



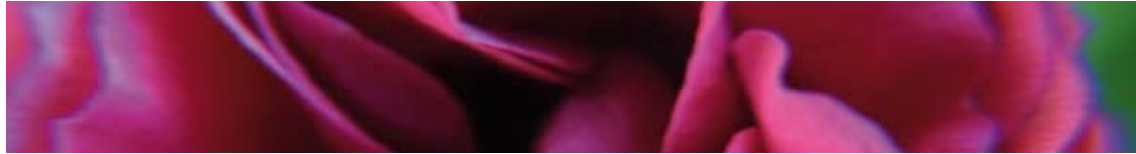
Welcome to the Lindian Village Spa, a world class health and beauty heaven, that combines the quality of a Western spa with traditional treatments of the Orient.

Relax in the care of our gracious Thai & Western therapists, and immerse yourself in our all natural spa products: pure essential oils, fresh fruits, flowers, herbs, natural honey and mineral rich salts & muds.

All treatments are described in this menu, however our qualified staff would be delighted to assist you in making your selection.

We can also advise you on various packages that enable you to enjoy treatments in the entire duration of your stay with us, the perfect way to indulge your senses and rejuvenate your body!

Spa Treatment Menu



Massage

Lindian Village Signature Massage

90 mins

This unique treatment combines the best of all forms of massage on our menu, blending techniques from Hot Stone, Swedish, Thai Yoga, Ayurvedic and foot massage to create the ultimate soothing and pampering experience.

The highlight of our Signature Treatment is our sound ritual. Starting with the Tibetan singing bowl to free your mind of tension and facilitate meditation during the treatment, and finishing with the sound of Tibetan cymbals for a clear awakening.

Swedish Massage

60 mins

Also known as Relaxing Massage, Swedish Massage uses soothing hand movements to work into the muscle and soft tissue, resulting in relief from stress and tension. Using your choice of aromatic oils, this massage covers most of the body, with emphasis on the back and neck. Pressure can be adjusted to your liking.

Sport Therapeutic Massage

60/90 mins

A combination of Shiatsu, Swedish and deep tissue techniques to ease aches, pains and strains. This massage can be

adjusted according to your particular needs. Please inform the therapist if you have any muscular problems.

Lymphatic Drainage Massage

60 mins

Lymphatic drainage is a delicate form of massage with essential oil blends. It stimulates the body's lymphatic system, improves metabolism, helps the body eliminate waste and toxins and provides a boost to the immune system.

Lymphatic drainage massage is especially useful for individuals who suffer regularly from common illnesses like colds and flu. It is also recommended for people who lead sedentary lifestyles, or those who want to reduce puffiness or swelling. It has been cited as having a positive effect on problematic skin, cellulite, dysfunctional respiratory systems and people with low energy levels.

Hot Stone Massage

90 mins

A relaxing massage technique, with warm stones that are formed by sedimentary and volcanic action. A unique type of massage, the smooth surface of the stones work deep in to the muscle tissue, gently soothing aches and pains. Leaves you feeling with a sense of comfort due to the warmth generated by the treatment.

Thai Yoga Massage

60/90 mins

Thai Yoga Massage has ancient roots. It incorporates elements of mindfulness, gentle rocking, deep yogic stretching, breathing and rhythmic compressions. In a meditative manner using thumb, palm, forearm and foot pressure, your skilled therapist will stretch and manipulate pressure points and meridians to balance the flow of energy within the body, elongating the muscles and releasing deep-seated tension. The result is an enhanced sense of wellbeing, clarity and improved physical flexibility. (No oil is used in this treatment.)

Reflexology Massage

60 mins

Starting off with a refreshing scrub, this treatment involves the systematic stimulation of all nerve reflexes in the feet that correspond to internal organs and various areas of the body. This holistic healing technique helps restore balance and harmony to your body.

Ayurvedic Head Massage

30 mins

A traditional Ayurvedic warm oil massage on the forehead, neck and shoulders. Ideal for relieving stress and promoting a restful sleep. Its benefits include strengthening the hair roots, nourishing the scalp and releasing the flow of energy through the entire body. Ideal for insomnia, chronic headache, migraine and sinusitis.

Relaxing Foot Massage

30 mins

Sit back and relax to a foot massage, and feel the stress of everyday life drift away.

Body Scrubs

Lindian Village Signature Body Scrub

A unique body exfoliating treatment created exclusively for our spa. Fresh Thyme is blended with pure honey and 'millet', one of the oldest foods known to humans and possibly the first cereal grain. It provides gentle exfoliation to brush away unwanted dead skin cells and energises the body's circulation to release toxins. Suitable for all skin types.

