



# 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 / +211 926 354 001

**Take your journey into blissful moment.**

**Experience therapeutic massage, improve your health and overall well-being.**

**Thai Massage**

**60min-USD 65   90min-USD 80   120min-USD 100**

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 65   90min-USD 75   120min-USD 100**

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.

**Deep Tissue Massage**

**60min-USD 65   90min-USD 80   120min-USD 100**

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 75**

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 60   90min-USD 75**

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.

**Traditional Thai Massage with Warm Herbal Poultice**      **60min-USD 80   90min-USD 115   120min-USD 125**

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.

**Warm Stone Massage**      **90min-USD 75      120min-USD 100**

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**

**Cupping Therapy**      **45min leg/Back-USD 50      75min full body-USD 75**

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.

**Mother to be Massage**      **60min-USD 65      90min-USD 75**

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)**      **60 min-USD 50**

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

**Foot Reflexology Massage**      **60min-USD 50**

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**      **45min-USD 60**

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 Membership Packages:

	1 Month Single	1 Month Couple	3 Months Single	3 Months Couple
Pyramid Membership (All facilities Access)	USD 190	USD 310	USD 500	USD 880

**Daily Pass** (*Gym, Jacuzzi, Pool, Sauna, Steam*) - **USD 20**

All Members are entitled to **10% on Spa Treatments, Food & Beverage** (Up to 5 USD Bill).

For further information, **please call** or **WhatsApp:**

+211 924 001 454 / +211 926 354 001

**email:** [spamanager@pyramidcontinentalhotel.com](mailto:spamanager@pyramidcontinentalhotel.com)