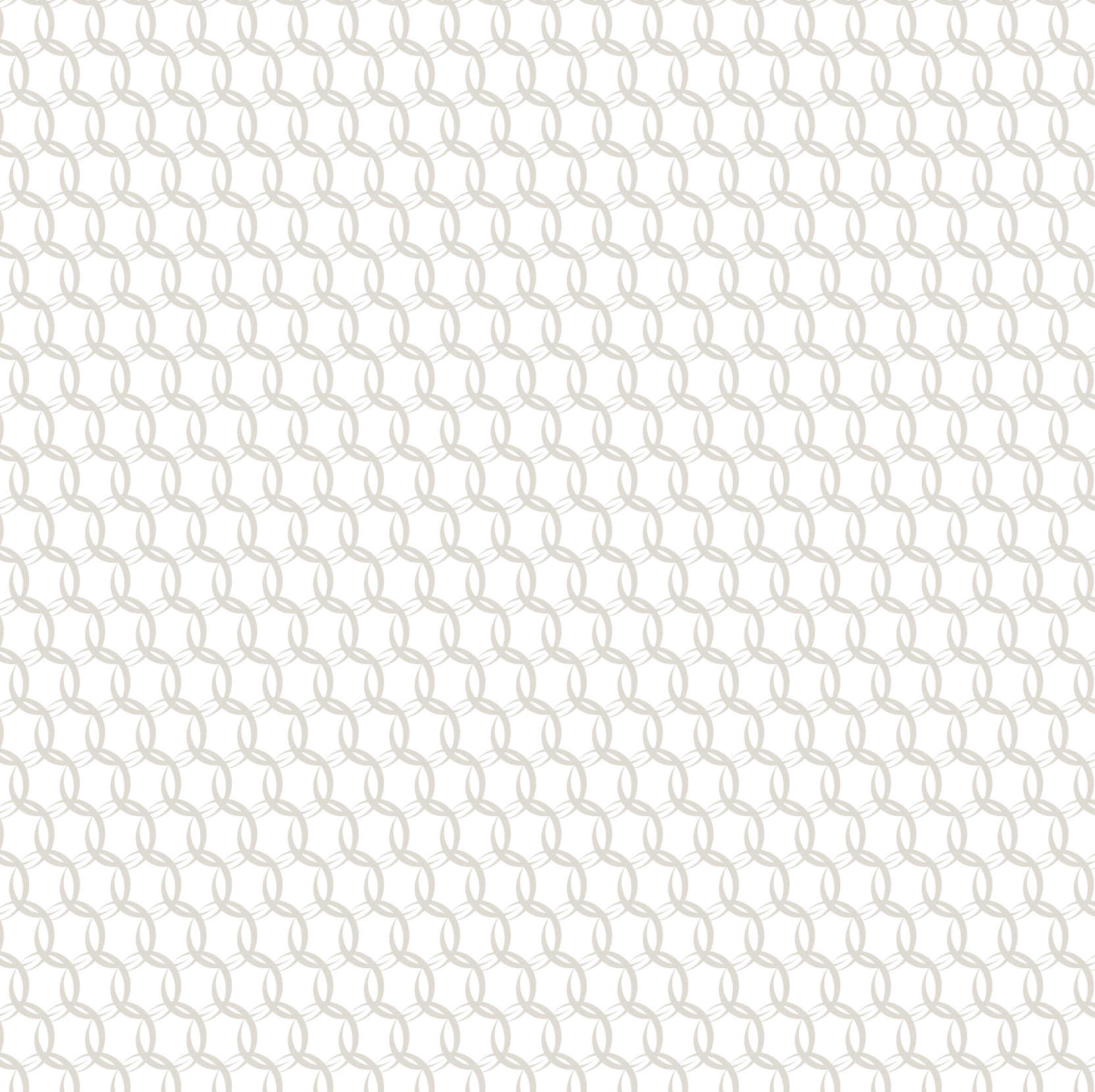


AURORA



# AURORA

Offering health and beauty treatments, our spa typically provides services such as massages, facials, body treatments, and wellness programs promoting relaxation and well-being.

A haven for guests that are also looking for top-notch manicure, pedicure and haircare services in a sophisticated and tranquil environment.

# AURORA SPA SIGNATURES

## DEEP TISSUE

60min | 90min

Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders. The goal of deep tissue massage is to release the tension in the deeper layers of muscle and fascia, which can help reduce pain, improve mobility, and enhance athletic performance.