Thai Herbal Body Polish

40/60 mins

A unique body exfoliating treatment created exclusively for our spa. Ground rice, blended with a mix of herbs and pure honey gently removes dry, rough skin and promotes a youthful, hydrated complexion.

Purifying Salt Glow

40/60 mins

A superb body polishing treatment using a combination of freshly ground salt with aromatherapy body oils. Remineralises and smooths the skin. A lotion massage concludes the treatment, leaving your skin feeling as soft as silk.



Lemongrass Body Scrub 40/60 mins

A refreshing detox for your body, made from jasmine rice, lemongrass powder, tamarind and fresh milk. This superior treatment will leave your body feeling deeply cleansed and energised. It also reduces orange peel skin and helps the skin to regain its elasticity. Light massage with aromatic, soothing lemongrass body lotion moisturises your skin.

Seasonal Fruit Scrub

A perfect way to naturally clean and eliminate dead cells that accumulate on the skin's surface. The special blend of fresh fruits and herbs used in the scrub leaves your skin feeling luxuriously smoothed and nourished.

Body Wraps

All body wraps begin with gentle skin brushing to prepare the skin for maximum results, and end with a relaxing body lotion massage.

Detoxifying Mud Wrap

Begins with gentle body brushing to remove dead skin and is followed by a Dead Sea mud body wrap, rich in trace elements, to detoxify and deeply cleanse the skin while helping to draw out impurities and toxins.

Relaxing Body Wrap

Rich in minerals, vitamins and micronutrients, this body wrap activates circulation, relieves aches and pains, detoxifies and revives the metabolic balance.

Lindian Village Sun Soother Body Wrap

A fantastic after sun treatment. Soothes your ray-damaged skin with cool Aloe Vera, fresh rosemary and local ingredients which provide calming and healing results. Complete with aromatic Aloe Vera body lotion with light massage to moisturise your skin.

Facials

Aromatic Facial 60 mins

A comprehensive, rejuvenating facial designed to promote beautifully radiant skin. Using products and techniques tailored to your specific skin type and condition, this exceptional facial comes complete with a pampering hand massage.

Skin Fitness Facial for Men 60 mins

A cleansing, refreshing facial incorporating all the elements of the Aromatic Facial, using products specifically designed for men.

Relaxing Facial Massage 30 mins

Suitable for all skin types, this special massage relaxes and tones all facial muscles including the neck, shoulder and scalp. Highly recommended in combination with any body massage.

Deep Cleansing Facial 60 mins

Suitable for oily skin types, a perfect deep cleansing facial and gentle exfoliation, followed by a soothing pressure point face massage, and finally a purifying mask that completes the treatment leaving you with a lucent glow and soft, healthy skin.

Lindian Village Rejuvenating Facial 90 mins

This exquisite facial uses products formulated with protective and anti-aging ingredients, saturating the deeper layers with natural anti-oxidants. It also incorporates pressure point facial massage, relaxing and toning all facial muscles and providing a natural "face lift".

Water Treatments

Aromatic Rose Bath 30 mins

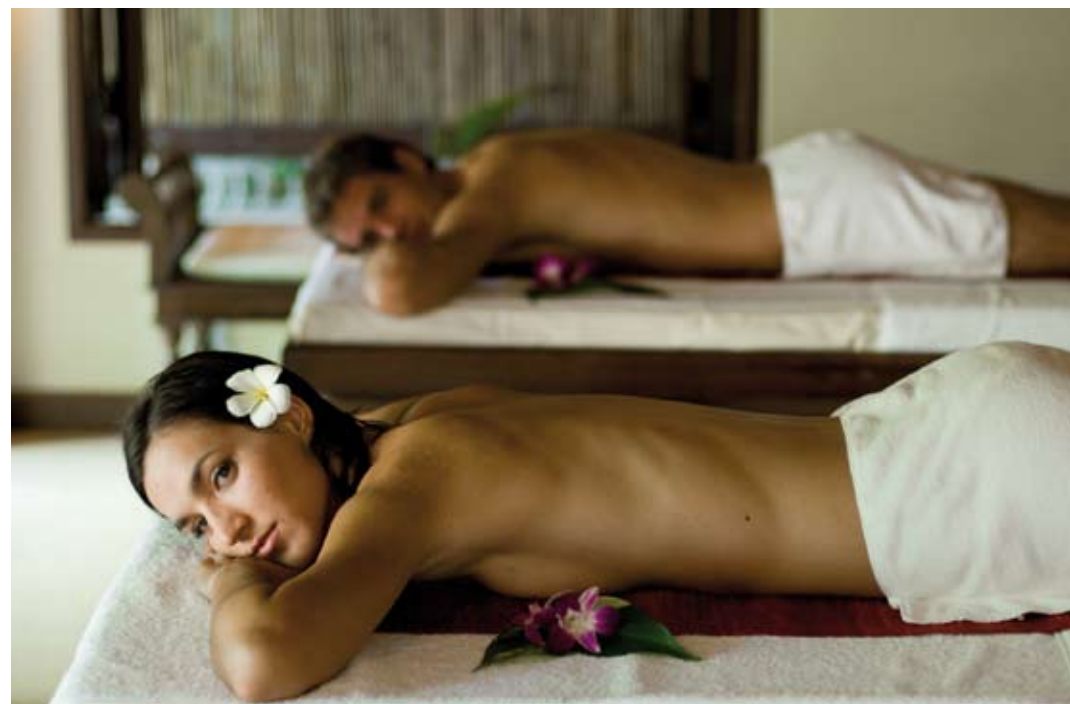
An wondrous bath suitable for everyone, especially those with dry skin, as it soothes, softens and nourishes your skin. The light scent of fresh rose petals creates harmony and an unforgettably relaxing sensation.

