



Ikos Oceania Spa

BY ANNE SEMONIN

Uncomplicated, fresh and welcoming, “Ikos Spa” treatments are designed to feed your skin with all the essential beauty ingredients. The purest essential oils, trace elements and plant extracts from our luxury Spa brand, Anne Semonin Paris, are combined with the expertise of our skilled therapists in order to create, especially for “Ikos Spa”, the finest beauty treatments that give immediate and long lasting results and a stunning healthy glow to your skin.

Ikos Oceania Signature Collection

Inspired by a combination of natural botanical oils, aromatherapy and marine ingredients, these treatments are specially designed to indulge your senses and enhance your path to personal revitalization.

Ocean Breeze

1h 50min/160€

Refreshing, restoring, rejuvenating

A synergy of heat and cold is the essence of this truly exceptional experience combining a relaxing back therapy and anti-ageing facial. The creamy, rich mixture of self-heating clay and algae melts away any deep-seated tension throughout the back of the body while the feet and legs are massaged. The senses are further stimulated with an advanced cryotherapy facial, using the Anne Semonin Express Radiance ice cubes infused with powerful ingredients such as red micro algae, to support the skin at a cellular level, as the whole body experiences a rush of complete well-being.

Sun Prep Therapies

Protecting, age preventing, tan-preparing

Prevention is one of the most precious gifts you can offer your skin. Prepare your skin before sun exposure with these specially developed Anne Semonin sun defence treatments. As a result your skin will develop a gradual, even and long lasting tan and its youthful appearance will be prolonged.

SunDefence Facial

50min/95€

Sun Defence Face and Body Treatment

50 min/105€

Made-to-Measure Spa Rituals

Anne Semonin Parisian Ceremonies

2h/190€

The ultimate treatment to help you relax and unwind....a journey from beginning to end. You will be invigorated with a body exfoliation using natural sea salts to completely polish your body to perfection, followed by a detoxifying seaweed wrap and concluding with a full body massage, using made to measure products, to suit your individual needs. Choose from one of the following...

Sculpting

This experience is tailored to lift and firm loose, slack skin tissue. With the use of powerful seaweeds and essential oils of Ylang ylang, Geranium and Tea tree to help toning and tightening.

Ultimate Nourishing

This experience is balancing, relaxing, and nourishing. Hydrate and moisturize your body with our phenomenal Pink Kaolin envelopment to surge the skin with moisture blended with a powerful concentrated Lavender and Mandarin peel to soften and repair.

Anne Semonin Ultimate Facial Collection

Discover this unique collection of facial therapies that combines elegant French skincare with results-driven, made to measure therapies which transform and re-sculpt your face contour. Every facial includes an exclusive Anne Semonin lymphatic massage, designed to gently release toxins from the dermal tissues, increasing blood flow and resulting in radiant skin. This specialist massage, classic ingredients and a holistic approach make each Anne Semonin facial a tailored experience, just for you.

Ultimate Experience Age Protect

1h 25min/135€

Nourishing, revitalising, revealing radiance

A ritual that delivers an experience as individual as you. Bespoke blending of aromatic essences and trace elements combined with a tailored eye, face and décolleté treatment to perfectly balance, hydrate and revitalize, while offering the ultimate in skin protection. Unsurpassed at revealing the skin's true radiant beauty, it is the complete treatment, designed to address your every need.

Marine Mineral Purifier

1h 15min/115€

Deep cleansing, + decongesting, remineralising

Traditional steam and extraction techniques combined with the power of marine elements making this a deeply purifying treatment. The advanced Anne Semonin peel off mask, with the highest concentration of minerals and algae, leaves the skin instantly calmed, decongested and silky smooth.

Cryo-Time Freeze

1h/95€

Immediate radiance, toning, brightness

A flawless skin brightening experience, this facial uses the age defying effects of cryotherapy with 100% Active Serum to reinforce the skin's firmness at a cellular level. Complemented by a neurocosmetic containing Wild Indigo this refreshing treatment stimulates the release of B-endorphins, flooding the body with a total sense of well-being.

Oligo Skin Protect

50min/95€

Detoxifying, balancing, age preventing

The ultimate in anti-oxidant defense, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells. Using the exclusive Oligo range of products, an advanced formula combining dynamic ingredients such as algae and chlorella, ensures a clear skin, thoroughly protected from the urban environment.

Soothing Skin Saviour

50min/95€

Calming, hydrating, restoring

The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences. Skin is prepared with gentle cleansing and exfoliation before indulging with the luxurious Anne Semonin Cream mask. The generous application of an algae and kaolin clay formula smoothes and nourishes skin, revealing a perfectly calm and soothed complexion.

