



# RELAX & REVITALISE

## BAHIA MAR SPA

MIND BODY SOUL

WELLNESS RETREATS

DETOX RETREATS

DAILY PACKAGES



HEALTH IS A STATE OF BODY  
WELLNESS IS A STATE OF MIND



## MIND BODY SOUL

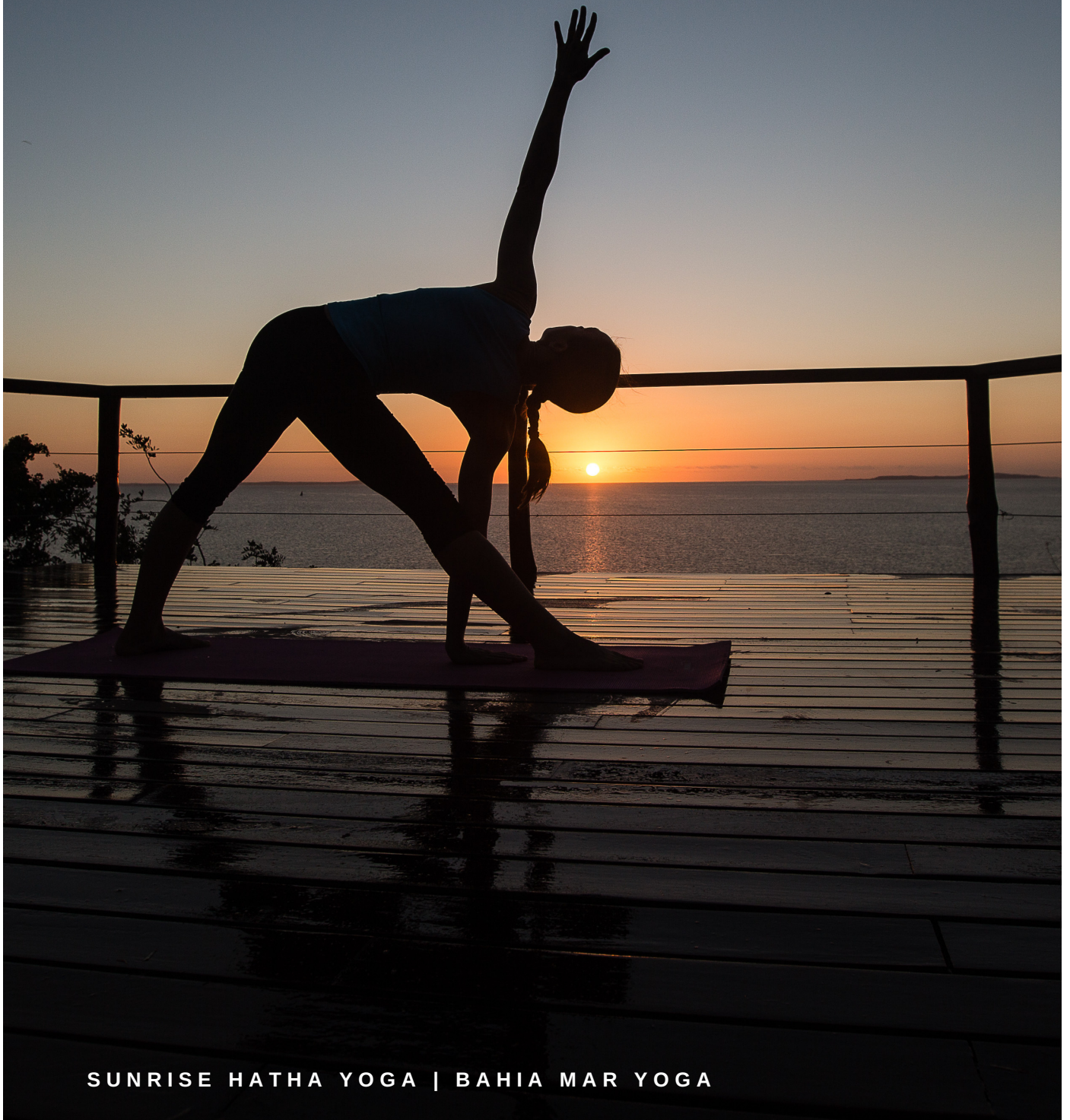
### REVITALISE

At the wellness centre allow your mind to find peace and your body to feel nourished. The Spa provides a range of treatments using organic, natural products to relax and revitalise. Our yoga and pilates provide both mind and body with holistic exercise and our modern gymnasium gives you the space for more strenuous workouts. Both our Spa and Gym teams are all fully qualified and are on hand to treat, guide and train you to ensure that when you leave us, your feeling of well-being continues into the future.





IF YOU GET TIRED  
LEARN TO REST, NOT TO QUIT ....



SUNRISE HATHA YOGA | BAHIA MAR YOGA



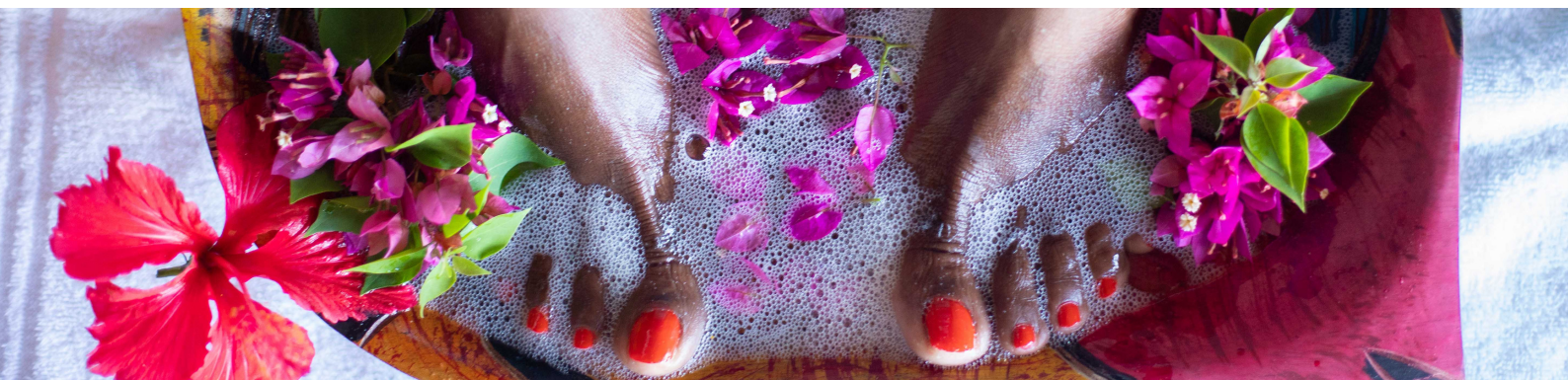
# THE SPA TREATMENTS

a gift from heaven

The focal point of our spa is our unique still which filters the essence of different plants and flowers into fragrant perfumes and aromatherapy.

Flower waters are synonymous with wellbeing and The Spa @ Bahia Mar works with you to improve both your physical and emotional wellbeing so you can feel restored and renewed.

Our treatments have all been carefully designed and combine massage, hydrotherapy, aromatherapy and reflexology to leave both your body feeling nourished and your mind refreshed.



## OUR MESSAGES

### **BACK, NECK & SHOULDERS RELAXATION MASSAGE**

This massage helps relieve tension in the area of the head, shoulders, upper and lower back.

**30 min.**

### **HEAD & FACE MASSAGE**

Detoxifying, therapeutic massage of the head, scalp and face. This massage uses deep relaxation techniques that offer many beneficial results.

**30 min.**

### **FULL BODY RELAXATION MASSAGE**

Classic European massage with moringa oil that offers a sense of wellbeing and relaxes tense muscles.

**60 min.**

### **FULL BODY COCONUT RITUALS**

A full body relaxation bliss using a high quality cold press coconut oil. This massage brings a great sense of wellbeing.

