **The Age Defyer**

*80 minutes*

A totally luxurious facial, created to help combat the signs of ageing and sun damaged skin. Progressive techniques and scientifically advanced ingredients are used to focus on delicate areas around the eyes, neck, lips and jaw. Immediate results show visible improvement and help to minimise lines, leaving the skin rejuvenated, nourished and protected.



These specialised facials feature progressive manual techniques to create strong, healthy skin with immediate results. Each facial includes an ESPA Eye Lift and Scalp Massage treatment.

### **UNWIND**

#### **The De-sensitiser**

*50 or 80 minutes*

A gentle facial for truly sensitive, fragile skins which are prone to redness and irritation.

Soothing, de-sensitising natural plant extracts and aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins helping to reduce sensitivity and to calm high colour, leaving the skin soothed and comfortable.

### **RESTORE**

#### **The Oil-controller Facial**

*50 or 80 minutes*

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions whilst refining open pores. A naturally foaming cleanser made with Yucca, Sugar Beet and Honey is followed by anti-inflammatory ingredients to help soothe, decongest and encourage a clear complexion.

### **ELEVATE**

#### **The Re-hydrator Facial**

*50 or 80 minutes*

Ideal for dry, dehydrated and tired skin, this rehydrating facial is an excellent regenerating boost. Gentle deep cleansing and exfoliation helps the skin to improve the absorption of nourishing facial oils and Botanical Rescue Balm. The result is smooth, nourished skin.



## Sun Treatments

### **Pre-sun Body Polish**

*25 minutes*

A body-smoothing treatment which can be used in isolation to remove dead or dry skin, or as a preparation for a full body massage. This complete exfoliation will cleanse and invigorate the body leaving the skin radiant.

### **After-sun Cooling Wrap**

*50 minutes*

Calm, comfort and hydrate sun-exposed holiday skin with this restorative treatment. During the wrap, a gentle facial cleanse and massage soothes the face and scalp. A final application of cooling balm rich in lavender and Cypress leaves the skin calm, fresh and comfortable.

## For Men Only

### **Men's Purifying Facial, Shoulder and Scalp Massage**

*50 minutes*

Travel, stress or lack of sleep can be reflected in dull, lifeless skin. Working at a deep molecular level to purify, balance and hydrate the skin, this facial will leave you feeling de-stressed and renewed. The triple cleanse procedure includes hot towels to soothe and soften bristles, aiding in prevention of blocked pores. A relaxing acupressure face massage and purifying mask are followed by a deep shoulder and scalp massage using conditioning hair and scalp mud to melt away

tension.

### **Stressbuster Body Treatment**

*110 minutes*

Designed to reduce stress and relax mind and body, this holistic treatment begins with a body exfoliation before the placing of stones along vital energy points of the body. A full body massage follows, using carefully selected essential oils and hot stones to release tight muscles. Tension points are massaged around the eyes and ears, followed by an acupressure head massage. This complete treatment ends with gentle stretching to help release deep-seated tension around neck and shoulders.

### **Fitness Massage**

*50 minutes*

An advanced massage developed to alleviate areas of deep seated tension. Limbs and muscles are stretched and hot stones used in preparation for specific muscular release.



## Oriental Hammam

### An Oasis of Steam

The traditional Hammam, perhaps better known to westerners as the Oriental steam bath, has long played a part in the cultural and social life of eastern cities. An 'oasis of retreat' from daily stresses, entering the Hammam is akin to a journey: winding corridors turn this way and that, dramatic archways entice you on; until, suddenly, one enters the heart of Hammam, a haven of space, warmth and comfort. The calming sound of running water echoes from the ornately tiled walls, while the gentle and gracious attendant completes the sense of escape.

### A Ritual of the Orient

Resting, fully relaxed, on a heated marble slab, the expert masseur attends to your body's every need, rejuvenating your skin and invigorating tired muscles. The masseurs - experts from Morocco, Tunisia and Turkey, known locally as Tayels or Tellaks - are masters of their craft. Under their gentle guidance (the word 'massage' is derived from the Arabic word 'mass' meaning 'to press softly' or 'gentle touch') even the most hesitant guest cannot fail to entrust themselves to the care of the masseur.

The treatment begins with a vigorous exfoliation, beginning with the back and moving on to the face, neck, shoulders, chest, stomach, hips, legs and feet - care is taken over every inch of the body, leaving the guest, in effect, with new skin.



#### Rediscovered Tradition

The ancient Greeks praised the virtues of daily bathing, judging it to be not only therapeutic, but also convivial. The tradition was taken up, and enhanced, by the Romans, who transformed what had been modest facilities into grand structures, often incorporating gymnasia and even public libraries. Soon, the wealth and importance of a city could be judged by the number of public baths to be found there.

