

TRUE ALOE SPA

Inspired by ancient African and a mix of Asian treatment rituals, infused with traditional ingredients combined with modern skin care beauty advancements, True Aloe Spa offers holistic treatment provided by our well-trained therapists using the curative power of local herbs and plants, heal & entrancing treatment that relax your body leaving you in total harmony and rejuvenation.

True Aloe Spa will take you into blissful relaxation, clear your mind, balance your body mind and soul.

For further information and spa reservation please dial spa EXT 8800 from your room (for guests staying with us) or you can call or WhatsApp +211 924 001 454

**Take your journey into blissful moment.
Experience therapeutic massage improve your health and overall well-being.**

Thai Massage

60min-USD 75 90min-USD 90 120min-USD 125

Use of gentle pressure and stretching techniques to relax the whole body. This is an ancient healing practice that originated in India based on Ayurvedic principles by combining acupressure gentle stretch assisted by yoga posture that soothes muscle aches and pains.

Balinese Massage

60min-USD 75 90min-USD 90 120min-USD 125

Great combination technique of gentle stretches, relaxing long stroke and pressure point help to stimulate blood flow and increasing energy level, brings a sense of inner calm and lasting contentment.

Cupping Therapy

45min leg-USD 55 45min back-USD 60 75min full body-USD 90

Is an alternative therapy that involves suctioning the skin with glass or plastic cups. It helps encourage whole-body comfort and relaxation, increase pain threshold, reduce inflammation, enhance blood circulation, remove toxins from the body, reduce cholesterol and low-density lipoprotein, help prevent cardiovascular diseases like atherosclerosis, increase red blood cells.

Deep Tissue Massage

60min-USD 65 90min-USD 85 120min-USD 110

Perfect massage for the athletic, designed for alleviated stress level, deep manipulation relieves aches, muscle discomfort and aids in natural healing process.

Classic Swedish Massage

60min-USD 60 90min-USD 80

Is detoxifying massage that help reducing toxin which is built up in the muscle. The techniques vary from light to vigorous combining long strokes, petrissage and tapotement. Helps reducing joint stiffness and increasing oxygen flow. Suitable to those who want loosened cellulite fat.

Aromatherapy Massage

60min-USD 65 90min-USD 85

Great treatment that helps accomplish an overall sense of wellbeing. The massage oil has calming properties, which help to combat insomnia and contains anti – inflammatory ingredients, relieves muscle tension and anxiety throughout the body.

The following treatments are excluded of discounts:

Traditional Thai Massage with Herbal Poultice 60min-USD 85 90min-USD 125 120min-USD 145

A combination of Thai massage and warm herbal poultice application, helps to stimulate blood flow and reduce joint congestion improve flexibilities and relieve muscle ache.

Royal Warm Herbal Poultice Massage 60min-USD 85 90min-USD 125 120min-USD 145

Enjoy relaxing oil massage with warm Thai herbal poultice application. The herb known for its healing properties helps to melt way all your tension, improves blood circulation and the function of the lymphatic system

Warm Stone Massage 90min-USD 115 120min-USD 130

Warm Volcanic Stone placed on the Chakra points of the body, the massage designed for extremely tight or stiff muscle tissue. Retain heat deeply penetrates and promote deep relaxation.

*****Not recommended for pregnant women with high blood pressure**

Mother to be Massage 60min-USD 80 90min-USD 100

Is a therapeutic massage designed during prenatal focus on the special needs of a mother-to-be as her body changes during pregnancy, relieve tension, aches, leg cramps, headaches, and reduce swelling most importantly are deeply relaxing.

****Not recommended on first Trimesters**

Stress Relief Massage (Head, Shoulder and Back) 50min-USD 55

The massage focusing on the face, head, neck and shoulder reducing energy block improve the circulation and reduce stiffness.

Foot Reflexology Massage 50min-USD 55

Specific pressure points of the feet, opening energy pathways and easing circulation, promotes healing by stimulating the nerves in the body and encouraging the blood flow.

Indian Head Massage (Head, Neck and Shoulder) 30min-USD 40

The massage focusing on the face, neck, head and shoulder reducing energy block improve the circulation, stiffness and preventing hair loss.

Body exfoliation 30min-USD 65

Formulated to promote new skin growth and healthy skin, remove dead skin cell on the surface and reduce the appearance of fine line and wrinkle.

GYM&SPA Membership Packages:

	Daily	2 Weeks	1 Month	3 Months	6 Months
Daily GYM	USD 25				
Daily Pool	USD 25				
Daily Spa Facilities (Sauna, Steam, Jacuzzi)	USD 40				
Pool Membership			USD 130	USD 350	USD 663
Blue Membership (GYM only & Pool)		USD 123	USD 190	USD 514	USD 973
Silver Membership (Spa Facilities only & Pool)		USD 138*	USD 212*	USD 573*	USD 1,083*
Gold Membership (GYM, Spa facilities & Pool)		USD 220**	USD 339**	USD 918**	USD 1,732**
Platinum Membership (GYM, Spa facilities, Pool and 60minutes massage per week)			USD 537	USD 1,453	USD 2,744

Notes:

*Spa facilities & Pool only

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Spa facilities include: Steam, Sauna, Jacuzzi

All monthly Gym Membership packages are entitled to the pool access and 10% off on Spa Treatments, Food & Beverage.

For further information, please call or WhatsApp: +211 924 001 454
 or email: spamanager@pyramidcontinentalhotel.com