

LONDA

THE SPA & CLUB

OY

UNIQUE MOMENTS



A Spa experience is no longer just a pampering moment. It is a question of personal well being and stress management.

At Londa Spa, we are all devoted to your overall wellbeing through a variety of professional services that encourage and promote the renewal and revitalization of mind, body and spirit.

Londa Spa invites you to experience our unique philosophy of combining natural elements with the latest technology. Delivered by highly trained, professional therapists, we will take you on an exceptional and unparalleled journey of the senses, leading to visible results and an increased sense of well being.

Londa Spa is a restaurant for the soul; a show, an experience; a place to connect and capture the imagination. Acknowledging that the energy of the mind is the essence of life, we will help you find serenity and inner peace.

Join us for an hour, a day or a lifetime ...

*Catrin Westh
Spa Manageress*

Welcome

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STRESS FREE SHOPPING - GIFT VOUCHER

Purchase your Gifts from the comfort of the Office or your Home

Everyone deserves a treat of relaxation and 'getting away', once in a while.

Why not just brighten your family's and friends' spirit by purchasing a Londa Spa Voucher?
A wide range of different treatments are available starting from €35.00.

Spa Vouchers are valid for three months.

Call the Spa reception for further information.



Organic Spa
Body and Face



INDULGE IN NATURE

ORGANIC SPA TREATMENTS

HEALTHY BEAUTY

In Harmony with Nature

The perfection of nature combines with our therapists' skills to help you transform your inner self. Escape the world and experience bliss at Londa Spa with these exquisite treatments using only the purest organic ingredients that fully complement our holistic approach to wellness. Precious antioxidants, vitamins and phytonutrients are the key ingredients that ensure tranquility of balance. All the products used in Londa Spa's Organic Treatments are completely pure and natural, with certified organic ingredients that leave you looking and feeling fabulous.

From Skin to Within

The skin is the largest organ of the body. Feeding it with the most precious nourishing and antioxidant ingredients strengthens the immune system and supports your body's natural processes with all that lies within. Our therapists work through target areas to effectively release physical and emotional blockages, leaving you feeling relaxed and rejuvenated. Our goal is to rebalance and invigorate your entire being for a truly holistic approach to healing.

Londa's Organic Corner

Continue your treatments at home and enjoy a longer lasting Spa sensation by taking with you some of the products suggested by your therapist and made available at the Spa. Gift Vouchers for organic treatments are also available as a fabulous present to the ones you love and appreciate!

Enjoy 10% discount for any of your wonderful rituals by purchasing a 5-treatment package.



EXCLUSIVE MASSAGES & RITUALS

LONDA'S FAMOUS SIGNATURE TREATMENTS

Invigorating Therapeutic Body Massage

The well-deserved ritual after all your hard work, this strong massage is designed to help you relieve all your aches and pains. Tailored to your individual needs, unique deep pressure techniques are applied to help reduce pain and release muscle tension and tightness, leaving you completely refreshed and rejuvenated.

60min · €110
90min · €150

Royal Body Glow Ritual

Surrender to the skilled hands of your Londa Therapist for your revival and uplifting experience. This wonderful body ritual begins with a heavenly nourishing foaming **scrub** that is rich in antioxidants and phytonutrients. Finely crushed fruit shells exfoliate gently and effectively, while organic oils provide excellent moisturizing benefits, for incredibly soft and glowing skin. A full body **massage** follows with aromatically infused organic oils.

- Baobab Body Scrub - Nourishing & Detoxifying
- Coffee Body Scrub - Stimulating & Uplifting

1h 30min · €140

Londa's Wholesome Ritual

Londa's Signature holistic ritual for face and body! The combination of a full body **massage** and Skin Food **facial** make this ritual a completely relaxing and rejuvenating experience that leaves you feeling blissfully nurtured.