*Key Elements: Sports massage*

*Benefit: Improved range of motion*

*Recommended for: Everyone*

## HOT STONE

90min

Hot Stone Massage is a type of massage that is done with the use of hot volcanic stones. These stones were created many years ago from liquid lava and have the ability to store heat and channel it to the areas of the body that are being massaged. The heat from the stones relaxes the muscles, stimulates blood circulation in the area and promotes the healing process.

*Key elements: stone massage, the pressure is done in light, moderate or intense pressure*

*Benefits: Offers deep relaxation, improves blood and oxygen circulation, fights stress, reduces muscle pains*

*Recommended for: Everyone except from those who have: Infectious diseases, Skin diseases, Burns and fresh wounds, Recent operations, Cardiovascular diseases (thrombosis, phlebitis, varicose veins).*

*Care should also be taken in diabetics, as the cold/heat sensation is often disturbed.*

*This also applies to Server neuropathy*



# AURORA SPA SIGNATURES

## THAI YOGA

80min

Thai Oil Massage is a therapeutic holistic massage therapy procedure that combines massage with relaxing oil, finger pressure and yoga stretch all over the body on a massage bed. This treatment works on the energy part of your body, harmonizing the functions of the other organs, giving you peace and regularity. This massage is recommended for those who lead a sedentary lifestyle, as it helps to increase flexibility, and for those who need flexibility, as it improves range of motion.

*Key elements: combination of massage with stretching*  
*Benefit: Improved range of motion in muscles and joints*  
*Recommended for: All*

## COUPLE'S MASSAGE

80min

Ready to destress with your partner or your friend? The gentle pressures bring a state of calm outside the intense rhythms of everyday life. Relaxing movements, like the waves of the sea, combined with the beneficial heat of sand pouches enhance your psychological well-being and promote a feeling of deep relaxation.

*Key elements: relaxing massage with sand pouches*  
*Benefit: Deep sense of relaxation*  
*Recommended for: All*



ESPA

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NATURAL BEAUTY  
INNER CALM

# ESPA RITUALS

## MASSAGES

### INNER CALM MASSAGE

60min | 90min

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalized to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

*Key Elements: Breathwork, full body aromatherapy massage, scalp massage with Rose Quartz Crystals*  
*Benefit: Deep sense of relaxation and well-being.*  
*Recommended for: Everyone including pregnant women.*

### ESPA MINDFUL MASSAGE

90min

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualization combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

*Key elements: Breathwork, massage to metamorphic zones of the feet, full body massage, scalp massage with warm Rose Quartz Crystals*  
*Benefit: Deep sense of relaxation and well-being.*  
*Recommended for: Everyone including pregnant women.*

### ESPA WARMING DEEP MUSCLE MASSAGE

60min | 90min

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialized massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energized.

*Key elements: Targeted massage, with hot stones, focusing on areas of concern – scalp massage*  
*Benefit: Improved range of motion*  
*Recommended for: Everyone except from those who have: Infectious diseases, Skin diseases*

# ESPA RITUALS

## FACIAL TREATMENTS

### BESPOKE NOURISH & HYDRATE FACIAL

30min | 60min | 90min

Active nutrient formulas, rich in vitamins, minerals, and antioxidants, deeply hydrate and revitalize your skin. Imagine a superfood smoothie for your face, leaving you with a dewy, radiant, and balanced complexion. Escape into tranquility and emerge feeling restored.

*Suitable for the skin types | Deeply relaxing*

### ESPA BESPOKE NATURAL FACE LIFT

60min | 90min

Facial Treatment ESPA's Natural Face Lift Facial combines Kobido massage and facial workouts to lift, tone, and revitalize your skin. This invigorating treatment promotes a youthful appearance and inner balance while stimulating muscles and boosting elasticity. Ancient techniques with jade rollers enhance skin's resilience, leaving you radiant and confident.

*Suitable for All Skin Types | Lift & Tone*

## ADD ON

CRYO-GLOBES | 15min

FACIAL ANALYSIS CONSULTATION | 15min

GUA SHA SCULPT FACIAL MASSAGE | 15min

# ESPA RITUALS

## BODY TREATMENTS

### RESTORATIVE BACK RITUAL

60min

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Following body exfoliation, a Marine Algae or Mud Wrap is applied and your scalp gently massaged. Once you have taken a refreshing shower, a tailor-made aromatherapy massage takes place, leaving you feeling revitalized and with a renewed sense of well-being.

Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

*Treatment includes: Body exfoliation / Detoxifying Algae or Nourishing Marine Mud Wrap / Aromatherapy massage / Scalp massage*

### SALT AND OIL SCRUB

30min

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage.

For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

*Treatment includes: Skin brush / Salt and oil full body exfoliation*



111SKIN  
HARLEY ST. LONDON



# 111SKIN RITUALS

## MASSAGES

### THE VITALITY EXPERIENCE

60min

Inspired by the authentic aromas of ancient Greece, this reviving massage uses medium pressure and slow massages to cleanse and re-energize the body. Using **111**skin oils infused with evocative, sweet Marjoram, zesty citrus and bold notes of Rosewood, this combination of essences promises relief from tension, headaches, body aches, jet lag, fatigue, and lethargy.

### THE SERENITY EXPERIENCE

60min

An experience that will help restore the body's equilibrium. This immensely soothing and comforting treatment harnesses the natural power of holistic aromatherapy oils. Using light effleurage massage techniques, infused with a blend of Jasmine, Tuberose and zesty Lime Blossom, the Serenity experience will instantly provide familiarity to alleviate emotional and physical stress.

# 111SKIN RITUALS

## FACIAL TREATMENTS

### CELESTIAL BLACK DIAMOND FACIAL

90min

Best for dry and damaged skin with fine lines and wrinkles. The intensive Celestial Black Diamond Facial is most suitable for mature, dry and damaged skin, with lines and wrinkles.

Anti-ageing actives work synergistically to alleviate, age spots and pigmentation.

#### This treatment minimizes:

Age spots

Pigmentation

Fine lines and wrinkles

Dull skin

Dry skin

#### Which are the benefits?

Illumination and brightness

Tighter and firmer skin

More refined jawline

Reduced naso lines, crow's feet and forehead lines

Reduced puffiness and double chin



# 111SKIN RITUALS

## FACIAL TREATMENTS

### DE-PUFFING CRYO FACIAL

90min

REGENERATIVE, DEFINING, RESTORATIVE, DETOXIFIES

Designed to increase microcirculation in the skin, this treatment detoxifies and reduces puffiness whilst brightening through the increase of oxygen flow. The relaxing Cryo Globes massage and sculpt, caring for the skin three dimensionally and contouring the face for a refreshed glow.

### REPARATIVE FACIAL

60min

SOOTHE, HYDRATE, RESTORE, FORTIFY, PROTECT

A high-performance facial formulated to calm and soothe damaged, inflamed, and irritated skin and strengthen the skin barrier. Originally created by Dr Yannis to accelerate the post-surgery healing processes, this facial epitomizes the best of **111SKIN**'s famed, surgically inspired skincare. Expect an immediate reduction of any dryness, dehydration, redness and sensitivity – for total skin confidence.

### ROSE GOLD RADIANCE FACIAL

90min

A powerful facial combining illuminating properties with the most innovative soothing formulas to brighten the complexion. Sculpting the face using a three-level approach to facial massage – including our signature deep facial muscle massage techniques, Wrinkle Minimizing Wand and Rose Quartz crystals – this treatment is designed to relax the mind, whilst revealing a contoured and refined appearance. Formulas containing Colloidal Gold and Damask Rose Extract are soothing and brightening for a lustrous, event – ready glow.

# 111SKIN RITUALS

## BODY TREATMENTS

### BLACK DIAMOND SCULPTING

60min

The ultimate anti-ageing body treatment delivers dramatic results from **111**skins intensive Collection to shape, smooth, and saturate the skin with nourishment. Following gentle exfoliation to smooth and refine, actively renewing formulas are applied with our massage techniques to lift, firm and deeply hydrate with a brightening anti-ageing effect on the body.

*Treatment includes: Anti-ageing / Shape, smooth and saturate the skin with nourishment*

### ROSE RADIANCE

90min

A unique, decadent experience that cocoons the body and mind, this calming massage harnesses the healing powers of Rose Quartz Crystals to restore positive energy and infuse the skin with radiance. A combination of techniques utilizing the restorative and illuminating properties of rose and gold extracts to leave one with the most incredible glowing skin.

### CRYO JET LAG RESTORE TREATMENT

60min

#### RECOVERY, RELEASE, RELAX

A recovery experience that targets the lower body and legs. This treatment is designed to release tension in the lower body. Muscle recovery is the focus, with our Cryotherapy Machine and deep tissue massage all geared towards relieving stiffness and swelling. Perfect treatment to restore tired legs.