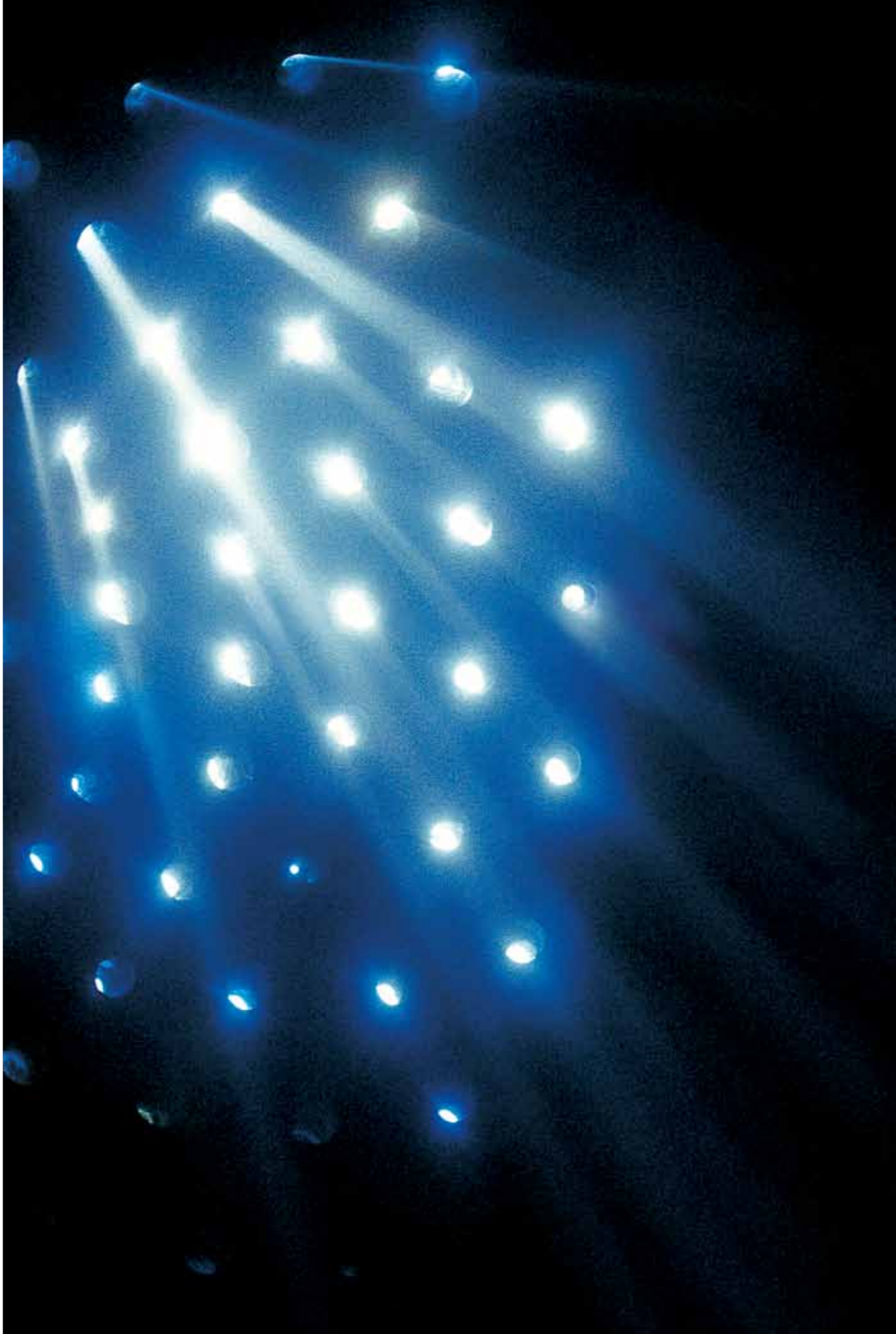
The tradition of bathing was also an important aspect of Islamic culture, and was closely associated with the beliefs of the faith, The Prophet himself having highlighted the virtues of hygiene.

#### In Search of a Lost Time

Dressed in a traditional wrap known as a pestemal and loose sandals, one is guided to the heart of the Hammam, slowly acclimatising to the building heat and moisture, where streams of water flow gently from wall-mounted stone basins.

Here, movement is scarce and spare and, while the body perspires, the mind is free to relax. A state close to meditation is achieved, and one finds ones thoughts quickly clearing of day-to-day burdens. As the steam rises, ones vision rises too, up towards the architecturally stunning dome that filters the daylight. The overall effect, it is said, is to make one feel like royalty in a bygone age.





### **A Lady's Conversation**

In the days of the Sultans, brides-to-be would pamper themselves for hours in the various chambers of the Hammam, wholly dedicated to the pursuit of personal beauty. These fortunate few would receive delicate skin treatments, exotic body wraps - often based on ancient family recipes, passed on from one generation to another - and, of course, the traditional black soap or clay body wrap treatments.

These moments were spent in the company of close friends, away from the pressures of the impending marriage, and savoured as a time to share the latest news, either learnt or observed. Again, the social aspect of the Hammam was as important as the treatments themselves.

