



mividaspa



Classic Massages

Antistress

The best one to relax and de-stress. An absolute bestseller and favourite massage for most people.

Pressure: **light to medium** | Speed: **extra slow**

Effect: **deep relaxation & sleepiness** | **50 min**

Medical / Swedish

Tension-relieving and pain-reducing massage. We concentrate on where you need it the most.

Pressure: **medium to hard** | Speed: **medium**

Effect: **overall health recovery aid** | **50 min**

Deep Tissue

Deep relaxation for tough people. You'll know it when you need it.

Pressure: **hard to extra hard** | Speed: **slow**

Effect: **deep tension relief** | **50 min**



Luxury Massages

Mividaspa Signature

Back massage done in the right way: a combo of powerful techniques, hot towels and eucalyptus-camphor cream.

Pressure: **medium** | Speed: **slow to medium**

Effect: **pain relief for your back** | **50 min**

Four Hands

Two masseurs work in perfect synergy overloading your brain with waves of happiness.

Pressure: **light to hard** | Speed: **slow**

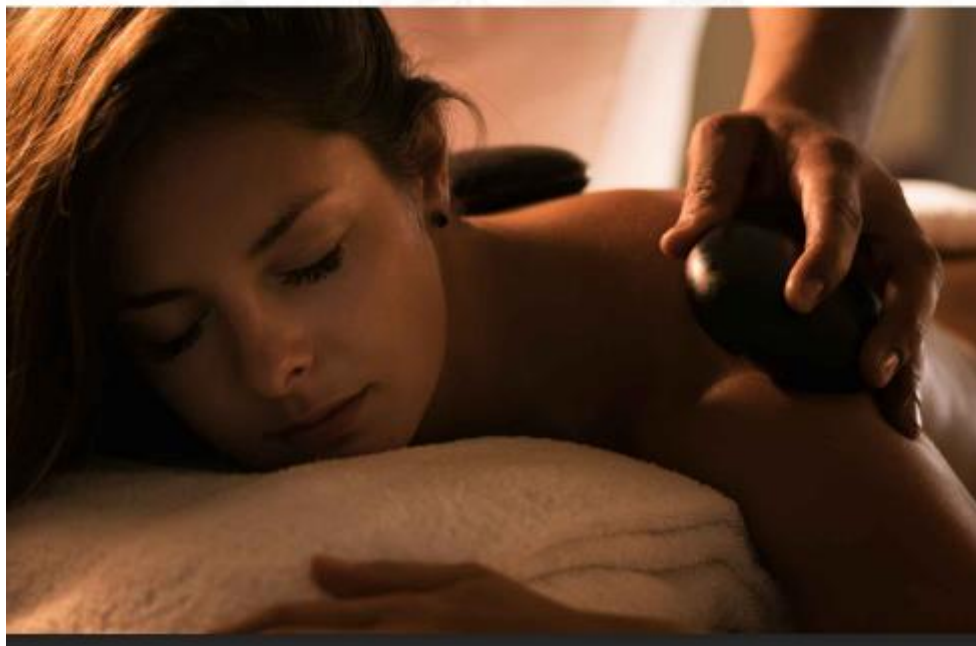
Effect: **unmatched relaxation** | **50 min**

Hot Stone Therapy

Water-heated volcanic stones mercilessly melt away any tension, while your mind draws in bliss.

Pressure: **medium** | Speed: **slow to medium**

Effect: **exquisite sensations & bliss** | **80 min**



Asian Massages

Oriental Fusion

For when you need it spicy: a mind-blowing mix of Swedish, Thai, Aroma, Lomi-Lomi and Shiatsu.

Pressure: **medium to hard** | Speed: **medium**
Effect: **balanced healing and relaxation** | **80 min**

Thai Massage

The famous Thai speciality: improves circulation, stretches joints, elevates spirit, refills energy.

