



by *Cenizaro*

RETREAT TO THE SPA BY CLARINS

Guests may select from one of three spa programmes offered for a journey of peace and well-being. The **RELAXING** programme sets your mind at ease, the **FIRMING** programme helps to tone your body, and **CONTOURING** programme sculpts your silhouette. Complimentary sunrise and sunset yoga classes are available daily on the open deck and guests will also enjoy one 60-minute private well-being yoga session. Available as a 3-day or 4-day hideaway programme.

CONTOURING Programme

<p>3 Days Hideaway</p> <p>Day 1:</p> <ul style="list-style-type: none"> - Body Wrap Contouring - 50 minutes <p>Day 2:</p> <ul style="list-style-type: none"> - Contouring Body Treatment Uncaria Tormentosa - 50 minutes - One to One Private Wellbeing Yoga - 60 minutes <p>Day 3:</p> <ul style="list-style-type: none"> - Contouring Body Massage - 50 minutes 	<p>4 Days Hideaway</p> <p>Day 1:</p> <ul style="list-style-type: none"> - Exfoliating Body Treatment with Bamboo Powder - 50 minutes <p>Day 2:</p> <ul style="list-style-type: none"> - Body Wrap Contouring - 50 minutes - One to One Private Wellbeing Yoga - 60 minutes <p>Day 3:</p> <ul style="list-style-type: none"> - Contouring Body Treatment Uncaria Tormentosa - 50 minutes <p>Day 4:</p> <ul style="list-style-type: none"> - Contouring Body Massage - 50 minutes
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FIRMING Programme

<p>3 Days Hideaway</p> <p>Day 1:</p> <ul style="list-style-type: none">- Body Wrap Tonifying - 50 minutes <p>Day 2:</p> <ul style="list-style-type: none">- Firming Body Treatment Thyme and Lemon - 50 minutes- One to One Private Energy Yoga - 60 minutes <p>Day 3:</p> <ul style="list-style-type: none">- Contouring Body Massage - 50 minutes	<p>4 Days Hideaway</p> <p>Day 1:</p> <ul style="list-style-type: none">- Toning Body Polisher with Essential Oil - 50 minutes <p>Day 2:</p> <ul style="list-style-type: none">- Body Wrap Tonifying - 50 minutes- One to One Private Energy Yoga - 60 minutes <p>Day 3:</p> <ul style="list-style-type: none">- Firming Body Treatment Thyme and Lemon - 50 minutes <p>Day 4:</p> <ul style="list-style-type: none">- Youthful Lift Facial Treatment with Hops - 50 minutes
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RELAXING Programme

<p>3 Days Hideaway</p> <p>Day 1:</p> <ul style="list-style-type: none">- Peace Massage - 90 minutes <p>Day 2:</p> <ul style="list-style-type: none">- Moisture Relax Body Treatment with Peach Milk - 50 minutes- One to One Private Meditation Yoga - 60 minutes <p>Day 3:</p> <ul style="list-style-type: none">- Totally Gentle Facial Treatment with Christophine - 50 minutes	<p>4 Days Hideaway</p> <p>Day 1:</p> <ul style="list-style-type: none">- Heaven 50 Minutes <p>Day 2:</p> <ul style="list-style-type: none">- Peace Massage - 50 minutes- One to One Private Meditation Yoga - 60 minutes <p>Day 3:</p> <ul style="list-style-type: none">- Moisture Relax Body Treatment with Peach Milk - 50 minutes <p>Day 4:</p> <ul style="list-style-type: none">- Totally Gentle Facial Treatment with Christophine - 50 minutes
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