Age Defend

50min/95€

Anti-ageing, firming, toning

Defy the ageing process with this quintessential regenerating facial therapy. Signs of ageing dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity. Mature skins will appreciate the use of extracts of Mexican Wild Yam and rice which provide the ultimate defence against environmental aggressions and help maintain a youthful radiance all the way to a cellular level.

Exquisite Miracle Eyes

45min/80€

Brightening, de-stressing, refreshing

An exquisite treatment specifically designed for the delicate eye area brings together a unique combination of contour masks and specialized lymphatic massage, ideal for reducing the signs of ageing and melting away stress. Cryotherapy ice cubes diminish puffiness and refresh the eyes. Finally, a divine application of miracle eye cream completes this total eye care experience.

Sublime Radiance Express

30min/55€

Refreshing, firming, healthy look

Suitable for everyone, this clever combination of cleansing, exfoliating and a mask allows even the busiest person to achieve a look of instant freshness. The fast effective results leave skin hydrated, soft and radiating health.

"White Star" Brightening Treatment

55min/105€

Brightening, firming, moisturising

Using the exclusive Anne Semonin Brightening Complex, this correcting treatment will visibly light up the complexion and reduce the appearance of sun spots and age spots to unveil a more even skin tone. Its detoxifying antioxidants neutralize damage from air pollutants while sea-sourced minerals and moisturizers keep skin glowing.

Anne Semonin Exquisite Massage Collection

Anne Semonin draw inspiration from around the world to offer you a blissful, effective, premium massage experience. Choose from four unique therapies, each brilliantly combining an innovative fusion of massage techniques and oil blends, delivering a treatment that works specifically for you every time.

Aroma Energizer

55min/110€ or 1h20min/135€

Uplifting, energising, tension releasing

Taken from the tradition of Ayurveda the exotic, warming aroma of ginger stimulates and uplifts the senses. Enriched with vitamin E this delightfully nourishing oil is perfectly merged with classic deep tissue and stretching techniques to enliven the senses and release tension in the muscles.

Pure Rejuvenation

25min/65€ or 55min/100€ or 1h20min/120€

Protecting, regenerating, smoothing

Designed to deliver a flawless marriage of protective treatment and pure relaxing care. Long, rhythmic strokes glide across the entire length of the body while the Omega 3 and 6 found in cranberry and vitamins A & E from olive oil penetrate the skin deeply achieving maximum skin regeneration.

Vital Detox

55min/100€ or 1h20min/120€

Detoxifying, stimulating, refreshing

The sublime synergy of lemongrass and peppermint is infused into your body using specialized lymphatic massage techniques to effectively release toxins and stimulate circulation. This improves drainage and leaves the body feeling light and refreshed.

Indian Head Massage

45min/90€

Deeply relaxing, relieving

Indian Head Massage is a valuable technique for combating stress and loosening tension in the shoulders, neck and head. It relaxes the mind, controls excess energy and allows you to focus. Working up the spine and over the head will send messages from the brain to relieve mental and physical tiredness and rebalance energy flow

4-hands Polynesian Massage Escape

1h15 min/150€

A sublime four-hand massage experience from the shores of French Polynesia to ease away the stress and strains of everyday life. The traditional flowing and soothing movements lull you into a deep state of peace and tranquility, as soft palms and forearms remove tension from tight muscles. This unique healing massage is performed by two massage therapists working with intuition and expert skill in complete synchrony to restore your energy and strengthen your health and wellness.

Foot Massage Ritual

50min/90€

Renewing energy levels

Following a self-heating, slightly bubbling foot mask, a foot massage will stimulate the reflex zones and thus the whole body. This therapy is completed by a relaxing shoulder, neck and hand massage.

Glowing Mother-to-be

1h30min/140€

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the face and body. The pregnancy specific massage and tailored facial combine into one seamless pleasure melting away fatigue and revealing a radiant you.

Anti-fatigue Remedy

55min/95€

Tension releasing, restoring back therapy

Tension releasing, restoring back therapy. An exceptional solution created to alleviate tension stored in the back, neck and shoulders and reduce fatigue. The exquisite combination of heat, minerals and oils begins with a generous application of self-heating mineral mud mask to release stiffness, strain and stress in the muscles. This is followed by a bespoke massage with blended oils just right for your needs. Both energizing and relaxing, this treatment leaves the whole body with a complete sense of well-being.

Shiatsu Massage

60 min/130€

A graceful and simple Zen massage, Shiatsu is the perfect treatment for the relief of stress, headaches, back, shoulder and neck pain, and to combat fatigue. A free flow of energy is restored through compressions, pressure on specific points and stretches to release blockages.

