



DEE SPAS  
WELLNESS

Our Treatments



## Our Philosophy

The flower of life symbolises the creation of all existence. The geometric flower design depicts how all life is interconnected and comes from one singular source. This aligns perfectly with our ethos, that to achieve overall wellness, we need to heal and balance our mind, body and spirit.

At Dee Spas, we want to give you a unique wellness escapade, one that you will find hard to forget. We specialise in creating unique experiences tailored to help you reach your desired wellness goals. Using unique blends of ingredients and a fusion of therapies we aim to offer you a space of holistic wellness.

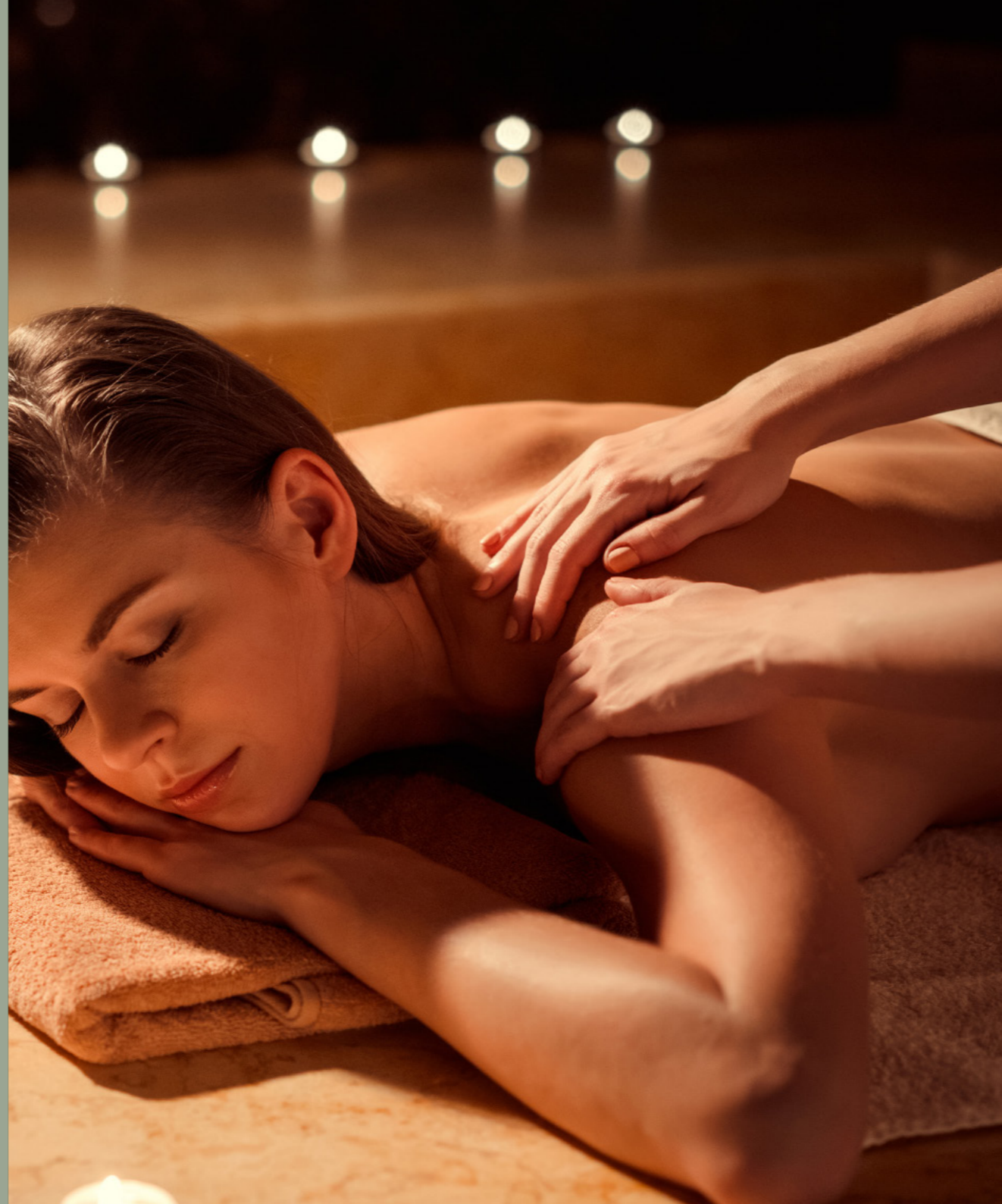
Elevate your wellness with us.