Thai Herbal Bath 30 mins

Refresh your body in a gentle cloud of steam, filled with the aroma of fresh Thai herbs. Ideal before a massage, or at any time, to cleanse the skin, clear the lungs, promote circulation and invigorate the body.

Moisturising Milk Bath 30 mins

A luxurious blend of honey and milk to nourish and hydrate, making skin radically soft and smooth.



Packages

Lindian Village Signature Pack

4 hrs

A "must" package! Based on the beauty secrets of Lindian Village, with a blend of the most superb natural ingredients available. Starting with a Lindian Village Scrub, followed by a Lindian Village Sun Recovery Wrap and a Lindian Village Signature Massage. The treatment finishes with a Lindian Village Facial.

The highlight of this Signature Treatment is our sound ritual. Starting your massage with the Tibetan singing bowl to free your mind of tension and facilitate meditation during the treatment, and finishing with the sound of Tibetan cymbals to calm your mind for a tranquil awakening.

Touch of Heaven

2 hrs

Let your mind drift away with this relaxation package that combines the classic Swedish Aromatic Massage followed by an Aromatic facial.

Spa Detox

2.5 hrs

Prepare your skin with an aromatic Salt Glow to absorb the detoxifying Mud Wrap. Helps to speed up your lymphatic system. Complete the therapy with a Detoxifying Massage. An excellent boost for your system.

Secret of Love Pack

2.5 hrs

An indulging treatment for couples only, using products made from Thyme. Pampering your loved one with our "Bath For Two" in a seductive luring scent, followed by our 'Romance' massage to harmonise and pleasantly balance the magnetic flow between two people. Finishing with a 'Romance' facial for a smooth and radiant complexion. Relax your whole body from top to toe and stimulate your emotions.

Royal Thai Treat

3 hrs

Exclusively designed to give you a truly relaxing experience. Start with an aromatic Thai herbal bath, continue with a herbal body scrub and complete your Thai experience with a 90-minute Thai Yoga massage.



SpaLaszlo



So much is written in the skin.
But underneath it all, there is the glow,
the original beauty nature gave you.

Erno Laszlo



Introducing the 'Spa Laszlo' Experience

You may now enjoy the exhilarating experience of a professional facial using the Laszlo skincare line, developed by legendary dermatologist, Dr. Erno Laszlo. A trained Laszlo Specialist will choose from a menu of "Skin Corrective" Facials, designed to treat skin conditions while returning your skin to a harmonious & balanced state. An Erno Laszlo "Skin Corrective" Facial will not only restore your complexion, it will renew your spirit and impart a feeling of health and wellbeing.



MENU OF SERVICES

Erno Laszlo Facial Treatments

Anti Aging & Line Reducing Facial
90 mins

Concerns: appearance of fine lines and wrinkles, lack in tone, sagging facial skin, loss of skin elasticity and a decrease in the skin's healing abilities.

Results: smooths, repairs and inhibits aging skin.

Deep Hydration Facial
80 mins

Concerns: lack of moisture & hydration, extreme dryness, seasonal changes, sun exposure. Excellent for sensitive, easily irritated skin.

Results: rehydrates and softens dry and moisture deprived skin types.

Deep Cleansing Facial
60 mins

Concerns: clogged or enlarged pores, shiny complexion.

