



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

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

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