

SPA & HAMAM

Arrival	Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and tune yourself into the treatment ahead.
Consultation	Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.
Cancellations	Please allow five hours' notice on individual treatments and 24 hours' notice on spa reservation. We may ask you to pay of missed treatments.
During your stay	In order to maintain a space of quiet and respect, smoking and active phones are not permitted in the spa. Please be aware of the volume of your voice.
After your treatment	We encourage you to stay away from the sun after any body treatment for at least six hours.

BODY MASSAGES

Manicure	
60 minutes	1,000
We can provide an outside therapist upon request	
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Pedicure	
60 minutes	1,400
We can provide an outside therapist upon request	
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Coffee & Yoghurt	
60 minutes	1,900
Steam - scrub - shower - body lotion	
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Coconut & Honey	
60 minutes	1,900
Steam - scrub - shower - body lotion	
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Thai Herbal & Herbs	
60 minutes	1,900
Steam - scrub - shower - body lotion	
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BEAUTY TREATMENTS

Any choice of beauty treatments &
choice of body treatments
can be combined (120 minutes / 3,500)

Traditional Thai Massage

60 minutes

1,900

Thai massage varies from most different types of massage in that no oil are utilised. Rather, weight is connected to muscles and joints, which takes out strong torment, stress and pressure.

Aromatherapy

60 minutes

1,900

90 minutes

2,400

The combination of essential oils & therapeutic massage that promotes healing, a feeling of wellbeing and relaxation. It will loosen your muscles and release any suppressed tension in your body, mind and soul.

Deep Tissue Massage

60 minutes

1,900

90 minutes

2,400

The strong rhythms of these techniques help to increase blood circulation and boost up the immune system. Additionally, circular pressure applied by thumbs and palms will relax the entire body.

Thai Massage with Oil

60 minutes

1,900

The massage will use the thumb, finger, and palms, elbow and lower arm with oil to perform the massage to relief stress, tendon tension and muscle ache.

Hot Stone Massage

60 minutes

2,400

This smoothing and relaxing massage using natural volcanic stones, known for their healing properties will instil a deep level of calm, and relax tight muscles.

WELLBEING

During your stay at La Maison Bleue, we encourage you to connect with your intentions. Whether you travel on your own, or with loved ones, we hope that you find moments to pay attention to your needs, so that when you leave La Maison Bleue, you have set an anchor for your endeavours to come, whatever they are.

We work with a number of certified Yoga teachers, Reiki practitioners and sound healers. It is our pleasure to help you organise your private sessions.

The Red Sea is known for the pristine marine wildlife and Kite surfing. Please speak to us for guided tours and private lessons.

Let us know of your nutritional preferences and chef Vincent will propose to you a menu sur-mesure.

To extend your spa experience at home, a variety of products are available for purchase at the spa reception.

Turkish Hamam

60 minutes

1,900

A careful body rub with a textured mitt and covered with the fragrances of the middle east, that will cleanse and revitalise the skin. An experience that will leave you refreshed and renewed, as it has done for people since ancient times.

Foot Massage

30 minutes

1200

Healing with pressure applied to the soles of your feet. It helps to soothe energy blockages. It will remove stress and enhance the circulation as the body returns to a state of perfect balance

Back Massage

30 minutes

1200

A massage that focuses on stressed muscles of the back, neck, shoulder & head. Supports easing away chronic arches and release tension

Head & Shoulder Massage

30 minutes

1200

Soothes away tension in your upper body, breaks down knots and improves your flexibility. It helps relieve headaches by stimulating the nerves on your scalp and the blood circulation within your head.