Results: deep cleanses, detoxifies and purifies normal to oily skin types.

Anti-Acne Facial
60 mins

Concerns: irritation, blotchiness, enlarged pores, tightness, blemishes and acne causing bacteria.

Results: refines skin with an antiseptic, antibacterial, skin clarifying treatment.



What concerns you most about your skin?

Create your own personal skin care program with Erno Laszlo.



In this menu you'll find a therapy ideal for your emotional, physical and spiritual health. For the following services we have handpicked specialised, skilled practitioners to give you the highest level of quality service.

We welcome you to explore something beyond the accustomed spa experience, where wellbeing is given a whole new meaning.

Tai Chi

Tai Chi is a Chinese healing art using slow movements, allowing the mind to focus on physical posture and promoting & harmonising 'chi', or energy, flow in the body. An ideal practice to ensure a body-mind connection.

Reiki

Reiki (pronounced ray - key) is a "laying on hands" healing technique which is thousands of years old. It is thought to have originated from a Tibetan Buddhist. Reiki refers to the flow of 'life force energy' which, when disrupted weakened or blocked, creates emotional or health problems. It generates deep relaxation, helps the body to release stress and tension, provides sound sleep, reduces blood pressure, gently balances energy and promotes health and wellbeing.

Thai Boxing (Muay Thai)

Thai boxing is the national sport of Thailand and is widely regarded as the most effective

stand up martial art in the world. Known as 'the art of eight limbs', it not only uses kicks and punches, but also knees and elbows as striking weapons. Combined with a form of stand up grappling often referred to as clinch work.

Muay Thai training is an excellent way of keeping or becoming fit, losing weight, toning and increasing flexibility. Aside from the physical benefits of Thai boxing, it can also increase concentration levels and has a dramatic effect on your self-confidence and self-discipline. Just a couple of hours per week spent practicing Thai Boxing will have excellent benefits.

Please contact our Spa receptionist to discuss the options.

These activities are available for private and group sessions. You may customise the activities to integrate the following topics or expand areas of teaching.

All these activities are available in your private villa or room.

Massage

Lindian Village Signature Massage	90 mins	150 €
Swedish Massage	60 mins	85 €
Sport Therapeutic Massage	60/90 mins	85/120 €
Lymphatic Drainage Massage	60 mins	85 €
Hot Stone Massage	90 mins	150 €
Thai Yoga Massage	60/90 mins	85/120 €
Reflexology Massage	60/90 mins	85-120 €
Ayurvedic Head Massage	30 mins	60 €
Relaxing Foot Massage	30 mins	50 €

Body Scrubs

Lindian Village Signature Body Scrub	40/60 mins	90/100 €
Thai Herbal Body Polish	40/60 mins	70/80 €
Purifying Salt Glow	40/60 mins	60/80 €
Lemongrass Body Scrub	40/60 mins	80/90 €
Seasonal Fruit Scrub	40/60 mins	60/70 €

Body Wraps

Detoxifying Mud Wrap	40/60 mins	70/80 €
Relaxing Body Wrap	40/60 mins	70/80 €
Lindian Village Sun Soother Body Wrap	40/60 mins	90/100 €

Facials

Aromatic Facial	60 mins	120 €
Skin Fitness Facial for Men	60 mins	120 €
Relaxing Facial Massage	30 mins	60 €
Deep Cleansing Facial	60 mins	120 €
Lindian Village Rejuvenating Facial	90 mins	150 €

Water Treatments

Aromatic Rose Bath	30 mins	40 €
Thai Herbal Bath	30 mins	35 €
Moisturising Milk Bath	30 mins	40 €



Packages

Lindian Village Signature Pack Lindian Village Scrub, Lindian Village Sun Body Wrap, Lindian Village Massage, Lindian Village Facial	4 hrs	384 €
Touch of Heaven Swedish Massage, Aromatic Facial	2 hrs	164 €
Spa Detox Pack Salt Scrub, Detoxifying Body Warp, Lymphatic Drainage Massage	2,5 hrs	172 €
Secret of Love Pack Bath For Two, Romance Massage, Romance Facial	2,5 hrs	456 €
Royal Thai Treat Herbal bath, herbal scrub, Thai Yoga Massage	3 hrs	180 €

Spa Laszlo

Erno Laszlo Facial Treatments

Anti Aging & Line Reducing Facial	90 mins	170 €
Deep Hydration Facial	80 mins	160 €
Deep Cleansing Facial	60 mins	140 €
Anti-Acne Facial	60 mins	140 €

Wellbeing

Tai Chi Private Session	60 mins	80 €
Reiki Private Session	60 mins	100 €
Thai Boxing (Muay Thai) Private Session	2 hrs	150 €
Thai Boxing (Muay Thai) Training Course	10 - 20 hrs	600/1100 €

Gift Vouchers

The perfect gift for that special someone who deserves to be pampered. Choose from a single treatment to a Tropical Spa package.

