

La Maison Bleue

the coast
of pampering bliss

“Nature does not hurry, yet everything is accomplished”

- Lao Tzu

Time is rarely friendly to our bodies, particularly our skin. That’s why at La Maison Bleue SPA, we’ve borrowed a little help from mother nature to create experiences that collaborate with rather than defy time.

To make this a reality, we use products that adopt the same philosophy. Ytsara (meaning ‘freedom’ in Thai) brings your skin the most pampering ingredients that will inspire you with the freedom to take time for yourself, for a premium SPA experience at every visit.

SPA is short for Sanus Per Aquam, which translates from Latin as ‘health through water’. Understanding the importance of water, Ytsara combines Asian botanicals and French innovation to create the only SPA products featuring ‘alive’ water. Pure, untreated water with its original properties intact, continues to interact with your skin long after contact, preparing it for any harmful elements in the environment.

La Maison Bleue

Spa Treatment Menu

Body Massages

Aromatherapy Massage

60 mins/1,050

90 mins/1,450

Aromatherapy Massage combines the use of essential oils & therapeutic massage to promote healing, a feeling of well-being and relaxation. It will loosen your muscles and release any suppressed tension in your body, mind and soul.

Deep Tissue Massage

60 mins/1,050

90 mins/1,450

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.

Ayurveda Massage

60 mins/1,350

90 mins/1,950

Ayurveda is an ancient Indian medical system that aims to maintain the health of the mind and spirit. Ayurveda therapists are trained to focus on the "Marma" points to the pressure points in reflexology, acupuncture and acupressure.

Foot Massage

30 mins/650

Healing with pressure applied to soles of your feet. It helps to soothe energy blockages. It will remove stress & enhance the circulation: the body is allowed to return to a state of perfect balance.

Back Massage

30 mins/650

Focuses on stressed muscles particularly of the back, neck, shoulder & head. Supports easing away chronic aches and release tension.

Head & Shoulder Massage

30 mins/650

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. You will feel relaxed and re-energized.

Prices are quoted in Egyptian Pound (EGP) and inclusive of 14% government tax & 12% service charge.

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Body Treatments

Coffee & Yoghurt	60 mins/950
<i>Scrub – Shower – Body Lotion</i>	
Coconut & Honey	60 mins/950
<i>Scrub – Shower – Body Lotion</i>	
Thai Herbal & Herbs	60 mins/950
<i>Scrub - Shower – Body Lotion</i>	
Turkish Hammam	60 mins/1,250

Spa Packages

120 mins/1,950

Any choice of treatments (60 mins) & any choice of body massages (60 mins)

Or

Any choice of body treatments (30 mins) & any choice of body massages (90 mins)

To refresh and reveal healthy and beautiful skin. This package starts with a body scrub to remove dead skin cells, followed by a body wrap to nourish the skin. A choice of body massage will give a finishing touch to complete the perfect combination for your skin.

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SPA ETIQUETTE

SPA TREATMENTS OPEARTING HOURS

Daily 11:00 am to 8:00 pm

Before or after operation hours upon request & 60 minutes reservation notice

SPA RESERVATION

For spa enquiries or reservations, please press the spa no. 149 from your room telephone. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. We recommend booking the steam and experience shower, prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surrounding of our spa before your treatment.

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.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

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CANCELLATIONS

Please allow five hours' notice on individual treatments and 24 hours' notice on spa reservation; otherwise 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Spa is sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa reception.

PAYMENT

For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.

For outside guests, cash or credit card payment is accepted.

The management reserves the right to immediately remove visitors who display undesirable behavior and/or any form of sexual harassment.