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# For Your Body

Our pampering massages utilise ancient techniques and revitalise you from head-to-toe. Receive energy and relief through healing touch. Our therapists can bestow relaxation, release and align overall oneness of mind and body.



## DEEP SLEEP MASSAGE

55 MINS - €90 | 85 MINS - €115

The perfect treatment for anyone leading a hectic lifestyle or suffering from uneven sleeping patterns. The treatment begins with a hot mitt infused with relaxing oils and rubbed over the feet, followed by a full body massage and rejuvenating foot pressure points.

## DEEP TISSUE MASSAGE

55 MINS - €100 | 85 MINS - €120

Deep tissue is a technique using firm pressure and slow strokes to reach deeper layers of muscle. This is the perfect massage to encourage muscle recovery, loosen your body and release tension.



## SOOTHING FULL BODY MASSAGE

55 MINS - €75 | 85 MINS - €100

Achieve the ultimate sense of tranquility with this soothing full body massage. Our specialised therapists use one of our six signature aromatherapy blends and customise it to suit your needs. With therapeutic benefits for the body and mind you will immediately feel calmer and more relaxed.

## TWICE THE EXPERIENCE

55 MINS - €170 | 85 MINS - €220

Enhance your spa experience by sharing it with someone special. Enjoy a relaxing full body massage in one of our treatment rooms for two.

## CANDLELIGHT CARESS

55 MINS - €85 | 85 MINS - €115

As the candle slowly burns, aromatic oils are released and gently poured onto the body. Using slow massage movements this treatment heightens your sensations providing you with a truly exquisite spa experience.

## LYMPHATIC DRAINAGE MASSAGE

55 MINS - €100 | 85 MINS - €120

This calming massage is for the individual who desires a release of inner healing. Using massage techniques to stimulate the drainage of excess fluid, the body is cleansed from toxins and impurities. Lose yourself in a moment of relaxation and tranquility focusing on reducing any stress, pain or inflammation.



# The Holistic Experiences



## BACK, NECK & SHOULDERS MASSAGE

25 MINS - €40

Release upper body stress and tension with this massage focused on muscle soreness in your back, neck, and shoulders.

## ORIENTAL HEAD MASSAGE

25 MINS - €40

An intense massage using varied pressure, which releases tension in the head, neck, and shoulders. An entrancing treatment that deeply conditions your hair follicles and scalp.

## REFLEXOLOGY FOOT MASSAGE

25 MINS - €45 | 55 MINS - €90

Reflexology is an alternative therapy based on the theory that specific areas of the feet are connected to different organs and parts of the body. This massage uses a mix of pressure applied to the feet to instil relief and improve your overall wellness.

## VOLCANIC HOT & COLD STONE MASSAGE

25 MINS - €45 | 55 MINS - €95

Invigorate your senses with warm oiled stones, gliding along the muscles releasing deeply held tension. A powerful therapeutic treatment that promotes a profound sense of relaxation.



## SIGNATURE FOUR HAND SYNCHRONISED MASSAGE

55 MINS - €150 | 85 MINS - €200

This treatment was designed to give you a spa experience to eclipse all others. Two therapists will work together to take you on a relaxing journey restoring every aching muscle. Experience the magic of four hands working in a synchronised massage designed to sooth and calm you.

