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## CHOUPANA HILLS RESORT & SPA

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### SPA MENU

Step into a world of sensory heaven  
and begin a new journey  
inspired by nature

### ELEMIS ULTIMATE FACIAL THERAPY

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<b>TASTER FACIAL</b> 30ms An instant pick-me-up for any occasion.	80,00€
<b>EXOTIC MOISTURE DEW</b> 1h Treat your skin to a moisture boost. The skin is fed with deep hydrating actives that will bring back the healthy dewy look to the skin.	100,00€
<b>OXYGEN SKINCALM</b> 1h15ms A pure soothing heaven for sensitive skin Calming actives and a restructuring Japanese Silk Mask combined with specific gentle massage techniques, help rebalance delicate, fragile and sensitive complexions. This face and eye treatment offers immediate comfort to stressed and irritated skin.	100,00€
<b>VISIBLE BRILLANCE</b> 1h15ms To fight against ageing, stressed and slackened skin. An anti-ageing face and eye treatment that firms, rejuvenates and plumps up the skin and reduces dark circles. A micro-circulatory massage technique is combined with powerful formulations to help smooth, sculpt and restore skin radiance.	120,00€
<b>PRO-COLLAGEN QUARTZ LIFT</b> 1h15ms Immediate results against time. This exceptional face and eye treatment helps slow down the visible signs of ageing to help reduce the appearance of fine lines and wrinkles on the face and around eye contour. A specific lifting massage is combined with anti-ageing active elements for maximum efficiency.	120,00€

## ELEMIS JUST FOR MEN

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**SKIN IQ FACIAL** 120,00€  
1h15ms  
Anti-ageing booster for tired, stressed skin.  
Helping to calm irritation, moisturise, and minimise the signs of ageing, this facial is the ultimate overhaul for male skin

## ELEMIS ULTIMATE BODY THERAPY

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### **Body Cleansing Rituals**

**DEVILS MINT SCRUB** 80,00€  
30ms  
This revitalising fresh mint body scrub gently cleanses, nourishes and smoothes the body by removing dead skin cells. This treatment gives your body vitality and glow.

**EXOTIC LIME AND GINGER SALT GLOW** 95,00€  
30ms  
Invigorating ginger stimulates the metabolism and tones the body. Lime peel works to energise, cleanse and purify. Unrefined sea salt, exfoliate and remineralise.  
A body exfoliation and relaxing moisturising modelage ritual that turns into an exotic luxurious body ritual.

### **Detox Wrap Therapy**

**MUSCLEASE AROMA OCEAN WRAP** 130,00€  
1h15ms  
Seaweed wrap for complete muscle relaxation.  
Using seaweeds and a warming blend of Essential Oils, this treatment helps to detoxify and helps ease aching tense muscles.  
Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment..  
Recommended before or after golf.

**CELLUTOX AROMA OCEAN WRAP** 130,00€  
A detoxifying blend to decongest and stimulate the system  
1h15ms  
The richness of sea plants to help refining the appearance of cellulite and relieving the discomfort of fluid retention.  
Unwind whilst being cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp massage.

### **Exotic Rituals for Total Mind and Body Indulgence**

**EXOTIC COCONUT RUB AND MILK RITUAL WRAP** 120,00€  
Pure sensuality  
45ms  
Warmed Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and relaxing scalp massage

EXOTIC FRANGIPANI BODY WRAP 100,00€  
45ms  
Immediate softness and suppleness  
Aromatic Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing wrap. This exotic therapy provides ultimate radiance, vitality and glow.

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## THE ART OF TOUCH

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### **Deep rhythmic pressure massage**

Dynamic blends of Essential Oils are prescribed to target individual needs and reduce stress and muscle tension:

STRESS-A-WAY 90,00€  
1hr  
Wind down and release the tension of the day

SPIRIT REVIVER 90,00€  
1hr  
A powerful surge to invigorate and recharge

MUSCLE MELT 90,00€  
1hr  
Relax and re-energise a tired and aching body

DEEP TISSUE BACK MASSAGE 60,00€  
30ms  
Targeting the back, shoulders and neck areas, where you need it most.

MOTHER-TO-BE 90,00€  
1h15ms  
Massage adapted to each stage of pregnancy.  
This inspirational therapy connects mother and baby through the power of touch.

AYURVEDIC HOLISTIC MASSAGE 120,00€  
1h15  
The Ayurvedic massage comes from the Traditional Indian Medicine. Aids in balancing energies, stimulates lymphatic system and promotes a deep sense of relaxation.

REFLEXOLOGY 120,00€  
1h15ms  
A pressure massage applied on specific areas on the feet and hands provides a therapeutic effect. It stimulates the flow of energy, blood, nutrients, and nerve impulses to the corresponding body zone relieving ailments and rebalancing mind and body.

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## HANDS AND FEET RITUALS

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EXOTIC HAND RITUAL 40,00€  
Pure indulgence for hands  
30ms  
Cuticles and nails are nourished with warmed aroma-therapeutic oils, whilst the sublime sensation of the Nourishing Milk Bath lavishes its richness for beautifully smooth, soft and supple hands.

SOLE DELIGHT 50,00€  
30ms  
A total sensory experience for your feet  
Warmed aroma-therapeutic oils nourish and condition feet and nails. The extra-rich hydration replenishes and softens hardworking heels, lavishing a rich and healing action on your skin.

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#### CHROUPANA'S SPECIALS

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INDIAN HEAD MASSAGE 80,00€  
30ms  
Head, neck and facial areas are massaged with the purpose of manipulating the energy channels to clear blocks and relieve tension.

HOT STONE HARMONY 170,00€  
1h30ms  
Heated basalt stones are used to massage the body, using traditional techniques to ease the pain and tension of muscles as well as deeply relax and rebalancing mind and body.

ORIENT ESSENCE CEREMONY 170,00€  
1h30ms  
Aromatic bags – smooth Balinese Pebbles in soft gauze soaked in warmed exotic oils and luxurious spices are used to perform this exotic massage inspired by rituals of South East Asia. The body is enveloped in deep relaxation, the spirit soothed and the skin hydrated, soft and luminous. A sensory experience.

MOROCCAN RASUL 170,00€  
1h30ms  
This unique Moroccan Mud Rasul exfoliates and deep cleanses, leaving the skin comfortable and silky to the touch. An aromatherapy massage is the final relaxing touch of this unparalleled ritual.

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#### HAIR REMOVAL

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Eyebrows	20,00€
Upper lip	20,00€
Underarms	25,00€
Bikini line	40,00€
Half leg	40,00€
Full leg	55,00€

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#### THERMAL GARDEN EXPERIENCE

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After a brief shower, experience the circuit at your leisure

SAUNA  
Dry heat promotes relaxation and helps removing toxins.

STEAM BATH  
High humidity and mild radiance heat are effective to detoxify and relax.

HYDROMASSAGE POOL  
The use of the revitalising properties of water to restore and relax