**60 min.**

### **DEEP TISSUE MASSAGE**

Intense pressure massage including specific stretching movements to relieve stress and detoxify.

**60 min.**







### **HOT STONE FULL BODY MASSAGE**

Hot stones warmed by fire were used by native Americans to treat aching muscles. In this specialty massage the therapist uses smooth, heated stones as an extension of their own hands or by placing them on certain parts of the body. The heat can be deeply relaxing and help warm up tight muscles so the therapist can work more deeply. **60 min.**

### **AYURVEDIC MARMA MASSAGE**

Holistic massage of Indian origin that promotes the balance of body and mind, working with stretching maneuvers, massage kneading and stretching. This massage has many benefits like correction of posture, increased breathing capacity, resolves muscle contractures and rebalances de body energy. **90 min.**

### **BAHIA MAR SCULPTING MASSAGE**

Designed to improve body contours, this treatment combines lipomassage, lymphatic drainage and anticellulite massage techniques. It's an intensive massage where bamboo sticks are used as a tool to stimulate the break down of fatty cells, interstitial fluid and lymph circulation, resulting in an enhanced elimination of various toxins. This massage treatment boosts weight loss and improves the condition of skin tissue as well as promoting the contour of the body. Also known as the "Miracle Massage" **45 min.**

### **BAHIA MAR SIGNATURE MASSAGE**

This is a very special massage that involves water and is designed to offer a journey into the senses. Performed by two therapists (four hands), it brings a deep sense of wellbeing, stimulation and revitalization. Ideal for guests with low energy levels or stressed lives. This hydro massage creates awareness of the body, reduces anxiety and gives a feeling of peace of mind. It also helps to treat athletic or work related injuries and relieves tension headaches. **60 min.**





## OUR PRODUCT RANGE

BAHIA MAR SPA joined forces with CSPA South Africa and focus on ancient aromatherapy philosophies. The lipo-soluble nature of essential oils and Aroma Serums form the heart of this brand and treatments to awaken a yearning for total skin and body wellness. Besides this brand which is fully organic and free of parabens and other chemicals damaging to your body, skin and planet, Bahia Mar also developed it's own treatments and in-house daily products using the local natural sources, like baobab powder, Moringa oil and Moringa seeds, raw honey, different clays and the famous coconut oil.







## BODY TREATMENTS

### HYDRA BOOSTING BODY WRAP WITH CSPA

An ultra moisturising, nourishing and mineralizing body care designed for dry, dehydrated skin or skin that has been over exposed to sun, wind, bathing in the sea or swimming pools.  
**60 min**

### REBALANCING & DETOX BODY WRAP WITH CSPA

With peppermint base and with a detoxification, antioxidant and draining action. This treatment is the ideal to start your detox retreat.  
**60 min**

### HONEY, BAOBAB AND ALOE VERA BAHIA MAR SIGNATURE BODY WRAP

Often referred to as the “tree of life,” the baobab tree is native to Africa, and it makes sense considering that a single tree can live for over 500 years. The fruit powder has a high amount of vitamin C and it is packed with essential fatty acids along with vitamins A, D, E and F. Vital for cell protection, regeneration, iron absorption, healthy bones and blood vessels. One of the best skincare ingredients for anti-aging.  
**60 min**

### GARSHANA

This special treatment includes a body scrub, a pause for sweating and a final massage. This is a detoxifying and mineralizing treatment that leaves the skin soft and supple. This exfoliation is made with fine salts infused in essential oils.  
**90 min.**







## BODY TREATMENTS

### RASUL MUD TREATMENT

A traditional Arabian inspired cleansing treatment that combines the health enhancing properties of heat, steam and mud for a totally relaxing and skin conditioning treatment in a magical and sensory private environment with twinkling lights, soft music and aromatic vapors.

Divided in 4 different phases:

1. Self-application of detoxifying essential oil mud for 5 min;
2. Steam Period for 10 min which allow the pores of the skin to open for optimum penetration of the oils;
3. Rain period for 1 min. The cool light mist rain shower will cleanse the body, rinsing the perspired toxins from the skin. This will also help to cool down the body;
4. Relaxation period in the lounge until the body temperature and pulse rate have returned to normal - Approximately 10-15min.