2h · €170

Harmonious Pain Relief Back Massage

With focused attention on the back, neck and shoulders, this is the ideal treatment to help stressed, hard-working souls quickly feel energized and invigorated. Your Therapist uses a combination of techniques to boost your spirits, while helping you to unwind and relax.

30mins · €60

Londa's Amazing Head Massage

This soothing massage is concentrated on the head, scalp, ears, neck and face in order to restore energy and balance. It encourages the elimination of toxins, improves circulation and calms muscle tension around the head, for a deeply relaxing and revitalized sensation.

30min · €60

Brilliant Hair Treatment

Ideal both for men and women, this treatment relaxes yet tones the scalp and promotes shiny, thick and healthy hair, while melting away tension. Scalp massage is combined with the hair mask to deliver a soothing, rejuvenating experience. The rare plant extracts, along with the natural vitamin E contained in the organic hair tonic, all help to rebalance the scalp, boost hair growth and minimize the appearance of split ends.

30min · €65

Great Soothing Moment

A soothing, comforting and energizing treatment that focuses specialized techniques on your **hands, feet** and **face** for a unique and totally relaxing experience. It stimulates the flow of energy between specific points of the body, while it encourages detoxification and a feeling of overall wellness.

30min · €60

Relax Into Dreamtime

The ultimate in relaxation, this full body modeling with rare plant oils supports the body's natural processes for a holistic approach to your health and wellness. Rich in essential fatty acids, these organic oils hydrate deeply and improve skin elasticity, while promoting cell regeneration. Completely unwind with the unique essential oil infusions and enjoy your journey through the customized massage tailored just to your needs, for a fully harmonizing and rebalancing experience.

45min · €80 60min · €90

Smooth Mother-To-Be Modeling

A wonderful treatment that helps expecting mothers to feel their very best during this special time. The organic body oil used is infused with calendula and chamomile, making this massage suitable even for the most sensitive skin. Relieves and stimulates circulation to help you feel refreshed and uplifted. Kindly note that this massage is offered only during the 2nd and 3rd trimesters of pregnancy.

60 min · €100

AND ALSO ...

Anti-Cellulite Detoxifying Cupping Modeling

Unique to Londa Spa this signature anti-cellulite treatment is strong and effective! Based on Asian-Chinese knowledge, special techniques stimulate lymphatic circulation and drainage to assist the body in removing cellular waste, while also supporting weight maintenance and weight loss. Enjoy organic tea as part of your detoxifying treatment, enhancing the results and deepening your experience.

45min · €90

Buy Package of 6, Get 1 Session Free

Slimness Body Sculpting

A slimming massage with organic oils and essential oils that fully support your body's natural processes and deliver essential nutrients to the skin and the entire body. This bespoke massage effectively increases circulation and reduces fluid retention, while it is adapted to your individual needs. Ideal for detoxification, slimming, cellulite, weight loss and loss of centimeters. Experience the rejuvenating results from your first treatment.

60min · €90

Buy Package of 6, Get 1 Session Free

Soft Drainage Massage

Lymphatic massage with detoxifying and decongesting essential oils, for relaxation and detoxification. Soft and effective massaging techniques activate the lymphatic system and lymph glands, eliminating body toxins for a truly invigorating sensation.

60min · €80

Peace of the Senses

A soothing massage with essential oils, which calms the senses and the body thanks to the beneficial anti-stress elements of the products used. A massage for everybody to fight stress.

60min · €80

Hot Stone Massage

Dating back to ancient times, this entirely comforting experience is perfect for relieving muscle tension and promoting deep relaxation, using smooth heated stones that are placed on key points of the body. The soothing heat seeps into the muscles and allows your therapist to apply an effective massage with lighter pressure to reduce pain and increase flexibility. Slip into a state of deep relaxation and melt into oblivion as your Londa therapist combines specialized massage techniques using organic oils to relax and calm, resulting in a sense of equilibrium and harmony you have never experienced before.