## DEE SPAS SIGNATURE PERSONALISED MASSAGE

55 MINS - €100 | 85 MINS - €150

Another intensive approach for innumerable holistic healing benefits. Therapeutic value of coconut compress in combination with exclusive massage therapy.



# Anti & Prenatal Experiences

## MASSAGE ENHANCEMENTS

Treat yourself and top up your experience for just €20

- Eye Treatment
- Lip Treatment
- Head Massage
- Face Mask
- Pressure Point Foot Massage

Ask our therapists for seasonal enhancements and specials available

## THE MUM-TO-BE

55 MINS - €75 | 85 MINS - €105

Unwind and let go of the physical and emotional demands of pregnancy. Using a blend of pregnancy approved oils to bring about calmness, this gentle massage will ease any discomfort and reduce swelling. This massage focuses on the face, head, neck, shoulders and feet.

## THE MOTHER THAT IS

55 MINS - €80 | 85 MINS - €110

Help your body recover postpartum with this gentle massage that helps restore balance. Promoting all round wellbeing this treatment is the perfect moment for any new mother.



# The Scrub & Wrap Rituals

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Our scrubs and wraps are made from a blend of natural ingredients. Nourish your skin and walk out feeling renewed and polished.



## DETOXIFYING EUCALYPTUS & SEAWEED WRAP

45 MINS - €45

Recommended for:  
Poor circulation |  
Fluid Retention |  
Bloating

A full-body mud wrap, enriched with detoxifying seaweed and eucalyptus extracts which leaves the skin feeling fresh and deeply cleansed. A relaxing face and head acupressure-massage that eases muscle tension and induces a deep sense of calm.

## COCONUT & COFFEE SCRUB

45 MINS - €45

Recommended for:  
Poor circulation |  
Fluid Retention

This scrub is made from a secret combination of natural ingredients including coconut, coffee and chili extracts. When applied, it heats the body targeting areas that retain fluid such as the tummy, waist and thighs. It ends with a cooling body sculpting gel which is massaged into the skin to stimulate circulation and drain the body from toxins.



## SIGNATURE BODY WRAP & SCRUB

85 MINS - €100

Our therapists will create a personalised blend of natural ingredients to sooth your senses. Enjoy a body wrap and scrub tailor made for your needs and complete your experience with a wonderful body mist, leaving you feeling revitalised.



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# An Ayurveda Experience

Ayurveda is a Sanskrit word which means “knowledge of life”. For over 5000 years Ayurvedic medicine has encouraged wellness from within. All-natural treatments using different blends of herbs and oils tailored by our expert therapists to suit your needs. Immerse yourself in these ancient rituals and choose from an exquisite selection of holistic treatments restoring balance in the body, mind, and spirit.



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Recommended for:  
Blood Circulation |  
Muscle Aches |

## ABHYANGAM

55 MINS - €90 | 85 MINS - €115

‘Abhyangam’ is a Sanskrit word which means oil application. A luxurious full body massage using a warm blend of herbal oils tailored to your individual needs. The treatment helps build tissue strength, improves blood circulation, rejuvenates the whole body whilst reducing stress and removing toxins.

## SHIRODHARA

85 MINS - €130 ( WITH OIL)

Shirodhara comes from the two Sanskrit words “shiro” (head) and “dhara” (flow). After a relaxing full body massage and a traditional Indian foot ritual, a stream of medicated warm oil is poured onto the forehead in a rhythmic manner. A tranquil experience inducing calmness and serenity whilst revitalising the central nervous system.

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Recommended for:  
Insomnia | Sinusitis |  
Tension | Anxiety |  
Headaches



## AYURVEDIC BACK MASSAGE

25 MINS - €45 | 45 MINS - €60

A massage combining a specialised blend of warm, medicated, Ayurvedic oils used to relieve muscle tension from the back, shoulders and neck.

