

# SPA

## TREATMENT

- MENU -



BILGAH BEACH HOTEL

BAKU

## MASSAGE TREATMENTS

	MINUTES	PRICES
SIGNATURE RELAXATION MASSAGE	50/80	110/140 AZN
DEEP TISSUE MASSAGE	60	125 AZN
BALINESE MASSAGE	50/80	100/130 AZN
SWEDISH MASSAGE	50/80	95/125 AZN
AROMATHERAPY MASSAGE	50/80	95/125 AZN
HOT STONE MASSAGE	80	130 AZN
THAI MASSAGE	60	125 AZN
BACK MASSAGE	30	55 AZN
LEG MASSAGE	30	55 AZN
HEAD&SHOULDERS MASSAGE	30	55 AZN
FOOT REFLEXOLOGY MASSAGE	30	60 AZN

## FACIAL TREATMENTS

DEEP CLEANSING FACIAL	60	150 AZN
HYDRATION & ANTIOXIDANT FACIAL	60	150 AZN
ANTI-AGING FACIAL	60	160 AZN
NATURAL SPF PROTECTION FACIAL	30	75 AZN
EXPRESS FACIAL	30	75 AZN

## BODY TREATMENTS

COFFEE SCRUB	30	70 AZN
REFRESHING GREEN TEA SCRUB	30	75 AZN
MOISTURISING WRAP WITH JUSMIN BUTTER	40	80 AZN
MINERAL WRAP	40	80 AZN
SUMMER SHAPE WRAP	40	85 AZN



## HAMMAM TREATMENTS

	MINUTES	PRICES
TRADITIONAL HAMMAM PEELING	30	65 AZN
RITUAL OF ROYAL HAMMAM	45	80 AZN
TUNISIAN HAMMAM	50	85 AZN

## HAIR TREATMENTS

SHEA BUTTER HAIR TREATMENT	30	55 AZN
AVOCADO HAIR TREATMENT	30	55 AZN

## BATH RITUALS

AROMATHERAPY BATH	30	50 AZN
MILK AND HONEY BATH	30	60 AZN

## SPA PACKAGES

<b>SPA GETAWAY FOR TWO PACKAGE – (for 2 person)</b> (60 min Suit Facilities usage, 50 min Balinese Massage)	110	250 AZN
<b>SPA JOURNEY PACKAGE – (for 1 person)</b> (30 min Coffee Scrub, 30 min Mineral Wrap, 30 min Back Massage)	90	175 AZN
<b>WELL-BEING PACKAGE – (for 1 person)</b> (30 min Head&Shoulders Massage, 30 min Express Facial, 30 min Foot Reflexology)	90	165 AZN
<b>ADD-INN VIP SUITE USAGE (for one person)</b>	60	50 AZN
<b>ADD-INN VIP SUITE USAGE (for two person)</b>	60	75 AZN



# SPA TREATMENTS DESCRIPTION

## MASSAGE TREATMENTS

### SIGNATURE RELAXATION MASSAGE

Signature Relaxation Massage is a massage that seamlessly blends together various massage techniques such as Swedish, Deep Tissue, Acupressure and Balinese Massage stretches, stretch are incorporated to open up the body and relive muscle tension.

### DEEP TISSUE MASSAGE

Deep Tissue Massage therapy's focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). It releases tension in the muscles and improve blood pressure. It is also a good way to release stress and relax.

### BALINESE MASSAGE

Balinese Massage is a seamless blend of acupressure, skin rolling and firm, smooth strokes that will stimulate energy flow and circulation whilst creating a deep sense of relaxation.

### SWEDISH MASSAGE

Swedish Massage is exceptionally beneficial for increasing the level of oxygen in the blood, decrease muscle toxins, improving circulation and flexibility while easing tension.

### AROMATHERAPY MASSAGE

Ancient Relaxation massage technique involving the use of therapeutic oils will stimulate energy flow and circulation whilst creating a deep sense of relaxation. A firm pressure massage using aromatherapy oils will relieve stress tension and muscle aches leaving you feel radiant.

### HOT STONE MASSAGE

The combination of heated stones and the massages relieves tension in tired muscles leaving your muscles feeling relaxed. This is a truly delightful treatment that goes beyond the normal physical experience of a massage and soothes the soul.

### THAI MASSAGE

Thai Massage combines compression, acupressure, and passive stretching. This increases the range of motion in your joints and muscles, increase your flexibility, calm your anxieties, and energize your mind and body.

### BACK MASSAGE

Anti-stress Back Massage focuses on your specific pains (scapula, neck, shoulder, lower back) and with deep muscular techniques it will release your muscles for a total relaxation.

### LEG MASSAGE

Leg Massage can relieve sore, tired muscles. The benefits vary depending on how much pressure you apply. Using light pressure can be more relaxing. Strong pressure reduces tension and pain in your muscles.

### HEAD&SHOULDERS MASSAGE

Traditionally known as "champissage", this treatment combines both and stimulating techniques on the upper back, shoulders, neck, and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm.

### FOOT REFLEXOLOGY MASSAGE

Reflexology Foot Massage relieves stress and build up tension. Adding this to your personal health and wellness plan will advance your efforts to live a healthier and less stressed lifestyle.





# SPA TREATMENTS DESCRIPTION

## FACIAL TREATMENTS

### DEEP CLEANSING FACIAL

Deep Cleansing Facials are a classic type of facial, typically involving cleansing, facial massage, facial mask, serum and moisturizer. Your skin will be glowing, clean and more hydrated. Performed regularly, deep cleansing facial treatments impart a refreshed appearance that makes skin look and feel revitalized.

