

ALEXANDER SPA

OUR STORY

HAVING TRAVELLED FAR AND WIDE, SEEN NUMEROUS CULTURES AND INDULGED IN ENDLESS EXTRAVAGANCES, IT IS IMPOSSIBLE TO EXPERIENCE ANYTHING MORE INFECTIOUS THAN JAPANESE HOSPITALITY.

Honouring this quintessence, we at the Alexander invite you to sample a sensational new spa experience. Using materials, originating from the Land of the Rising Sun, we will mesmerize you with the attention to detail, which is usually only savoured in their culture. Within this monument to tranquility, peace and harmony, come and enjoy our unique selection of massages or spoil yourself with a variety of beauty treatments.

Relax, be pampered and feel rejuvenated.

BODY THERAPIES

CLASSIC

A classic massage that stimulates the blood flow, purifies and frees you of muscle tension.

30/45/60 mins

ATHLETIC

During this deep tissue massage, stimulating essential oils are combined with a deep manipulation of your body's muscles. This intense massage unravels tension in sore tight muscles.

30/45/60 mins

COMBINATIONS

A bespoke massage using various techniques tailored for you by our massage therapist.

30/45/60 mins

WHISPERING STONES

A balancing massage that cleanses and purifies to free you of daily tension. A reviving massage to relax, is coupled with the placement of hot basalt stones on the body's energy path to stimulate blood flow. You will be left with a long lasting sensation of warmth and inner calm.

60/75 mins



ESSENCE OF INDULGENCE

Intuitively select a scent for a relaxing and purifying massage using aroma therapy oils produced from the natural essences of plants and flowers. A balancing experience, bespoke to your individual needs, leaves you feeling harmonized.

30/45/60 mins

TO THE LIMIT

This head and foot massage, targets the most sensitive and dominant parts of your body. A head massage that releases the scalp and neck, is followed by a foot massage that focuses on indulgence and relaxation.

30 mins

CIRCLE OF LIFE

This massage promotes optimum wellbeing for the expectant (from the 16th week) mother. A gentle and soothing experience uses restorative aromatic infusions and compresses, to reduce the feeling of heaviness, stabilises posture and loosens up your lower back and hips.

45/60 mins



BODY THERAPIES

DANCING FINGERS

Four Hands work harmoniously together for an enhanced and coordinated massage that helps the flow of energy and gives the feeling of levitation.

60/75 mins

A HEALING TOUCH

Reflexology - a combination therapy that presses and massages the key reflex points of the foot. This treatment reduces stress and brings an equilibrium to the body and mind.

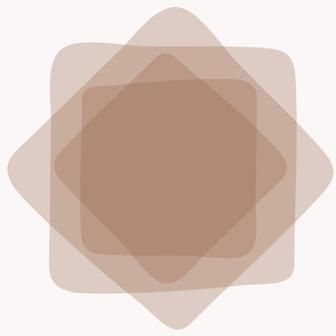
30/45 mins

JAPANESE TOUCH

A traditional Japanese Shiatsu massage relaxes your body by pressing the meridian lines of energy to relieve and promote self healing.

30/45/60 mins





SPECIALS

THE ALEXANDER

A special aromatherapy massage performed with grape seed oil and essential oils plus specially blended compounds. The guest blends a personalised cocktail of aromatic oils which enhances skin care, soothes or strengthens your muscles and tendons. At the end of the massage the guest also gets to take their blend home.

60 mins

SILK ROAD MASSAGE

A unique and exclusive massage created for the Alexander. This treatment combines a slow stretching and manipulation of the body with the use of silk scarves that stretches your joints, tendons and muscles.

60 mins





DERMALOGICA

RENEWAL

This is the flagship treatment of the Dermalogica Company, including a unique peeling for skin rehabilitation and revitalization. The treatment is done with products containing a high concentration of multivitamins and fruit acids. It is an ideal treatment for those with dry skin, skin with sun damage or skin in need of renewal and regeneration.