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Recommended for: Tension | Stiffness |  
Chronic Back Pain

## UDVARTHANAM

85 MINS - €110

This unique Ayurvedic massage begins with a therapeutic oil massage followed by a fragrant blend of purifying powdered herbs vigorously rubbed onto the body. This ancient therapy exfoliates, conditions and deeply cleanses the skin helping to expel any toxins. An Udvartanam full body massage will make your skin feel firmer and leave you looking radiant.

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Recommended for: Fluid Retention |  
Cellulite Reduction |  
Improving Circulation



Recommended for:  
Muscle Relief,  
Neurological & Joint Pain |  
Reduction of Swelling &  
Stiffness



## ELAKIZHI

55 MINS - €95 | 85 MINS - €115

“Ela” meaning leaves; “Kizhi” meaning bundle. Fresh herbal leaves are cooked in Ayurvedic oils and packed into linen bags which are used to massage localised areas of the body.



## AYURVEDIC GEMSTONE

85 MINS - €110 | 120 MINS - €150

According to Ayurveda, rose quartz embodies the emotion of love and is a powerful magnifier of the heart. A full body massage using a blend of oils and rose quartz gemstones used to release negative energy. This calming ritual brings peace and restores balance to the mind and body.

Recommended for: Experiencing Total Relaxation

## AYURVEDIC HEAD MASSAGE

25 MINS - €45 | 45 MINS - €55

A complete massage of the head, neck and shoulders using Ayurvedic oils which deeply condition your hair follicles and scalp. Balancing your central nervous system and creating a deep sense of clarity, this ayurvedic head massage is a truly incredible experience that ensures you're left feeling relaxed and rejuvenated.

Recommended for: Headaches |  
Sinusitis | Neck Pains





# The Spa Rituals

Experiences that focus on the mind, body and spirit. Easing through your senses, they will leave you feeling restored and complete

## OFFICE SYNDROME REMEDY

45 MINS - €55

A combination of techniques focusing on the back, shoulders, and head. This stress relieving treatment ends with slow, long, deep massage strokes, soothing and energizing the body, whilst promoting serenity.

## POWER OF ASIA

85 MINS - € 110 | 120 MINS - € 150

Experience Asia, where a combination of seven techniques come together into one treatment. The treatment starts with Thai stretching shiatsu movements to loosen up, followed by a mixture of massage techniques from Bali, China and Japan along with hot compress. Finishing off with an Indian head massage and reflexology – a truly phenomenal experience!

## SEASHELLS MASSAGE

55 MINS - € 85 | 85 MINS - €110

Warm tiger-striped clam shells, oils and massage techniques working in harmony to penetrate deep into the muscles and encourage a state of relaxation.

## NORA THAI TRADITIONAL MASSAGE

55 MINS - €95 | 85 MINS - €120

Reset your body with the restorative fusion of a Thai massage along with warm herbal compress brought together with a blend of Thai oils. Using their hands, knees, legs, and feet to move you into a series of yoga-like stretches, the therapists apply deep muscle compression, and acupressure to detoxify, alleviate muscle pain and leave you feeling re-energised.

## BAMBOO MASSAGE

55MINS - € 80 | 85 MINS - 110

Bamboo's healing properties have been used throughout the ages to rebalance your energy flow by dispelling negative energy. Warm bamboo sticks are used to roll and knead the tissue creating an extreme sensation of relaxation and wellbeing. This massage encourages a positive energy flow whilst reducing chronic pain, stress, anxiety, and depression.



For Your Face

### LYMPHATIC FACIAL

55 MINS - €90

A reinvigorating facial massage that drains the face from toxins and impurities improving the skin's tone and texture.

### RADIANCE ANTI-AGING RENEWAL

85 MINS - €90

Using lifting massage techniques which stimulate collagen production, this moisture intensive facial nourishes the skin and leaves it feeling firm and plump. A truly luxurious facial that will take you on a journey of rejuvenation and radiance.

### A JOURNEYMAN'S FACIAL FOR THE MEN

55MINS - €75 | 85 MINS - €90

This treatment starts off with a de-stressing back massage to relieve muscle tension followed by a deep cleansing facial using a combination of products formulated especially for men.