Pressure: **hard** | Speed: **slow**
Effect: **energizes your mind and body** | **80 min**

Indian Head

Back, face & scalp massage combo. It doesn't have to be a full-body treat for a heavenly relaxation.

Pressure: **light to medium** | Speed: **slow**
Effect: **relaxation & calmness** | **50 min**



Spa Programs

Egyptian Program

An essential package to kick-start your vacation.
Prepare your skin for a long-lasting suntan.
30 min session of sauna, steam and Jacuzzi included.

Pressure: **light to medium** | Speed: **medium**
Effect: **relaxation & skin polish** | **90 min**

Chocolate Dreams

Delicious full body mask and massage.
You might eat it as well - it's all natural!

Pressure: **light to medium** | Speed: **medium**
Effect: **relaxation & skin hydration** | **90 min**

Dead Sea Mud Rejuvenation

From the bottom of Jordan's sea to the surface of your skin. That glorious shine is one call away.

Pressure: **light to medium** | Speed: **medium**
Effect: **relaxation & skin nourishment** | **90 min**



Hammam Rituals

Signature Hammam

The hammam is an incredible therapy that exfoliates the skin, eases muscle tension, and calms the mind. The process starts off with a **private steam bath**. To thoroughly exfoliate your skin, we will use a special **hammam glove** and the best **Moroccan soap**. Once your skin has been exfoliated and pampered with steam, we will begin the indulgent **foam massage**. Then, an **aromatic lotion** is rubbed into the skin to provide a much needed nutrition and moisture.

After our hammam, your skin will feel silky smooth and refreshed, and your mind will be crystal clear.

55 minutes

Signature Hammam & Massage

This is the route to take if you want to maximise your enjoyment and pampering to the very fullest. As part of this package, you'll enjoy an Antistress massage immediately after your hammam session.

120 minutes



Specials

Lymphatic Drainage

A gentle therapeutic massage that increases the flow of lymph and reduce toxins in your body.

Pressure: **light** | Speed: **medium**

Effect: **detox & swelling reduction** | **50 minutes**

Anti-Cellulite

An intense technique to bring those areas to a healthier state. Effective in packages of 5 or more.

Pressure: **hard & very hard** | Speed: **fast**

Effect: **skin conditioning** | **45 minutes**

Mother-to-be

Extra gentle indulgence. While you await your baby's arrival it's the perfect remedy for the irritating back aches, heavy legs and stretch marks.

Pressure: **light and gentle** | Speed: **slow**

Effect: **relaxation & tension relief** | **50 minutes**



Spa Etiquette

SPA RESERVATIONS

For spa enquiries or reservations, please call the spa or contact one of our consultants usually available at the beach and pool area. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

Leave all jewelry and valuables in your room before coming to the spa. We recommend booking the steam and sauna experiences prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive at least 10 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

We offer personal consultations to determine your specific needs and design your perfect treatment experience schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we may be unable to extend your treatment time in case of late arrivals.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Mividasapa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

PAYMENT

All treatments will be charged to your guest room folio and will appear on your account at the time of departure from the hotel. Please note that no credit cards or cash payments are accepted at the spa reception.

CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.