### HYDRATION AND ANTIOXIDANT FACIAL

A Hydrating & Antioxidant Facial treatment is designed to nourish your skin on a deeper level, removing dead skin cells, and stimulating the formation of newer, healthier cells. This facial provide long-lasting results, which only improve with each additional treatment. They protect, prevent, and limit free radical damage and some assist with hydration and inflammation.

### ANTI-AGING FACIAL

Anti-aging Facial treatments are some of the best non-invasive ways to reduce the appearance of fine lines, wrinkles, and minor skin discolorations. This treatment works to increase skin renewal and regenerating boost collagen and elastin production provides a strong antioxidant protection. Make your skin more look younger.

### NATURAL SPF PROTECTION FACIAL

The Natural SPF Protection Facial is a little favor to your skin to minimize the risk of sun damage to your face. Combination of Organic Argan oil and Green olive paste gently cleanses the skin whilst nourishing its layers to guarantee a protection during hot Summer season.

### EXPRESS FACIAL

Specially designed for all type of skin this treatment calms the most reactive complexion while re-enforcing the skin's natural resistance to harmful environmental influences. Your skin is left relaxed, restored and perfectly hydrated.

## BODY TREATMENTS

### COFFEE SCRUB

Coffee in SPA? Yes, please! This all Eco and green ritual helps to get your skin ready for beach and take a bit of care about our planet. A mixture of brewed coffee beans and Shea butter-based milk is a great one to obtain a silky and smooth skin for all day long.

### REFRESHING SCRUB WITH GREEN TEA

Enjoy the exclusive scent of this Summer – Green tea! Soft and deodorizing scrub, made of Honey, Alum stone and Sweet Almond oil is a great choice of feeling fresh and energized during sunny days.

### MOISTURIZING WRAP WITH JASMINE BUTTER

Rich, creamy and vitamin wrap to pumper your skin in the best way! This warming and nourishing cocoon works on both ways: get it before the sunbath to gain a natural SPF or try it after a long day under the sun to recover your skin as soon as possible

### MINERAL WRAP

A mineral cocktail to detoxify and deeply clean your skin. Proceeded with traditional Ghassoul clay, this ritual is the best solution to keep the skin pores breathing during hot summer days.

### SUMMER SHAPE WRAP

Get your body ready for beach season! Summer Shape Wrap is a treatment that helps to reduce fat area and cellulite. The body wrap using cream enzymatic action that fight for fat burning.



# SPA TREATMENTS DESCRIPTION

## HAMMAM TREATMENTS

### TRADITIONAL HAMMAM PEELING

A classic combination of Black Soap and Kassa glove for a smooth and perfectly clean skin. Finishing touch - wash in a Neroli water will help to enjoy your skin for a day long...

### RITUAL OF ROYAL HAMMAM

What could be better than a massage in Hammam? Well, that's what Royal ritual is offering! A deep exfoliation with Kassa glove, massage in a cloud of nourishing foam and signature wash is what you need to get relaxed right now.

### TUNISIAN HAMMAM

Surprise yourself by discovering an unusual way of a Hammam journey! Exfoliation with fresh and mineral scrub, followed by a creamy clay mask and finalized with a wash in Perfumed water is the best gift to your soul and body.

## HAIR TREATMENTS

### AVOCADO HAIR TREATMENT

Avocado is like a superhero for dry hair... The monounsaturated fatty acid content in avocado oil is higher than extra virgin olive oil-one of the main reasons it is so good for your hair.

### SHEA BUTTER HAIR TREATMENT

Protect your hair by enjoying our authentic hair care treatment, which works wonders while keeping your crowning glory in the tip top condition. This treatment will leave your hair looking beautiful and feeling soft and shiny.

## BATH RITUALS

### AROMATHERAPY BATH

Aromatherapy has been used for centuries to relax, revive, and even cure ailments. An aromatherapy bath is at once a soothing retreat, moisturizing treatment for the skin, and reviving experience.

### MILK AND HONEY BATH

Milk and honey bath melts gently hydrate dry, irritated skin with all-natural ingredients. Milk contains a known skin exfoliant. Honey is a natural emollient. Skin will feel smooth, soft and rejuvenated.

## SPA ETIQUETTE

We value our reputation as a professional spa providing not only excellent in technical services, but creating an atmosphere of genuine caring and concern for your well-being. As a responsible business, we value your feedback and are here to answer any query that you may have

## RESERVATION

Reservation can be made at Spa Reception in person or via telephone (7070). We recommend you to book at least one day in advance to ensure you receive the treatment of your choice at the time that suits you best.

## CANCELLATION

If you need to change or cancel an appointment, please notify us a minimum of 3 hours in advance in order to avoid being charged for the treatment.

## ARRIVAL

In order to optimize your treatment, we invite you to come minimum 15 minutes prior to your appointment. Please be informed that late arrival will not extend the treatment.



# SPA TREATMENTS DESCRIPTION

## CLIENT CARE

At the time of booking, please express if you may have special preferences. All our Spa Therapists are highly trained in discreet draping technique to ensure your personal comfort at all times.

## SPA RETAIL SHOP

Guests looking to take home a piece of their spa experience can purchase from Spa retail shop with extensive range of body care products, facial and sun line products, swimming costumes, and much more.

## ACCESS CONDITION AND AGE REQUIREMENT

Children under 16 must be accompanied by a responsible adult even in treatment room.

## CELL PHONE AND SMOKING POLICY

The Spa environment is one of the tranquilities and relaxation for all of our guests. Kindly refrain from smoking and not using cell phones when in the Spa.

## HOURS OF SERVICES

Treatments: 9AM - 11PM (Last booking is at 10 PM)

Fitness Centre: 8AM - 10PM

Indoor Swimming Pool: 8AM - 10PM

Outdoor Pool: 9AM - 7PM

Courts: 8AM - 10PM