Guests will be served a cold tea afterwards.







## FACIALS

### HYDRA BOOSTING WITH CSPA

A drink for thirsty skin, the CSPA hydrating range contains essential oils of aloe-vera, sandalwood and neroli which improve cell regeneration, hydrate and balance the skin, leaving it soft and rejuvenated. **60 min**

### REBALANCE WITH CSPA

Essential oils of geranium, basil, sandalwood, lemon and ginger are the elixir within the rebalancing range which soothes, tones and heals. Equally good for acne skins as those needing to be rebalanced and re-energized. **60 min**

### ANTI-AGE WITH CSPA

Rich and rejuvenating, reducing signs of aging by regenerating the skin's natural collagen and elastin. Filled with the precious, essential oils of myrrh, frankincense and jojoba, the range helps tone, hydrate and stimulate regeneration of cells for a sensory anti-aging approach. **60 min**

### MORINGA EXPRESS

The Moringa oil comes from the seeds of *Moringa Oleifera* Tree. Extremely rich in phytonutrients, this facial can make a great impact on your overall health. This nutrient-dense oil is famous for its anti-aging properties, helps to reduce wrinkles and prevents the sagging of facial skin. Moringa is filled with antioxidants that slow the aging process down and help curb the activity of free radicals. This oil also helps to fight skin fatigue and oil secretion. It is really great at counteracting the ill effects of pollution on the skin. **30 min**







## FEET TREATMENTS

### AROMA FRESH FOOT TREATMENT WITH CSPA

With relaxing geranium & sandalwood aromas, the mint & lime foot soak followed by a short foot massage will give you a refresh feeling.