### PICK-ME-UP FACIAL

25 MINS - €40

A re-energising express facial that will boost your skin and make it glow, leaving you feeling refreshed and ready to take on the world.



## HYDRATION BOOSTER

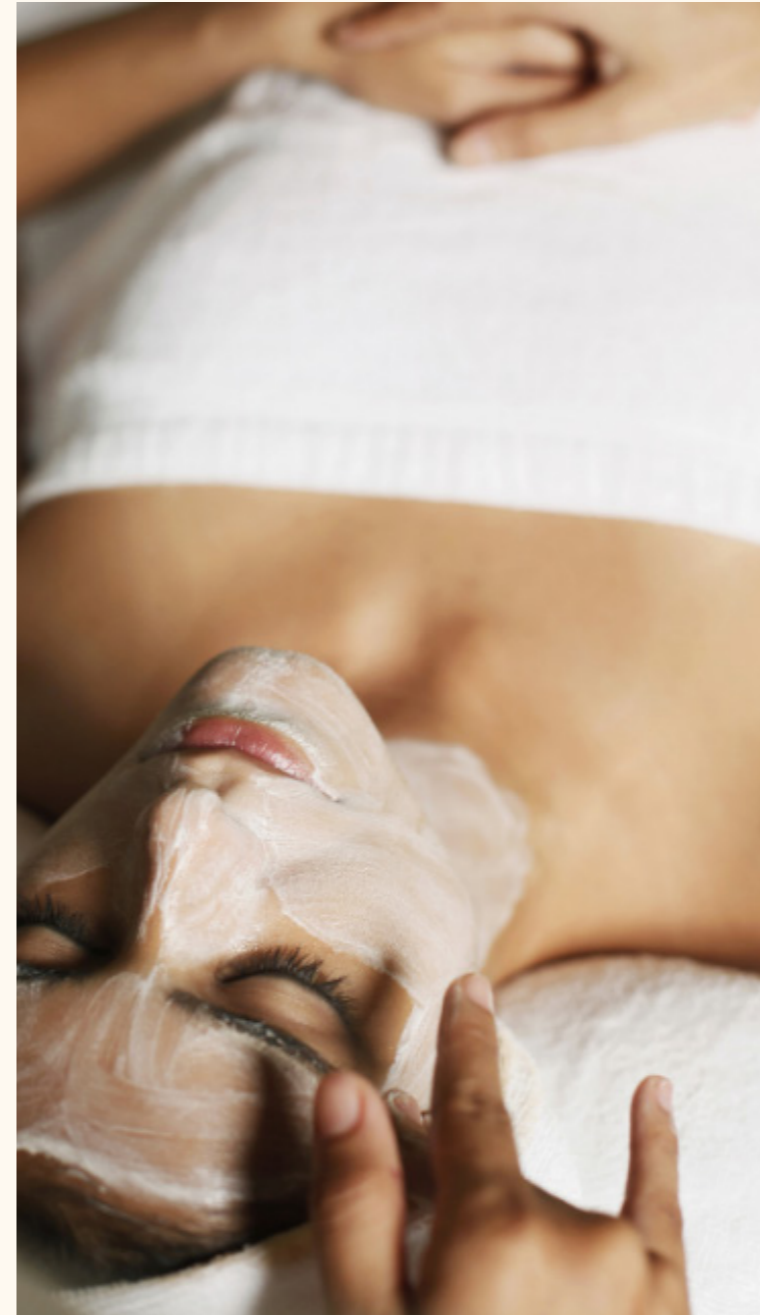
55 MINS - €70 | 85 MINS - €90

An advanced anti-ageing procedure using ultrasonic frequency waves for a gentle peeling effect. This treatment stimulates blood flow, encourages the production of collagen and kills bacteria, leaving the skin feeling healthier, hydrated and more youthful-looking.