Anne Semonin Polish and Wrap Collection

Indulge your senses with the Anne Semonin classic wrap and scrub collection designed with your individual needs in mind. At the heart of each unique experience is a carefully blended combination of essential oils, trace elements and marine ingredients delivering smooth, nourished radiant skin and a thoroughly relaxed body.

Cocooning Scrub & Massage Ritual

1h25min/110€

Exfoliating, nourishing, soothing

This ultimate exfoliating experience with the amazing Anne Semonin Nude Body Scrub. A luxurious blend of sea salts, white sand, pink quartz crystal powder and aromatic oils actively sweeps away dead skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The warming elements of the Nude Scrub create a cocooning sensation and elevate the spirits. Aromatic oils are applied all over the body to deeply nourish, soften and re-mineralize the skin, followed by a revitalizing exfoliation and body wrap. This therapy concludes with a Haute Couture full body massage to re-awaken your senses.

Hydra-intense Wrap Experience

55min/105€

Soothing, re-hydrating, healing

A wonderfully gentle treatment suitable for even the most sensitive of skins. Choose from antioxidant or relaxing oil blended with the delicate Noirmoutier Sea Salt and enriched with marine minerals to exfoliate and nourish. An envelope of pink clay encases the body replenishing nutrients as it instantly heals and hydrates.

Silhouette Re-sculptor

Anti-cellulite, firming, toning action

80min full treatment/150€
or 55min excluding exfoliation/110€

The Sea Lotus extract, an innovative scientific discovery, holds the secret to smoother skin. A unique exfoliation is followed by an inspired combination of Lipolysis anti-cellulite gel and a stimulating massage to target specific areas of fatty tissues. The energising abdominal massage and body-contouring mask further eliminate toxins that contribute to cellulite formation, resulting in a smooth and velvety soft skin.

La Sélection du Sommelier

55min/110€

Anti-Ageing body cocooning

This pampering body rejuvenation will regenerate the skin to its best. An invigorating body scrub is followed by a nourishing and anti-ageing body mask while you drift away with a wonderfully soothing scalp massage. The naturally anti-oxidant benefits of this treatment will enhance body drainage, maximize hydration, plump and smooth to perfection, while nurturing your body in a cloud of wellbeing.

Nude Body Scrub

25min/65€

Moisturising, nourishing, soothing

An express exfoliation with the Nude Sea Salt & White Sand Scrub, leaving skin smooth and hydrated. The warming and nourishing qualities of this scrub ensure a soothing experience and visible results

Gentelman's Collection

This is a treatment menu devised especially with men in mind, as we know you need "downtime" as well... but should you see a treatment you like anywhere else on the menu just let us know.

Essential Oligo Defence

50min/115€

Cleansing, nourishing, skin perfecting

Defending the skin against environmental elements, this treatment uses the ultimate in anti-oxidant expertise. Products rich in chlorella cleanse and exfoliate the skin and the addition of a corrective mask injects the cells with a much needed boost of nutrients.

Vitalizing Gentleman's Tonic

55min/130€ or 1h 20min/175€

Relaxing, draining, energising

Recharge tired muscles and relieve tension with this potent blend of enriching oils. Spicy ginger oil penetrates the muscles, stimulating the blood flow, alleviating aches and releasing tightness from deep within the muscles.

Back, Face and Scalp Revitalizer

50min/95€

De-stressing, balancing, recharging

Beginning with a relaxing back therapy, body and mind are immediately de-stressed. A unique facial treats the skin's specific needs as the scalp is massaged unravelling tensions and leaving the skin exuding health.

Teenager Collection

My Glamorous Manicure

25min/20€

Complete your holiday look with a fab make-over for your hands. Nail buffering, nail polish and to finish a massage with Botanical Hand Cream.

My Perfect Pedicure

30min/25€

Give your feet a toe tingling holiday treat too. Enjoy a footbath with Southern Sea Ocean Oil, followed by nail buffering, nail polish and completed with a Botanical Body Milk massage.

My So Soothing Neck and Back Massage

25min/40€

After a hard day on the beach enjoy a soothing neck & back massage with the new AS Botanical Body Oil – Anti Oxidant and Vitamin (without essential oils).

My Fantastic Facial

25min/30€

All the sun and tanning lotions can be harsh on young skin, so treat your face to a little TLC – and get a hand or foot massage while it all happens!

Cleansing: Anne Semonin Botanical Milk & Botanical Toner (or Oligo-Cleansing Gel), **Peeling:** Anne Semonin Exfoliating Mask, **Mask:** Anne Semonin Cream Mask, **Finish:** Anne Semonin Marine Emulsion & Tissue Serum if sensitive

My Dreamy Body Peeling

30min/45€

Holidays are all about chillin' out, so take things very easy with this ultra relaxing and soothing body exfoliation.

