

THE LUMIARES

SPA & GYM

RELAX. REFRESH. RECHARGE.

THE LUMIARES

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**WE ARE HERE TO HELP
YOU RELAX, OR TO
HELP YOU RECHARGE,
IT IS UP TO YOU...**

WELLNESS THERAPIES

Therapeutic massage	30 min 75 €
Deep tissue	50 min 110 €
Aromatherapy	50 min 100 €
Lymphatic drainage	60 min 105 €
Bamboo massage	50 min 110 €

HOLISTIC MESSAGES

Shiatsu	80 min 120 €
Tuina	80 min 120 €
Ayurvedic	80 min 120 €
Reflexology	40 min 85 €
Head massage	30 min 75 €

SIGNATURE TREATMENTS

Tranquility massage	50 min 100 €
Jet Lag massage	50 min 100 €
Neck & shoulders massage	30 min 65 €
Candle massage	60 min 110 €
Hot stones massage	60 min 110 €
Full body exfoliation	60 min 110 €
The Lumières Ritual	120 min 150 €

FACIAL RITUALS

Personalised facial	75 min 115 €
Essential facial	50 min 100 €
Anti-aging	50 min 100 €

BEAUTY MOMENTS

ON REQUEST

PERSONAL TRAINER

ON REQUEST

Let us know if you would prefer to book an “out of hours” treatment and we will do our best to accommodate

All prices mentioned include VAT

INFORMATION & BOOKINGS

SPA TIMETABLE

10 am — 8 pm

GYM

Open 24 hours for guests

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[THELUMIARES.COM](https://www.thelumiares.com)