## LUMINIZING FACIAL (WHITENING FACIAL)

55 MINS - €80

The ideal treatment for a radiant and even complexion. A treatment targeting pigmentation, which will help your skin appear brighter and more luminous.



## PURIFYING FACIAL

55 MINS - €70

Young problematic skin requires intense and specialised care to treat blemishes, redness, inflammation and congestion. This facial focuses on cleansing and enriching the skin leaving it feeling smooth and radiant.



# Our Brands

## ELIZABETH ARDEN



Founded in 1910, Elizabeth Arden is one of the most experienced beauty brands out there. The brand's fundamental belief is that "beauty should not be a veneer of makeup, but an intelligent cooperation between science and nature in order to develop a woman's finest natural assets".

### PREVAGE PREMIUM FACIAL

30+

55 MINS - €90

Our Prevage treatment with supercharged antioxidant power will visibly reverse ageing signs and protect against environmental damage for a younger, brighter looking skin.

### CEREMIDE LUXURIOUS FACIAL

40+

85 MINS - €100

Our Ceremide treatment focuses on enhancing the skin's barrier function, increasing miniaturisation and helping in minimizing age signs for softer smoother skin.

## THALGO



A pioneer in marine cosmetics, Thalgo has grown based on three founding values: Marine Intelligence, Professional Excellence and Commitment to Nature.

### HYALU-PROCOLLAGEN (Global anti-ageing for all ages)

55 MINS - €95

With 3 hyaluronic acids and marine pro-collagen, the rollers plump up wrinkles instantly - even those that are established.

#### FACE

#### HEART OF THE OCEAN RITUALS (choose one of the three below)

55 MINS - €75

##### 1. COLD CREAM MARINE RITUAL

Soothes and softens sensitive and dry skin.

##### 2. SOURCE MARINE HYDRATING TREATMENT

Hydrates the skin and gives it a radiant complexion.

##### 3. PURITE' MARINE

Purifies and controls oily skin whilst reducing enlarged pores and blemishes.

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#### BODY

##### MERVEILLE ARCTIQUE MASSAGE

50 MINS - €90

A relaxing warm and cold massage with balls.

##### MERVEILLE ARCTIQUE SPA RITUAL

90 MINS - €110

A journey through Scandinavia.

##### SALT FLAKE SCRUB

45 MINS - €45

Merveille Arctique full body scrub.

# For your Hands & Feet



## LUXE MANICURE

55 MINS - €45

Give your hands and nails a luxurious pampering session which includes: trimming, shaping, cuticle care, cleansing, exfoliation, mask, intense moisturization and application of nail polish. Upgrade to gel polish €10.

## LUXE PEDICURE

55 MINS - €45

Give your feet a treat with this soothing pedicure which includes: a relaxing foot bath, exfoliation, mask, foot and leg moisturisation, expert trimming, cuticle removal, shaping and application of nail polish. Upgrade to gel polish €10.

## DELUXE DUO COMBO

85 MINS - €100

Why choose between a manicure and a pedicure? Spoil yourself and double up with the Deluxe Duo Combo. (Gel polish included).

# Quick Treats

EXPRESS MANICURE	25 MINS - €20
EXPRESS PEDICURE	25 MINS - €25
GEL POLISH ADD ON	15 MINS - €10
POLISH CHANGE	15 MINS - €10
PARAFFIN ADD ON	15 MINS - €10

EYEBROW SHAPING	€10	HALF LEG WAXING	€20
EYEBROW TINT	€10	FULL LEG WAXING	€30
EYELASH TINT	€10	FULL LEG WAXING & BIKINI LINE	€35
UPPER LIP WAX	€10	BIKINI LINE	€15
UNDERARM WAXING	€12	BACK OR CHEST	€25
HALF ARM WAX	€15		
FULL ARM WAX	€20		



# Dee Spa Programs

Purchase one of our packages and benefit from exclusive discounts whilst immersing yourself in a world of holistic wellbeing. Our expert therapists will create a wellness program tailored to your personal needs. Book today and discover total body restoration.