Body peeling: Nude Body Scrub/Sweet almond Oil/Verbena Shower Gel

Finish: Botanical Body Milk

Spa Basics

As we believe in total beauty, we want to ensure that your nails and hair receive the same special pampering, for a complete, healthy and well-maintained look.

Hands & Feet

Manicure/French Manicure	30€/35€
Pedicure/French Pedicure	40€/45€
File and Polish	15€
Shellac & manicure	55€
Shellac & pedicure	65€
Hand shellac coloring	25€
Feet shellac coloring	30€
French shellac & manicure	60€
Remove shellac	15€

Waxing

Eye Brow Shape	10€
Upper lip wax	10€
Under arm wax	15€
Full arm wax	20€
Bikini wax	20€
Half leg wax	30€
Full leg wax	45€
Chest Wax	30€
Back Wax	30€

Aromatherapy Baths

Relaxing Ocean Oil Bath	25min/30€
Energizing Mountain Oil Bath	25min/30€

Hair Salon

How to Spa ... and a few other things!

To help you enjoy your visit at Ikos Oceania Spa

For your convenience, we have compiled answers to common questions you may find helpful in choosing the types of treatment that best meet your individual needs.

SPA POLICIES

Should I make a reservation in advance?

Yes, and it is best to do so upon or prior to your arrival at the resort to ensure availability.

Who can guide me in choosing my treatment?

Our spa concierge can assist you in planning the perfect spa experience, including the best sequence for your treatments.

What is the Cancellation policy?

Out of consideration for all guests, a minimum of 24 hours notice is required to cancel or reschedule. Cancellation or time change within this time will result in a 50% fee being charged. "No show" appointments are charged at full price of the treatment booked.

Is there a service charge?

No service charge or gratuity is added to your bill; they are of course appreciated, however it is left at your discretion as a reflection of service quality.

What about payment for spa services?

We accept all major credit cards. You may also charge spa services to your hotel bill. For your convenience, payment is also accepted prior to your treatment.

What if I am late for my appointment?

Arriving late will simply limit the time available for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

The full value of your treatment will be charged.

May I bring my child to the spa?

We regret that children under the age of 16 years are not able to use the spa facilities however we do offer a Junior Spa menu for children aged 12-16.

HEALTH QUESTIONS

What if I am pregnant?

Certain treatments should be avoided during pregnancy. If you are pregnant, please notify our spa concierge when you make your appointment so they can offer guidance. Furthermore, some treatments may require a doctor's authorization.

What if I have special health considerations?

Please notify our spa concierge before scheduling your treatments if you have high blood pressure, allergies, any other physical ailments or disabilities, if you are on any medication, or if you are pregnant. If you have any concerns at all, please let us know. If at any time during your treatment you experience discomfort, please alert your therapist immediately.

UPON ARRIVAL

How to enjoy your treatment?

This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify us of any discomfort or preferences.

PRIOR TO ARRIVAL

When should I arrive?

For your comfort and relaxation, we suggest that you arrive 45 minutes before your scheduled treatment. This will allow you to relax in our lounge and use the Thermal Experience. Should you

not wish to use the Thermal Experience please arrive 15 minutes before your treatment to complete our spa consultation form.

What will I wear?

Please arrive showered, wearing your robe and slippers supplied in your room. If necessary, a robe, towel, slippers, shower facilities and secured locker will be provided. Swimming costumes are required to be worn in the Thermal Experience. Nudity is not permitted.

What should I wear during my treatment?

You will be provided with disposable underwear. During all treatments, the body is fully covered, except for the area being treated. Before and after you treatment, robes and slippers are provided.

What about my jewelry?

Jewelry and valuables should not be brought to the spa. If you are a hotel guest, please leave valuable items in the safe in your room. The hotel does not assume liability for any valuables left in the spa.

SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. Please respect other guests' right to privacy and serenity by not using your mobile phone or pager. Smoking is prohibited throughout the spa.

SPA SERVICES

Are gift certificates available from Ikos Oceania Spa?

Beautifully presented Anne Semonin Spa gift vouchers are the perfect gift for any occasion. For your convenience, gift vouchers may be ordered by phone and will be dispatched the same day.

FACILITIES

Fitness studio including contemporary cardio-fitness facilities

- Indoor swimming pool with Jacuzzis
- Relaxation area with tisanerie
- Thermal area comprising of Hammam and sauna
- Hair Salon
- Nail salon
- Beauty corner offering Anne Semonin products

OPENING HOURS

Every day from 8am to 8pm

Spa treatments hours from 9am.

Last treatment ends at 19.45pm

SPA CONTACT

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