

PARTNER COURSES

Partner Massage Course This state-of-the-art massage class in two units teaches the basics and most important techniques to perform a safe and relaxing massage. You and your partner learn how to set up a fabulous treatment-place at home as well as how to prepare yourself for massage. In addition we offer you a bottle of Ligne St. Barth massage oil.

2 x 50 mins/180.00

2 x 80 mins/280.00

Partner Shiatsu Course We introduce you and your partner to the art of touch. Discover this marvellous Japanese bodywork technique. Learn how to indulge each other at home to ease away stress in a basic and easy-to-perform Shiatsu session. We kindly ask you to bring comfortable clothing as well as a pair of socks with you.

2 x 50 mins/180.00

2 x 80 mins/280.00

Partner Thaimassage Course We offer a solid introduction into this excellent bodywork for you and your partner. Our skilled therapists will introduce you to basic terms, techniques and moves to perform a beautiful Siamese partner treat. The proper way of safe and effective stretching is of major concern. We kindly ask you to bring comfortable clothing along with a pair of socks with you.

2 x 50 mins/180.00

2 x 80 mins/280.00

To find out about our attractive Day Spa programmes please refer to our “Packages” flyer.

In addition to the packages listed here we will be happy to provide a personalised programme. We invite you to check into the Blue Spa 15 minutes prior to your scheduled appointment. This will allow you time to change and prepare body and mind for your treatment. Appointments for health and fitness sessions may be cancelled free of charge provided you notify us at least 5 hours in advance. We charge 50 % of the total costs for cancellations made less than 5 hours before the appointment and 100 % for no-shows or if appointments are cancelled with less than 3 hour's notice. Subject to change without notice.

B O D Y T R E A T M E N T S

C L A S S I C

Swedish Massage Also known as classic massage. Medium pressure is applied using organic oil. Improves blood circulation and muscular relaxation. We recommend to relax a few minutes after the massage before having a shower.

35 mins/60.00
50 mins/82.00
80 mins/132.00

Aroma Massage A soft relaxing massage using our wonderful blend of essential and organic aroma oils. Your therapist will help you choose your favourite mix before the session starts.

35 mins/63.00
50 mins/89.00
80 mins/142.00

Deep Tissue Massage A very deep treatment of the connective tissue, working with strong pressure and deep strokes on areas of stress and restricted mobility. Due to the strong pressure only advisable to clients with low tendency to bruises.

50 mins/90.00
80 mins/145.00

Prenatal Massage A soothing massage with warm massage oils. We take care of your comfortable posture and special ailments. Offering support for your changing body perception. This session can be applied after the 14th week.

35 mins/63.00
50 mins/89.00

Baby Massage We show you with your baby how to conduct easy and safe soothing strokes along with comforting movements for the well-being of your child. Additionally this massage is helping to develop the baby's sensory system as well as to improve digestion and skin condition. We use warm, pure and 100 per cent natural massage oils.

35 mins/63.00

I N T E G R A T I V E B O D Y W O R K

We recommend a sequence of different sessions. Our team will be happy to advise you.
We kindly ask you to bring comfortable clothing along with a pair of socks with you.

Shiatsu This Japanese treatment uses directed pressure on certain points of the body along the meridian lines, as well as stretches and soft touch. Shiatsu helps to balance the body systems and supports their functional interaction. Helps to improve self-awareness and sustained de-stressing and regeneration.

50 mins/90.00
80 mins/145.00

Craniosacral A soft and efficient method for very deep relaxation using soft and long pressure on different parts of the head, neck and body. Activates the de-stressing part of the nervous system allowing for effective regeneration of the whole body system.

80 mins/145.00

All prices are in Euro and include VAT at the statutory rate. All previous price lists lose their validity, with this release as from 1 September 2011. Rates subject to change.

Yoga Yoga is the traditional Indian way to relax and vitalise body and mind. A session consists of breathing techniques, body postures and meditation. Each session is customised to accommodate the specific needs of your body.

50 mins/73.00
80 mins/110.00
(add. person 18.00)

A Y U R V E D A

Abhyanga An ayurvedic whole body massage. Our therapist identifies your body-type (dosha) and chooses the right blend of oils to purify your system and restore balance. We work with only small amounts of ayurvedic oil.

50 mins/96.00
80 mins/152.00

Shirobhyanga An ayurvedic massage of head, neck and shoulders. Related to Indian head massage, using ayurvedic oils and stimulating specific energetic pressure points, called “marma” for deep relaxation.

35 mins/68.00

A D D I T I O N A L T R E A T M E N T S

Blue Spa Massage Our signature treatment. A holistic session with a special combination of five different styles: Shiatsu, Swedish, Aroma, Lymphatic and Thai Massage. Your ultimate experience.

80 mins/152.00

Personal Touch Choose your favourite therapist who determines your personal condition and targets, and receive a personalised massage and bodywork session. Additionally we serve a healthy drink.

80 mins/149.00
110 mins/199.00

Traditional Thai Massage Firm pressure and stretches warm up muscles and increase the circulation of blood throughout the whole body. Feels like going through different stages of a yoga session, moved by your specially trained therapist. We kindly ask you to bring comfortable clothing from natural fibres with you.

50 mins/90.00
80 mins/145.00

<p>Pantai Luar Traditional Indonesian massage with thermophysical components. The body is anointed with pleasantly warm oil in preparation for the treatment. During the treatment, damaged zones are touched with carefully prepared hot fruit balls made from limes, coconut and herbs. The ensuing relaxing exotic massage activates the skin's self-repair mechanism. Any burned cells are thus replaced, repaired and rejuvenated.</p>	<p>50 mins/90.00 80 mins/142.00</p>
<p>Lomi Lomi This is more an Hawaiian massage-ritual than a simple massage. Long and slow strokes and our special aromatic Lomi Lomi oil provides deep relaxation as well as a sense of weightlessness and home.</p>	<p>50 mins/96.00 80 mins/152.00</p>
<p>Hot Stone Massage A face and body treatment from Hawaii. Our specially trained therapist places heated stones on specific points of your face and body. Warms up and soothes the skin, muscles and the nervous system.</p>	<p>50 mins/90.00 80 mins/142.00</p>
<p>Hot Chocolate Massage A marvellous skin-caring treat. Warm massage oils containing shea butter and cocoa soften your skin, leaving an infatuating scent. Our recommendation: book in for an afternoon massage to get prepared for your evening rendezvous.</p>	<p>50 mins/107.00</p>
<p>Four Hands Massage More than relaxation: indulge yourself in an Ayurveda or Lomi Lomi massage with two therapists working in the same rhythm and flow, using a special blend of oils.</p>	<p>50 mins/151.00</p>
<p>Foot Reflexology Stimulating the whole body through acupressure foot reflex points and massage of the lower legs and calves. Exquisite relief for those who are on their legs all day long.</p>	<p>35 mins/63.00</p>
<p>Lymphatic Massage Using very soft pressure and rhythmic circular movements on the arms and legs to ease the flow back of lymphatic fluid into the body-centre.</p>	<p>50 mins/90.00</p>
<p>Reiki A very soft and energetic session with the therapist's hands partly working above the body. The result: a fresh flow of energy and deep relaxation to revitalise body and mind.</p>	<p>50 mins/90.00</p>