



# Spa Treatments

■ ANTI-STRESS

■ ANTI-AGE

■ DETOX

■ THALASSO



HOTEL VEJLEFJORD



# ANTI-STRESS

## Anti-Stress Hammam Scrub

Hammam scrub, with creamy soap foam exfoliates, increases blood circulation and gives your skin a refreshing glow. The treatment consists of a full body scrub and massage with nourishing olive soap foam. The olive soap gives the skin an in depth cleanse and adds moisture. To conclude your pampering, you will have a satisfying hair wash and scalp massage.

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## Anti-Stress Shirodhara

Sensitive abhyanga oil massage. A gentle, firm and slow massage that creates a state of harmony and suppleness. This is followed by Shirodhara, a deeply relaxing treatment using warm oil poured in a gentle stream over the forehead, soothing all of the senses, producing a profoundly calm mind, body and spirit. *Suitable for pregnant women.*  
*50 minute treatment includes:* Gentle foot, hand, neck and head massage & Shirodhara  
*80 minute treatment includes:* Ayurveda analysis, full body massage & Shirodhara

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## 3 in 1 Anti-Stress Package

Relaxing pampering of body, face and mind. We start with an effective EXFOLIATION with a creamy algae scrub that gently removes dead skin cells and fills the room with beautiful aromatic scents. Then loosen up with a relaxing FULL BODY MASSAGE that leaves your body free from anxiety and tension. The anti-stress package finishes with a wonderful FACIAL including skin cleansing, peeling, massage as well as mask and finishing cream. *Suitable for pregnant women.*



## Anti-Stress Facial

Revitalising facial for dull and tired skin. Start with a massage, cleansing, peeling and a collagen mask. Unique Thalgo massage technology activates and stimulates blood circulation in the skin and, together with effective Thalgo products, your skin is left soothed, moisturised and full of vitality. *Suitable for pregnant women.*



# ANTI-AGE

## Anti-Age Scrub/Wrap

Exfoliation with Thalgo Indocéane Scrub delicately fragranced with notes of Mediterranean Essential Oils. A delicious combination of sea salt, cassonade sugar and essential oils eliminate rough patches, smooths the skin and leaves it feeling beautifully soft. We then pack you into an entrancing, warm and nourishing creme wrap that rebuilds your skin and gives you a sense of well-being.

The treatment concludes with a delicious body oil rub.

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## Anti-Age Hot Stone Massage

Our massage therapist places a combination of heated, silk smooth basalt river rock stones, as well as an occasional cool stone, at key points on the body. The alternating temperatures help the body to regain its natural balance as well as strengthen and cleanse.

The variable temperatures of the stones give an intense experience that allows you relax. The slow almost meditative massage increases blood circulation and the effects can be felt for up to 72 hours.

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## 3 in 1 Anti-Age Package

The package combines effective results with a feeling of well-being. The first step is a DOUBLE BODY PEEL. Dry peeling opens the pores so that the skin is in a perfect position for the next step - the creamy algae rub, which gives the skin a silky and smooth texture.

We continue to hydrate and firm up the body with a beautiful FULL BODY MASSAGE using Thalgo massage oil which contains apricot kernel oil, rich in vitamin K. Finally we continue the pampering with a FACIAL including skin cleansing, peeling, massage as well as mask and finishing cream. *Suitable for pregnant women.*



## Anti-Age Facial 40+

A completely unique treatment with visible firming effects. Start with a massage, cleansing with hot towels, peeling, cell boosting mist and a regenerating mask.

The Thalgo revolutionary facial massage stimulates blood and lymph circulation and strengthens muscles tone.

This is a treatment to effectively combat the signs of ageing.



# DETOX

## Detox Scrub/Wrap

Ideal as a kick-start for a detox plan or if you just want a deep cleansing scrub. We begin with delicate exfoliation using a creamy and soothing Thalgo scrub. The power of the red algae gives skin renewed energy, leaving it smooth and toned.

The treatment is continued with a detox body wrap, which has a detoxifying effect while rebuilding the skin's own defence.

The treatment concludes with an exquisite body oil rub using detox concentrate.

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## Detox Herbal Ball Massage

An ancient Indonesian cleansing massage. The Herbal Compress contains up to 22 different herbs heated to 140 degrees prior the massage. A short touch to the skin immediately increases blood circulation, oxygen levels and energy flow. As the Herbal Compress cools down, the touch changes to rapid strokes over the skin and when the temperature is optimal, the massage therapist starts with the massage itself. The increased blood circulation purges the body of toxins.

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## 3 in 1 Detox Package

We begin with a FACIAL, cleansing, peeling, an acupressure points massage and finishing cream that leaves the skin full of vitality.

We continue with an invigorating BODY PEELING containing seaweed extract to nourish and cleanse the skin and effectively remove dead skin cells. The treatment is completed with a beautiful BODY MASSAGE using a detoxifying oil which also has a soothing effect.

You will be full of positive energy with cleansed and perfectly moisturised skin.



## Detox Facial – Fire & Ice

Deep cleansing clinical facial designed to rapidly and safely deep cleanse the skin reducing fine lines and wrinkles. The treatment consists of cleansing, skin analysis and two professional masks from iS Clinical, one with a warming effect and the other a cooling sensation. It ends with a serum specifically selected for your skin type.

*Suitable for pregnant women.*



# THALASSO

## Thalasso Scrub/Wrap

The treatment begins by exfoliating the skin with salt and nourishing oils from the hotel's own HomeSpa series. The salt rub, being lightly abrasive, loosens all the dead skin cells and increases blood flow under the skin. Next, you are expertly packed into a mud wrap using 100% natural Dead Sea mud which is rich in minerals producing a soothing and softening effect.

We conclude with a beautiful body oil rub using a revitalising and relaxing concentrate.

## Thalasso Classic Massage

Classic body massage that activates blood flow and loosens muscle tension and joints. A massage with Thalgo's unique massage oil containing red algae complex has a calming effect and enriches your skin with minerals. Simply let go and fall into deeply relaxed state, every time.

*Suitable for pregnant women.*

## 3 in 1 Thalasso Package

The pampering begins with a relaxing FACIAL, gentle circular exfoliating movements, cleansing and peeling and then a light acupressure point massage, concluding with a wonderful moisturising day cream. Then we indulge you with an invigorating BODY SCRUB to stimulate blood circulation.

We complete the treatment with a beautiful BODY MASSAGE. A perfect combination of magic fingers, fragrances and wonderful products from Thalgo open your senses and give you a sense of blissful calm that will last long after you leave.

*Suitable for pregnant women.*



## Thalasso Facial

Suitable for all skin types. A Thalasso Facial improves moisture balance, cleans the skin and gently releases tension in the facial muscles. Start with a pleasant massage to ease any tension then a double cleansing, skin analysis, peeling and finally a steam treatment followed by a special mask specifically for your skin type as well as care and guidance.

