

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 WhatsApp +211 924 001 454



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

Traditional Thai Massage with Herbal Poultice **60min-USD 64** **90min-USD 97** **120min-USD 119**

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 64** **90min-USD 97** **120min-USD 119**

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.

Thai Massage **60min-USD 50** **90min-USD 71** **120min-USD 91**

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.

Deep Tissue Massage **60min-USD 49** **90min-USD 70** **120min-USD 90**

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

Warm Stone Massage **90min-USD 97** **120min-USD 119**

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**

Balinese Massage **60min-USD 49** **90min-USD 70** **120min-USD 90**

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.

Classic Swedish Massage

60min-USD 46 90min-USD 64

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 46 90min-USD 64

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.

Mother to be Massage

60min-USD 50 90min-USD 71

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 43

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

Foot Reflexology Massage

50min-USD 43

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 Massage) 30min-USD 25

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

Apricot Body exfoliation

30min-USD 47

Formulated with apricot kernels 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 Membership Packages:

	Daily	2 Weeks	1Month	3Months	6Months
Daily GYM	USD 25				
Daily Pool	USD 25				
Daily Spa Facilities* (Sauna, Steam, Jacuzzi)	USD 35				
Blue Membership (GYM only)		USD 103	USD 159	USD 429	USD 811
Silver (Spa Facilities & Pool)		USD 115*	USD 177*	USD 478*	USD 903*
Gold Membership (GYM, Spa facilities & Pool)		USD 184**	USD 283	USD 765	USD 1,444
Platinum Membership (includes GYM, Spa facilities, Pool and 60minutes massage per week)			USD 448	USD 1,211	USD 2,287

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