# ADD ON

## INDIAN HEAD

30min

The goal of the Indian head massage is to release the tension in the muscles of the neck, head, face, neck and shoulders. The Indian head massage can also help to relieve fatigue, tiredness, insomnia, headaches and sinusitis. The experience is deeply calming and relaxing, leaving a sense of rejuvenation.

*Key elements: Massage for Head*

*Benefits: Releases tension in the muscles of the neck, head and face*

*Recommended for: Everyone including pregnant women*

## LEG MASSAGE

30min

This treatment focuses on the foot area. It is the ideal solution for the tension that accumulates in the calves, feet and thighs. It balances the energy levels in the body, revitalizes the senses and improving your mood.

*Key elements: Foot massage*

*Benefits: Relieves tension in the feet and legs*

*Recommended for: Everyone including pregnant women*

## BACK MASSAGE

30min

RECOVERY, RELEASE, RELAX

It is a massage therapy that focuses on the muscles of the back, neck and shoulders.

The treatment is designed to relax and ease muscles which were in spasm. An ideal solution if you don't have enough time for a full body massage or you have concentrated discomfort in the upper body.

*Key elements: massage focusing on the back, neck and shoulders*

*Benefits: Easing stress and muscular tension*

*Recommended for: Everyone*

## FACE MASK

## EYE MASK



# SPA PACKAGES

## 3-DAY EXPERIENCE

### DAY 1

Salt & Oil Scrub (30min)

Body Wrap (30min)

### DAY 2

Choice of massage (60min)

### DAY 3

Bespoke Nourish & Hydrate Facial (30min)

## 5-DAY EXPERIENCE

### DAY 1

Inner calm massage (60min)

### DAY 2

Restorative Back Ritual (60min)

### DAY 3

Reparative facial (60min)

### DAY 4

Deep tissue (60min)

### DAY 5

Black diamond sculpting (60min)





## FITNESS & WELNESS

Our fully equipped Fitness Center invites you to stay fit and refreshed during your vacation. Keep up with your regular fitness regimen or let our trainer assist you with choosing the program that best reflects your lifestyle.

## PERSONAL TRAINING

Our on-site certified trainer is ready to provide private sessions (for individuals or couples), offer personalized guidance and motivate our guests to achieve their fitness and well-being objectives while traveling.

## YOGA

It's time to roll out your yoga mat and discover the combination of physical and mental exercises. Yoga tones the whole-body including strength and flexibility. Reinforces the function of the heart, reduces stress and improves quality of sleep. The beauty of yoga is that you don't have to be a yogi or yogini to reap the benefits.  
Yoga is for everyone.







# TERMS & CONDITIONS

## HOURS OF OPERATION

11.00 am to 8.00 pm daily. For bookings or further information, you may dial 1015 or email us at [spa@sandblu.com](mailto:spa@sandblu.com).

## APPOINTMENTS

We highly recommend booking your treatments in advance to ensure that your preferred time and service are available.

## SPA ARRIVAL

Please arrive at our spa at least 15 minutes prior to your appointment, so that you can complete the required health history questionnaire in a relaxing manner. Late arrival will shorten your treatment time.

## AGE REQUIREMENT

Guests under the age of 18 are allowed with the requirement of a parental consent.

## SPECIAL CONSIDERATION

Should you have any allergies or other medical conditions, it is crucial for us to be aware as these are contributing factors for us to recommend the best treatment for you. In regard to pregnancy, you must be at least 14 weeks pregnant to have treatments for health and safety reasons.

## SPA ENVIRONMENT, HEALTH & HYGIENE

Please, respect other guests' rights to privacy and serenity. Ensuring your mobile phone is turned off during your visit to the Spa is highly appreciated. The consumption of alcohol and food as well as smoking, are not permitted within premises. Aurora Spa implements all necessary regulations and guidelines for a safe and healthy environment.

# TERMS & CONDITIONS

## PERSONAL BELONGINGS AND VALUABLES

We recommend that you leave your valuables in the safe inside our guest room or lockers in the changing room. The Spa accepts no responsibility for loss of valuables and jewelry at any time on the spa premises.

## LOCKERS CHANGING ROOM

Bathrobes, towels (face & bath), slippers, disposable underwear and headbands are provided to our guests for their up convenience.