60 mins

HARMONY

A unique anti-stress therapy that combines cleansing, a massage and the introduction of aromatic nourishment to the skin. The treatment leaves your skin calm, clear and radiant. This treatment is recommended for all skin types including sensitive skin.

60 mins



CLASSICAL

A classic facial treatment combined with a deep cleanse.

The treatment begins with a facial skin exfoliation followed by a unique rice peel that gives the skin a healthy, radiant look and feel. The treatment includes a massage and mask treatment for nourishing and rejuvenating the skin.

60 mins

FOR THE MAN

A facial cleanse optimised for the special needs of the male skin.

This treatment soothes sensitive skin, purifies and cleanses, to leave the skin refreshed, relaxed and healthy.

50 mins



MASKS

ELIXIR

An advanced anti-ageing mask treatment that combines cutting edge technology for firming and renewing facial skin cells. The elixir cell helps maintain normal structure of the internal layers of cells and protects the DNA of the skin. This treatment combines two unique masks leaving your skin fresh and glowing.

75 mins

24 CARAT

A luxury facial treatment involving a 24-carat gold mask. This dynamic treatment contains a cocktail of vitamins and minerals for the skin. It involves a unique mask containing gold dust that helps resuscitation and dramatic rejuvenation of the skin, thus reducing the signs of ageing.

75 mins

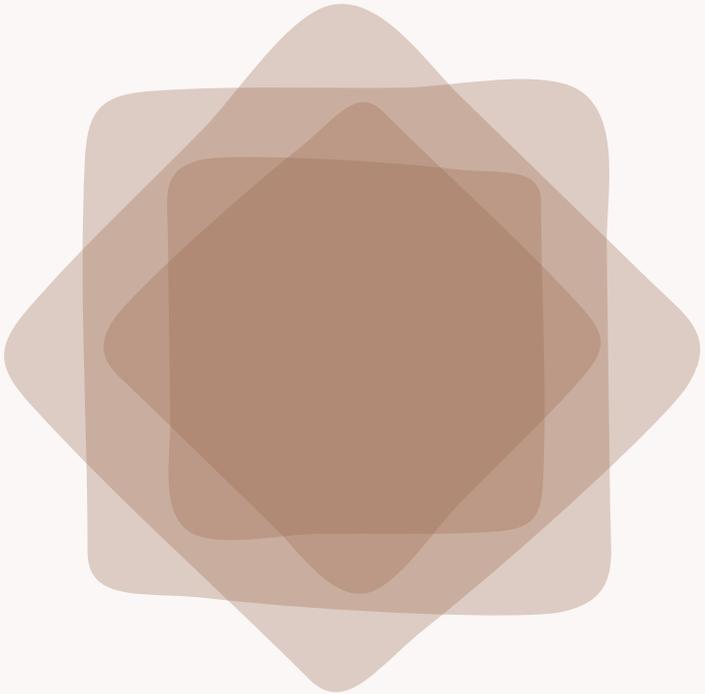


THE ALEXANDER ROMANCE

An advanced treatment based on fruit acid that encourages skin regeneration. The treatment is performed using advanced technology to repair free radical damage that causes early ageing of the skin and involves the use of silicone based natural aromatic essences. The treatment concludes with a firming elastic mask. This treatment is suitable for all skin types.

60 mins





SPA POLICY

Entrance to the Spa is only permitted to guests aged 16 and above. It is recommended that guests attend in comfortable clothes and bring a change of undergarments for after the treatment. Please arrive to the Spa 15 minutes before the start of your treatment. Please do not bring jewellery or objects of great value to the Spa. The management cannot be held responsible for items lost. Cancellation or postponement must be notified no later than 48 hours before the start of the treatment booked. In case of a no-show or cancellation less than 48 hours prior to the start of the treatment, the guest will be charged a cancellation fee of 50% of the treatment price and 100% if cancelled on the day of the treatment itself. Please do not bring food, drinks and mobile phones into the Spa.

Thank you