60min · €110

Orient Sensation

A massage with aromatic bags soaked in warmed spices, butter of granite and essential oils of ginger, nutmeg, orange, mandarin and cinnamon. The massage is inspired by the care rituals of South-East Asia.

45min · €80

Reflexology

Reflexology works on the principle that all our organs are represented on the feet. It brings harmony to the body and mind by using techniques that apply deep pressure to certain points on the feet in order to release any blocked energy that causes imbalance in the body.

45min · €85

Exfoliation

We highly recommend to combine the chosen massage with a skin polish, to experience the ultimate body sensation.

Baobab scrub

30min · €60
nourishing and detoxifying

Coffee scrub

30min · €60
stimulating and uplifting

Lemongrass / Raw sugar scrub

30min · €70
moisturizing and restorative

LONDA's UNIQUE FACIAL TREATMENTS

1. Baobab Super Antioxidant

This hydrating mini-facial includes gentle polishing of the epidermis and a facial massage that helps relax your spirit and enliven your senses, while hydrating richly and returning a healthful radiance to your face. Baobab is one of the most nourishing fruits, rich in antioxidants and essential fatty acids (omega 6&9), while containing 7 times the vitamin C that is found in an orange! Enjoy the lasting exotic glow of nature.

30min · €60

2. Skin Food Facial

A most beneficial bespoke treatment, designed to deliver exactly what your skin requires. Unique organic ingredients provide deep cleansing, restoration and balancing. Rich in antioxidants and enzymes, this facial rejuvenation helps eliminate toxins and improve your skin's overall health through all layers, leaving you with a radiant glow. Enjoy as a weekly maintenance or as the perfect introduction to Londa's bespoke organic treatments.

- Skin Food Facial 60min · €80
- Extended w/ Facial Scrub & Toning Massage 75min · €110