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BEAUTY SALON

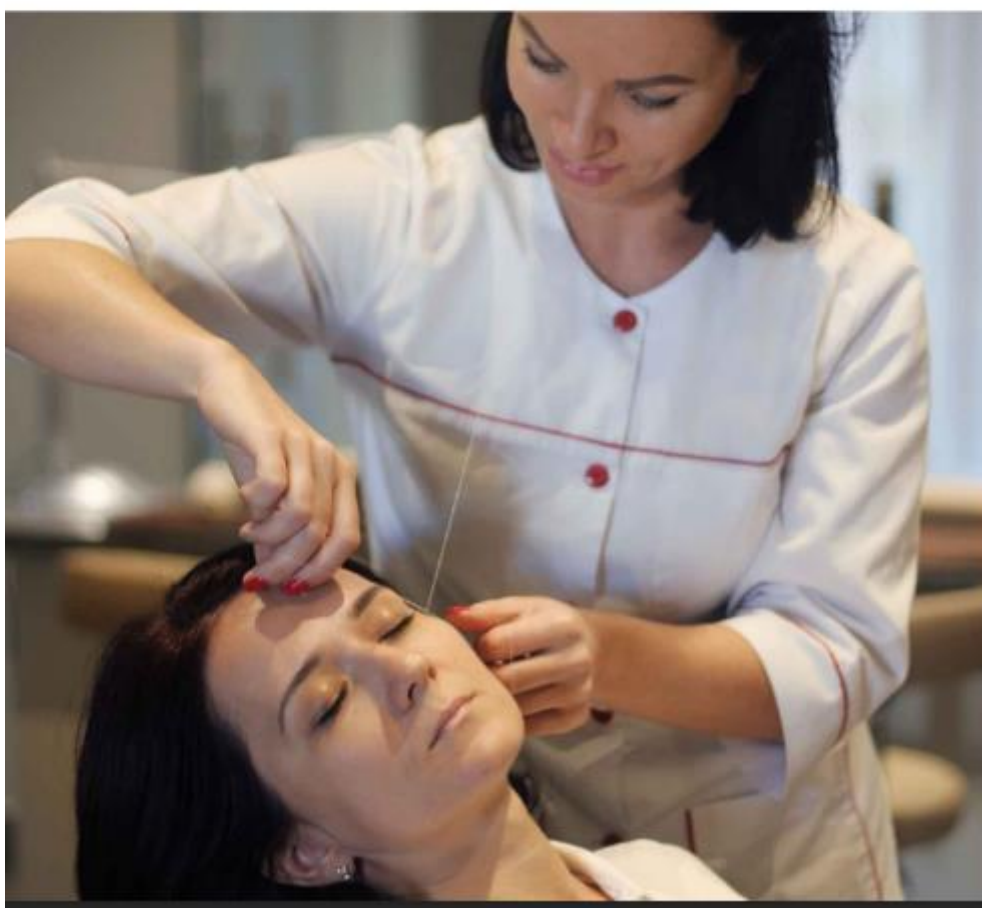


Hair services

Service	Price		
	Short	Medium	Long
Repairing treatment	€35	€40	€50
Simple haircut for ladies (wash and dry included)	€42	€55	€65
Simple haircut for men	€30		
Wash-Blow-Dry only	€32	€42	€52
Complex haircut for ladies	price upon consultation		
Roots color +WBD	€55	€65	€85
Full hair color +WBD	€60	€70	€70
Highlight 30% +WBD	€70	€70	€80
Highlight 50% +WBD	€80	€80	€90
Highlight 100% +WBD	€90	€90	€120
Eyebrow color	€17		
Eyelashes color	€17		
French braids 1/2	from €45		
French rasta full head	from €100		
African rasta full head	from €180		
Decor for one braid	€5,5		
Rasta extension	from €220		
Hair styling	from €30 till €80		



Full face threading	€35
Eyebrows	€15
Upper lip	€15
Half arms wax / or Fatla	€25 / 45
Full arms wax / or Fatla	€40 / 55
Half legs wax / or Fatla	€40 / 65
Full legs wax / or Fatla	€70 / 90
Full back waxing	€60
Full body waxing	€180
Underarms wax or fatla	€30
Classic man's shave / decor	€25 / 40



Hands & feet care

Classic manicure	€35
Classic pedicure	€45
Herbal VIP pedicure	€60
Herbal VIP shellac pedicure	€85
Nail polish only - one color	€10
Nail polish only - French	€15
Complex nail art - one nail	€10
Decor for one nail / repair	€2,5
Shellac manicure	€55
Shellac pedicure	€70

Face care

Mividaspa facial - 60 min	€80
Man's facial - 60 min	€80
VIP Hot Stone facial - 90 min	€130
VIP Golden Facial - 90 min	€130