## HOME CARE AND PRODUCTS

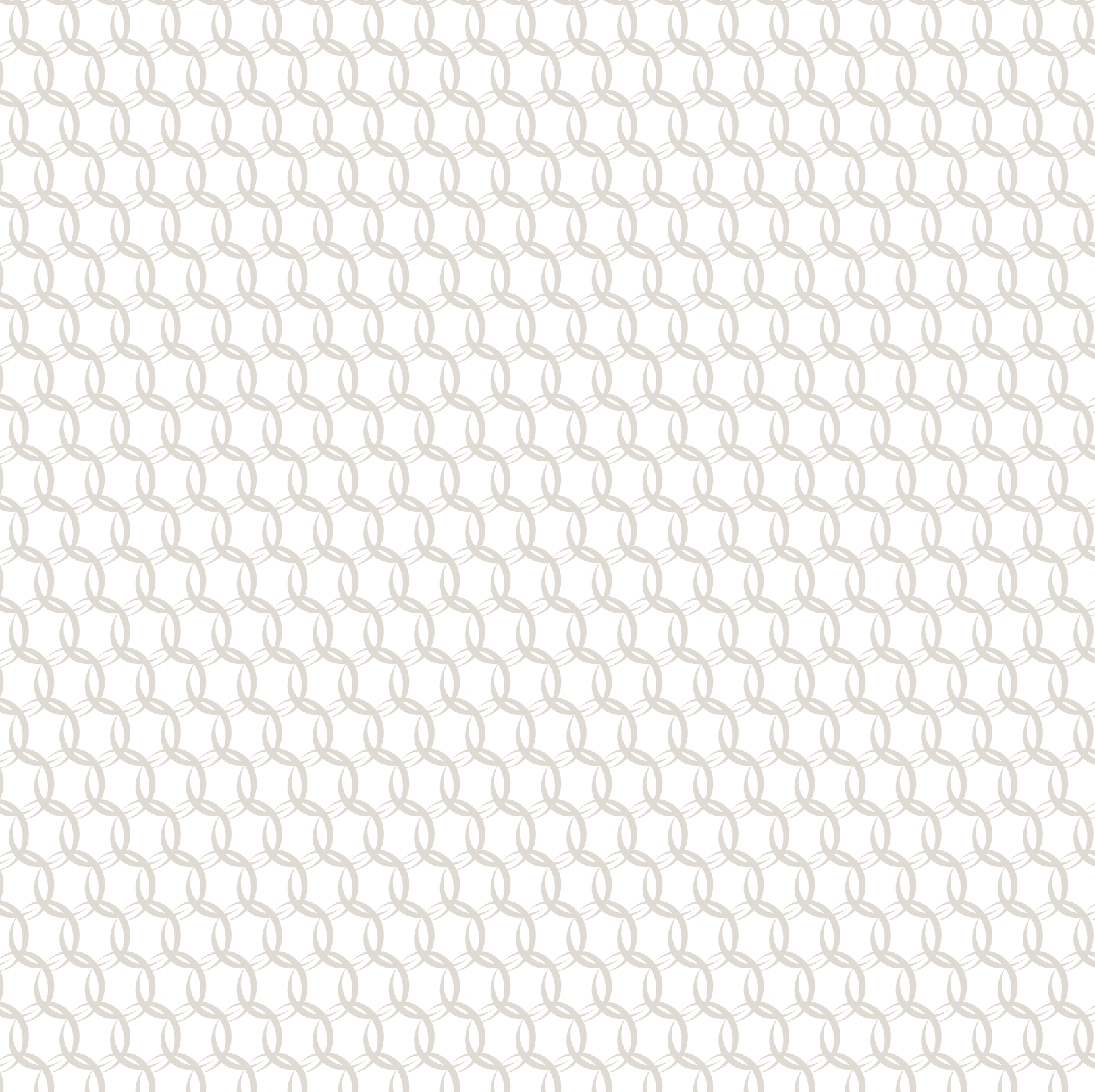
To continue your spa regime at home, 111skin and Espa products used in the treatments are available to purchase. Your therapist will guide you in choosing the appropriate products for your needs and advise you for a result driven regime.

## CANCELLATION POLICY

A 24 hours' cancellation notice will arise a 50% charge of the treatment booked. Cancellations made less than 24 hours' notice, will be subject to a fee equal to the rate of the treatment booked.

## FITNESS CENTER

Offers 24-hour fitness and well-being. A certified trainer will be at your disposal for personalized guidance during the day.





SANDBLU

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