3. Cellular Repair

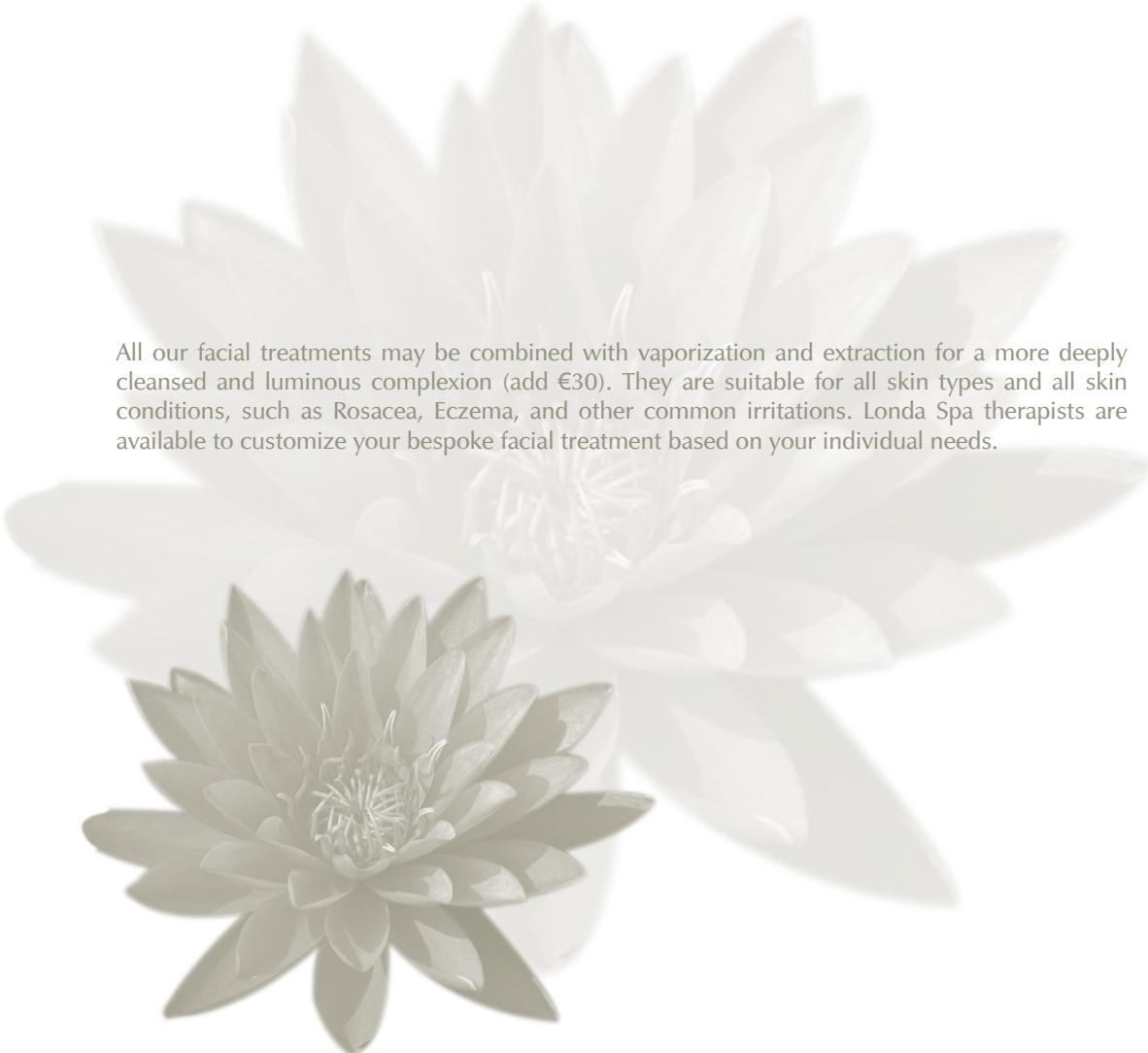
This is an excellent restorative experience with lymphatic drainage massage and deep therapeutic cleanse that helps detoxify and balance your skin. The Cellular Repair Mask, with the enzymatic honey mask, protects and fortifies the skin's defences against environmental irritants and pollutants. The biologically active antioxidant elements contained in this mask are essential for the repair and regeneration of damaged and traumatized skin. In all of its power, this uniquely soothing facial will be tailored to your individual needs and has been designed to rejuvenate even the most sensitive, inflamed and sun-kissed skin.

60min · €110

4. Enzyme Collagen Booster

Restorative and preventative anti-ageing treatment, ideal for skin that needs to be renewed, rejuvenated and refreshed. Natural enzymes from pineapple and papaya exfoliate gently and oxygenate effectively, reducing expression lines and revealing fresher, clearer complexion. Antioxidant berry extracts help brighten skin, giving you a safe and effective alternative to chemical peels. Essential minerals and phytonutrients stimulate cell regeneration and collagen production in the skin's deeper layers. The purifying enzymatic action, provided by 100% active plant ingredients is combined with organic honey to give tired, sallow skin the boost that it needs. Excellent for visible toning, restoring brightness and refining pores, leaving a lasting radiance to your face.

75min · €130



All our facial treatments may be combined with vaporization and extraction for a more deeply cleansed and luminous complexion (add €30). They are suitable for all skin types and all skin conditions, such as Rosacea, Eczema, and other common irritations. Londa Spa therapists are available to customize your bespoke facial treatment based on your individual needs.

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ELEMIS SPA-THERAPY

Elemis has over 17 years experience in treating both men and women in the professional spa environment. Each spa-therapy has been developed by a specialised team, headed by Noella Gabriel, using extensive clinical and scientific studies to ensure every therapy shows real results. Designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a

unique experience, using powerful massage sequences and the most potent actives available in the world today. Dynamic ingredients, medical grade formulas and dedicated research are all combined to provide a range of spa-therapies that offer scientific solutions to every skin, body or lifestyle concern.