Six sessions of any treatment of your choice:

■ 25 Minutes	€175
■ 55 Minutes	€375
■ 85 Minutes	€475

# The Apollo Experiences by Dee Spas

Our carefully curated packages combine complementing treatments to offer you an elevated spa experience. You'll never forget your first Dee Spas day.

## MUCH NEEDED 'ME'

45 MINS - €50

- Back, Neck & Shoulders Massage
- Pressure Point Head Massage
- Use of Spa Facilities

## A MAN'S WORLD

85 MINS - €120

- Stress Buster Full Body Massage
- Reflexology
- Use of Spa Facilities

## UNWIND & LET GO...

85 MINS - €130

- Signature Full Body Massage
- Radiance Facial
- Glass of Prosecco
- Use of Spa Facilities

## FOR HER

120 MINS - €150

- Candle Oil Full Body Massage
- Signature Facial
- Express Pedicure
- Glass of Prosecco
- Use of Spa Facilities





## A MOMENT OF CALM

2.5 HRS - €250 PER COUPLE

- Volcanic Hot Stone Full Body Massage
- Honey & Sugar Body Scrub
- Signature Facial
- Pressure Point Foot Massage
- Glass of Prosecco & Chocolates
- Use of Spa Facilities

## JUST US

55 MINS - €150 PER COUPLE

- Couple Duet Massage
- Head Massage
- Glass of Prosecco
- Use of Spa Facilities

## TIME

120 MINS - €160

Indulge yourself in two hours of any treatment or experience. Consult with your therapist and create your perfect wellness escape.

## HOURS OF OPERATION

Spa Treatments and Facilities available: Mon to Sun from 09.00 hrs to 19.00 hrs

### HOW TO SPA

The spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phone and cameras. It is recommended that you leave all valuables in your guest room's safe. The spa cannot assume liability for any valuables.

### RESERVATIONS

Advance booking is highly recommended to ensure preferred times are available, particularly if you decide to visit us a number of times during your stay. The spa provides walk-in bookings, based on availability. You should plan to arrive 30 minutes before, to experience our thermal area which will maximise the benefit of your treatment. To make a reservation, call the spa reception from your guest room by dialling 2501 on your in-room phone.

### GIFT CERTIFICATES

Our gift certificates make a wonderful gift for any special occasion. Please enquire with our Spa Manager for details.

### PREGNANCY

We have specially designed treatments for expectant mothers. We recommend that you check with your physician before booking any spa services. Certain treatments and techniques may not be available during the first trimester.

### LATENESS & CANCELLATION POLICY

We kindly ask our guests to arrive 15 to 30 minutes prior to their appointment. Please be aware that your late arrival may result in a reduction of treatment times as a courtesy to our next guest. Cancellation within 24 hours will incur a 50% automatic charge.

### HEALTH CONCERNS

Please advise us of any health conditions, allergies or injuries that could affect your experience or use of the spa facilities.

### ATTIRE

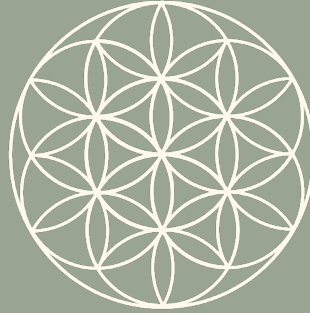
For your convenience you may arrive at the Spa in your bathrobe and slippers provided in your room. Alternatively, you may use our changing rooms and lockers for your personal belongings.

### AGE

Persons under the age of 18 years should be accompanied by an Adult Guardian during treatments.

### PRICES

All prices are inclusive of VAT.



APOLLO BY DEE SPAS  
Corinthia Hotel St. George's Bay  
St. Julians, STJ 3301, Malta  
T: (+356) 2370 2501  
apollo@deespas.com  
www.deespas.com

HOTEL GUESTS PLEASE DIAL 2501



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