Beauty Treatments

Our salon offers a full range of beauty treatments for women and men.

Hair Treatments

Shampoo & blow dry	40 €
Steam & Deep Conditioning Treatment	80 €
Before Sun Treatment	80 €
After Sun Treatment	80 €
Hair Styling	50 €

Nail Care

We provide nail care for both men and women.

Manicure

A pampering treatment to restore beauty and suppleness to your hands and nails. Your hands are tenderly polished and nourished - nails can be buffed to a healthy shine or coated with the polish of your choice.

Pedicure

A classic pedicure to remove hard dry skin and beautify the feet and nails. Your feet are gently scrubbed and nourished - nails can be buffed to a healthy shine or coated with the polish of your choice.

Manicure & Pedicure	80 €
Manicure	50 €
Pedicure	50 €
French Manicure	60 €
French Pedicure	60 €
French Manicure & Pedicure	100 €

Waxing

Eye brow	30 €
Arms	60 €
Under Arms	50 €
Bikini Line	50 €
Half Legs	60 €
Full Legs	100 €
Back for Men	100 €

* All the above prices are inclusive of all taxes





An ultimate experience for the senses, these special packages rejuvenate your body and mind. Relax in the care of our gracious Thai herapists, and immerse yourself in our all natural spa products: pure essential oils, fresh fruits, flowers, herbs, natural honey and mineral rich salts & muds.

At the end of every treatment, a warm herbal tea and a platter of seasonal fruits will be served in the LV Spa relaxation area.



June Beauty Retreat

Sugar and rose petals Body Scrub • Detoxifying Body Wrap
• Detoxifying Massage • Laszlo Aromatic Facial • Relaxing Scalp Massage • herbal tea and fruit platter

Special offer from 480€ to 380€ | 4 hrs



July Relaxing Pack

Rose Footbath • Fresh Lime and Honey Salt Glow • 1 hour Massage of your choice • Relaxing Facial Massage • Cucumber Face Mask • Relaxing Scalp Massage • herbal tea and fruit platter

Special offer from 350€ to 250€ | 3.3 hrs



August Refreshing Pack

Refreshing Herbal Bath • Local Season Fruit Scrub • 1 hour Massage of your choice • 1 hour Laszlo facial of your choice
• herbal tea and fruit platter

Special offer from 355€ to 255€ | 3hrs



September Herbal Inspiration Package

Herbal Footbath • Relaxing Foot Massage • Herbal & Vegetable Body Scrub • Herbal body wrap or Mud Wrap • Vegetable Face Mask • 90-minute oil massage • herbal tea and fruit platter

Special offer from 430€ to 330€ | 3.3 hrs



October Balancing Pack

Rosemary Footbath • 1 hour Massage of your choice • Reflexology Foot Massage • Indian Head Massage • herbal tea and fruit platter

Special offer from 270€ to 170€ | 2.45 hrs

Spa Policy

Opening Hours

10.00 am - 20.00 pm

Meeting Your Needs

Upon your arrival at the Lindian Village Spa, our specialists will conduct a brief consultation to ensure that you have the treatments best suited to your needs. Please advise the receptionist if you are pregnant or have any health issues. Our receptionists are experienced in all treatments and would be delighted to assist you in planning your spa program if you are staying in the hotel for more than one day.

Preparation for your treatment

During facial treatments, you are kindly advised to take off your contact lenses.

For men, facial shaving is recommended for maximum comfort and benefit to the skin. For Spa treatments we provide shorts that must be worn during the treatment.

Reservations

Advance booking is recommended. Please either call extension number 7226 or visit the Lindian Village Spa, should you wish to discuss your personalised treatment.

Private Session

All our Massage treatments are available in your private villa or room with an extra charge of 10€.

Arrival Time

You are encouraged to arrive 30 minutes prior to your appointment in order to change, relax and enjoy the exclusive facilities at the LV Spa. Please be advised that late arrivals will result in a reduction of treatment time.

Late Arrivals

In the event that you are running late, we will endeavor to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterward.

Home Care

For you to maintain your beauty regime at home, a full range of products can be purchased at the LV Spa. Please ask our Beauty Therapists for their recommendations.

Gift Certificates

Please ask our reception staff if you wish to purchase a gift voucher for a special occasion.