*Renew your complexion...
experience the ultimate facial therapy*

ELEMIS ADVANCED ANTI-AGEING FACIALS

These superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin-therapy.
*rejuvenate your skin...
see immediate results*

Visible Brilliance Facial To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just 1 treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

1 hr 15 mins · €150

Pro-Collagen Quartz Lift Facial

Anti-wrinkle facial with proven results

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

Recommended: 1 treatment every 3 weeks - course of 6.

*Independent Clinical Trials 2007

*scientific solutions...
for everyday skincare concerns*

1 hr 15 mins · €140

ELEMIS SKIN SOLUTIONS FACIALS

Modern Skin Facial

Rebalance and restore radiance to stressed skin.

Designed for challenging skin that is reacting to the stress of modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results; a clearer, radiant and more balanced skin.

Recommended: 1 treatment every 3 weeks - course

1 hr · €100

Fruit Active Glow

Bring back the glow to a lifeless complexion.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

1 hr · €85

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ADVANCED ANTI-AGEING FACIAL FOR MEN

Skin IQ + Facial

Anti-ageing booster for tired, stressed skin.

Charged with the clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

Recommended: 1 treatment every 4 weeks.

Course of 6.

1 hr 15 mins · €140

ADVANCED PERFORMANCE FACIAL FOR MEN

Urban Cleanse Facial

Deep cleanse and complete skin detox.

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Recommended: 1 treatment every 4 weeks.

the complete solution...

for total time out

1 hr 15 mins · €120

ELEMIS BODY THERAPY

Deep Tissue Muscle Massage

Deep rhythmic pressure massage.

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

1 hr · €90

Choose from:

- **Stress-a-Way:** Wind down and release the tension of the day.
- **Spirit Reviver:** A powerful surge to invigorate and recharge.
- **Muscle Melt:** Relax and re-energise a tired and aching body.
- **Chakra Balancing:** Reconnect your mind, body and soul.

Deep Tissue Back Massage

Minimum time, maximum tension-relieving results.

Specifically targeting the back, shoulders and neck areas, where you need it most.

Recommended: 1 treatment per week.
ease tension... with powerful massage sequences

30 mins · €50

Musclease AromaSpa Ocean Wrap

Powerful seaweed wrap for complete muscle relaxation.

Drift away whilst you are cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

Recommended: 2 treatments per week.

1 hr 15 mins · €110

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ELEMIS EXOTIC THERAPY

Exotic Frangipani Body Nourish Wrap

For immediate softness and suppleness.

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body which is then cocooned in a nourishing foil wrap or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Recommended: 1 treatment every 3 weeks.

Detoxify and deep cleanse... to the deepest level

45 mins · €80

Exotic Lime and Ginger Salt Glow

Invigorated, cleansed and polished to perfection.

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

45 mins · €85

ELEMIS DETOX THERAPY

Body Sculpting Cellulite and Colon Therapy

Redefine and smooth your silhouette.

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

Recommended: 2 treatments per week for 4 weeks,

then 1 per month for maintenance

1 hr · €110

ELEMIS HANDS AND FEET THERAPY

Pro-Collagen Hand and Nail Treatment

Redefine the hands of time.

Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the anti-ageing Pro-Collagen Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands. Includes a manicure.

60 min · €70

Sole Delight Grooming for Feet

A total sensory experience for your feet.

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin. Includes a pedicure.