### **The Power of the Hammam**

When one enters a Hammam, one leaves the outside world in the changing room. And in ancient times, there was little hurry to return to it. Following the treatment, patrons would rest in quiet seclusion, enjoying a final rejuvenation. Games would be played, books read and enjoyed, conversations shared. No one and nothing was permitted to disturb this timeless moment in this temple dedicated to wellbeing.

### **The Complete Oriental Treatment**

*110 minutes*

Within the heart of the Hammam, this treatment starts with cleansing and is followed by a body scrub from head to toe. Then a body wrap with 'ghassoul' mud is applied together with a honey mask. An extended relaxing massage in a private room will complete the experience.

### **The Royal Hammam**

*80 minutes*

This traditional treatment consists of a deep cleansing using the Moroccan Black soap, followed by a complete body scrub, a traditional body wrap with the natural eucalyptus scented 'Ghassoul' together with traditional honey facial and completed by a relaxing massage on the warm slab.

### **The Traditional Hammam Experience**

*50 minutes*

Between warm steam sessions, this experience consists of a deep cleansing with traditional black soap, a vigorous 'Loofah' body scrubbing, and a light massage with various stretching movements in the heart of the Hammam.

### **The Ritual**

*50 minutes*

With Moorish influence, this treatment consists of a full body wrapping with rose or mint scented natural clay, a soothing honey facial, and a massage using aromatic massage oil.

### **Traditional Head, hands and feet massage**

*50 minutes*

Performed on the warm slab, this treatment consists of deep massage for the head, hands and feet completed by a relaxing back massage.

### **Traditional Moroccan Massage**

*50 minutes/80 minutes*

This traditional Moroccan and oriental massage is performed on the whole body including the face and the head to relieve muscular aches and pains.

### **Traditional Oriental Back Massage**

*25 minutes*

In a similar style to the Traditional Moroccan Massage, this treatment concentrates on the back and is recommended for aches, pains and general stress and tension.





## Zouari Hair Salon

Alexandre Zouari grew up in a world of Beauty... and this world continues to keep on turning into the new millennium. For many years he applied his Art of the chignon to the Beauty of a prestigious clientele within Paris's 'Golden Triangle'.

### **Hairstyling & Creation**

As a true creator, Zouari designs his own hairstyle collection, inspired from nature and focusing on the structure of the shapes, with a reference to the natural products always present in the composition of hair care.

### **Colour**

To be special and unique, just add a touch of originality and pleasure to your hairstyle. Through our unique contrasting technique our stylist will transform your hairstyle according to your personality.

### **Treatments**

Abandon yourself to the trusting hands of Zouari's professional team which offers the finest in hair care, tailored to your personal requirements and desires.

Zouari representatives and stylists are there to offer you the best specialised treatments.

## Pedi:Mani:Cure Studio and Ayurvedic inspired Treatments

A Pedi:Mani:Cure Studio by Bastien Gonzalez and ayurvedic inspired treatments are available at the Fitness Studio located at The Palace.

# Spa Etiquette

## Arrival

To make the most of your Spa experience and support the benefits of your treatment, we recommend you arrive 30 minutes prior to your scheduled time.

Please be informed that a late arrival will deprive you of your full treatment time. As a courtesy to the next guest, your appointment will end as originally scheduled.

For your convenience a robe, towels and slippers will be provided. During all treatments you will be properly draped for ensured privacy.

## Personal Belongings

While the Spa provides lockers, it is recommended that you leave valuables in your guest room safe. The Spa does not assume liability for any valuables.

## Relaxation

The Spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request that you refrain from using your mobile phone and camera while enjoying the Spa. The Spa is a smoke free environment.

## Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the Spa facilities.

## Pregnancy

Please allow us to assist you in selecting suitable services for this special time as certain treatments and techniques may not be available for expectant mothers.

## Gift Certificates

Please ensure to visit our Spa retail shop presenting a collection of luxurious gifts to suit lifestyle, mood and occasion.

## Reservations

We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings during your stay. The Spa provides walk-in bookings based on availability. We welcome Spa guests from the age of 16 for all treatments and use of the Spa facilities. To make the most of your experience we invite you to advise us of any special preferences, concerns or focus areas when making your reservation.

## Cancellation and Change Policy

Cancellation of treatments less than 6 hours in advance will be charged 50%. No show will be charged 100%.

## Hours of Operation

In respect to local traditions the Spa and the Oriental Hammam have opted for separate ladies and gentlemen's operating hours.

## The Spa

Daily: 9.30am - 9pm  
Ladies only: 9.30am - 1pm  
Last treatment booking: 8pm

## Oriental Hammam

Daily: 8.30am - 10pm  
Ladies only: 8.30am - 2pm  
Ladies & Gentlemen on alternate timings: 2pm - 8pm (subject to availability)  
Gentlemen only: 8pm - 10pm  
Last treatment booking: 9.30pm

## Zouari Hair Salon

Daily: 10am - 9pm  
Last treatment booking: 8.30pm

## The Palace Facilities

A Pedi:Mani:Cure Studio by Bastien Gonzalez and a Fitness Studio with ayurvedic inspired treatments are available at The Palace.