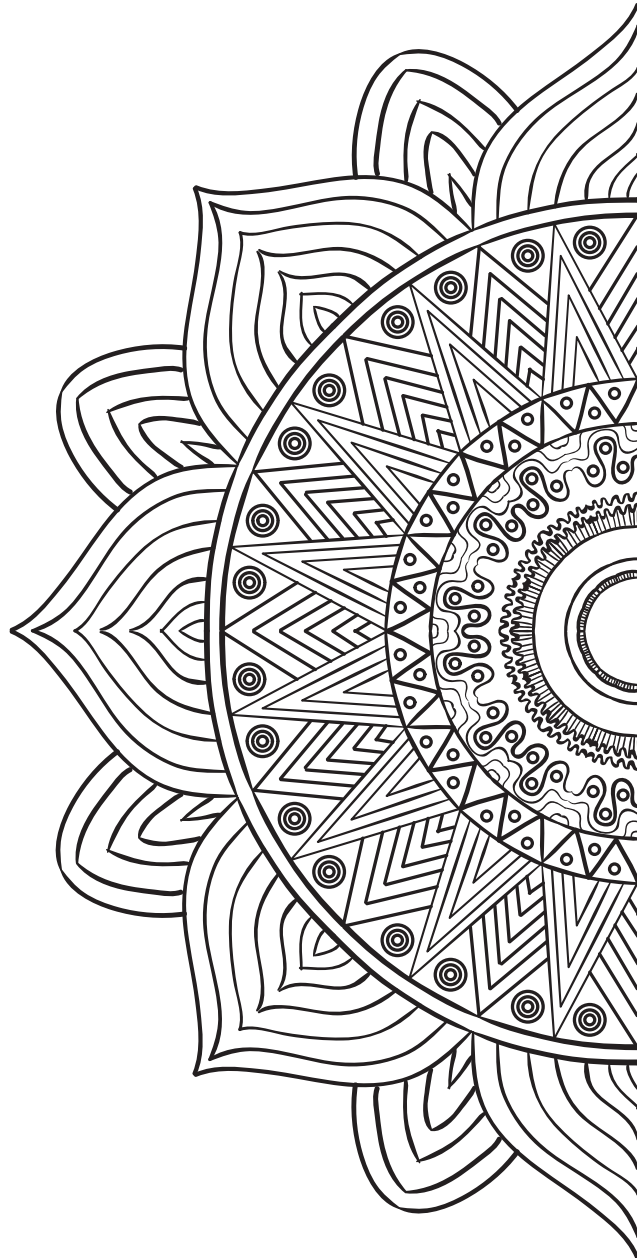
**30 min**

### REFLEXOLOGY

Reflexology is the application of pressure to areas on the feet that correspond to organs and systems of the body. Pressure applied to those trigger points brings relaxation and healing to the corresponding area of the body.

Reflexology is generally relaxing and helps to alleviate stress, reduce pain and psychological symptoms, such as anxiety. This treatment enhances relaxation and helps with sleep disturbances.

**45 min**





SOAK IT UP.....





# THE SPA @ BAHIA MAR

## MASSAGES

<b>BACK, NECK &amp; SHOULDER MASSAGE</b> 30 min	1,900 mets
<b>HEAD &amp; FACE</b> 30 min	1,900 mets
<b>FULL BODY RELAXATION</b> 60 min	3,150 mets
<b>FULL BODY COCONUT RITUALS</b> 60 min	3,150 mets
<b>DEEP TISSUE</b> 60 min	3,750 mets
<b>HOT STONE</b> 60 min	3,750 mets
<b>AYURVEDIC</b> 90 min	4,400 mets
<b>BAHIA MAR SIGNATURE</b> water massage - 60 min	3,750 mets
<b>BODY SCULPTING</b> bamboo therapy - 45 min	2,800 mets
<b>BODY SCULPTING PACK</b> 10 sessions bamboo therapy - 10 x 45 min	22,400 mets

## FACIALS

<b>HYDRA BOOSTING WITH CSPA</b> 60 min	2,850 mets
<b>REBALANCING WITH CSPA</b> 60 min	2,850 mets
<b>ANTI-AGING WITH CSPA</b> 60 min	2,850 mets
<b>MORINGA EXPRESS</b> 30 min	1,900 mets

## BODY TREATMENTS

<b>RASUL</b> 20 min - Price per person - More then 2 pax discount 20%	1,750 mets
<b>HYDRA BOOSTING WITH CSPA</b> 60 min	3,750 mets
<b>REBALANCING &amp; DETOX WITH CSPA</b> 60 min	3,750 mets
<b>HONEY, BAOBAB &amp; ALOE VERA</b> 60 min	3,750 mets
<b>GARSHANA</b> 90 min	4,100 mets

## FEET TREATMENTS

<b>FEET TREATMENT WITH CSPA</b> 30 min	1,500 mets
<b>REFLEXOLOGY</b> 45 min	1,800 mets
<b>REFLEXOLOGY PACK</b> 10 sessions - 10 x 45 min	14,400 mets
<b>FEET TREATMENT &amp; REFLEXOLOGY</b> 60 min	2,900 mets

## DAY PACKAGES

<b>RELAX &amp; UNWIND</b> Rasul, Coconut Rituals, Hydra Facial, Feet Treatment, Reflexology & Lunch	10,650mets
<b>ANTI AGING &amp; REBOOST</b> Baobab Wrap, Anti-Ageing Facial, Body Sculpting, Feet Treatment, Reflexology & Lunch	12,300 mets
<b>DETOX &amp; HYDRATE</b> Detox Body Wrap, Hot Stone, Hydra Facial, Feet Treatment, Reflexology & Lunch	14,150 mets

10% DISCOUNT FOR MORE THAN ONE TREATMENT BOOKED PER DAY PER PERSON.

**50% DEPOSIT IS REQUIRED TO SECURE THE RESERVATION.**

**IN CASE OF CANCELLATION LESS THAN 24H PRIOR THE APPOINTMENT THIS DEPOSIT WILL BE RETAINED.**

BOOKINGS: SPA AT BAHIA MAR | TEL: 293 823 91 | MOBILE: 842 754 389