1h 15min · €80

BASIC HAND AND FOOT

Nails cut, filing, cuticles pushed, varnish

Manicure, Basic Colour

30mins · €35

Pedicure, Basic Colour

30mins · €35

BEAUTY SERVICES

Waxing

• <i>Facial Contour</i>	€25.00	• <i>Eye-brow Shaping</i>	€15.00
• <i>Upper Lip</i>	€10.00	• <i>Eyelash Tint</i>	€20.00
• <i>Underarms</i>	€20.00	• <i>Eyebrow Tint</i>	€15.00
• <i>Arms</i>	€25.00		
• <i>Half Arm</i>	€15.00		
• <i>Whole Leg</i>	€40.00		
• <i>Half Leg</i>	€20.00		
• <i>Bikini Line</i>	€20.00		
• <i>Extra Bikini Line</i>	€40.00		
• <i>Nape of Neck</i>	€20.00		
• <i>Back</i>	€40.00		
• <i>Chest</i>	€25.00		

FACE AND BODY PACKAGES

According to your needs and desires, our highly skilled therapists can create special packages for you, depending on the availability, you can combine the treatments at your request during your stay.

BRIDE AND GROOM DAY *UPON REQUEST*

With our Spa's "magical touch", let us contribute to making your special day a truly unforgettable one...

MAKE-UP *UPON REQUEST*

"A special occasion needs special attention and care. Let our professional make-up artists bring out your best, for a stunning look and an aura of confidence!"

Details for make-up, upon request at the Spa Reception.

EXCLUSIVE SPA EVENINGS

Do you want something really special for a special Occasion?

Enjoy the Londa Spa lounge in total privacy.

Dream away with Jacuzzi, sauna, steam bath and plunge pool.

Don't miss the possibility to enjoy our amazing massage therapies or facial treatments.

We also recommend you try our delicious spa buffet.

Choose one of our unique spa evening ideas ...

- Bathrobe business meeting
- Romantic moment
- Family evening
- Ladies night out
- Birthday party
- Old buddies' reunion
- Find yourself experience

...or we may work out an individual proposition for you!

To make this a unique moment we may adapt to accommodate your desires and your dreams can become true.

Spa evening:

Treatments, beverage, food and extra decoration are not included.

Reservation: min 36 hours in advance.

Monday to Friday.

€400 2h max 8 persons

Spa etiquette

Reservations

As Londa Spa and Health Club is very popular we strongly recommend that you book your treatment at least 2 days in advance. In order to secure the Spa treatment reservation for our non resident guests, a credit card number is required. All prices quoted are in euro and include all applicable taxes.

When Taking a Treatment

Please remove all your jewelry before your treatments. Underwear or suitable swimwear should be worn into the treatment room and during treatments. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping should be used at all times.

During treatments, please let your therapist know if the overall atmosphere is to your entire comfort or if the treatment pressure is too light or too firm. Your comfort and care is our greatest concern and priority. If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement. There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet they will be too.

Arrival Time

We invite you to arrive at least 15 minutes prior to your reserved treatment time to check in. Please understand that your treatment will end on time for the next guest not to be inconvenienced. Time lost through late arrival will result in a shortened or amended treatment being offered without refund.

Personal Belongings

For your personal belongings a locker may be provided for you. The Hotel is not responsible for any loss of valuables left in the Spa area nor can it be held liable for any such loss.

Cancellation Policy

Please note 12 hours cancellation notice is required for all booking and services otherwise 50% of the total treatment price will be charged.

General Spa Behaviour

In consideration of other guests, please turn off your mobile phone or pager during your Spa visit and leave it in your locker.

Spa

Please conduct all conversations at levels consistant with a relaxing Spa environment. The Londa Spa is a strictly non-smoking area. Please always shower before using the facilities. A robe or swimwear must be worn in all common areas of the Spa. A towel must always be placed on steam bath and sauna benches before you sit down. Food and alcoholic beverages are prohibited. Thank you for your cooperation... and enjoy!

Operating Hours

Spa & Treatments

Monday ~ Friday: 09.00 am - 8.00 pm

Weekend ~ Holidays: 10.00 am - 8.00 pm

Gym

Monday ~ Sunday: 6.00 am - 11.00 pm

The Londa Spa & Club operate an exclusive membership.

For more information & reservations please contact the Londa Spa at 25865561



LONDA

Come, have a look, let us show you around. Experience Moments at Londa.

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