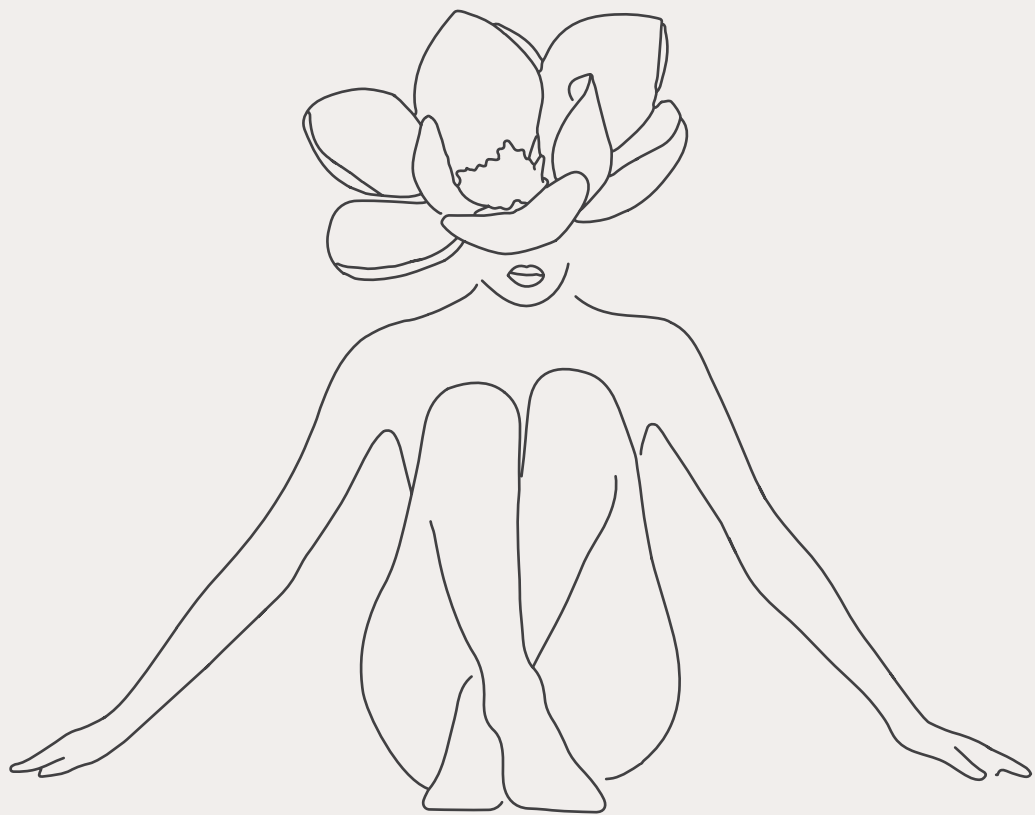


LUX* GRAND BAIE

WELLNESS MENU

WELLNESS IMMERSION PROGRAMS .
WISDOM OF TOUCH . BODYWORK SYNERGY .
HAMMAM BATHING RITUALS .
STUDIO RÉVÉRENCE . SEED TO SCALP
HAIRDRESSING & BARBER . MINDBODY
ELEMENTS . INNER PHARMACY .



FROM THE ANCIENT WISDOM OF LIFE TO THE AVANT- GARDE WELLNESS OF LUX* ME...

Still, Vibrate, Breathe, Life, Smell, Taste,
Listen, See, Feel, Sustain...

The Five Great Nature Elements, Maha Pancabhuta
in Pali, are earth, water, fire, air and space.

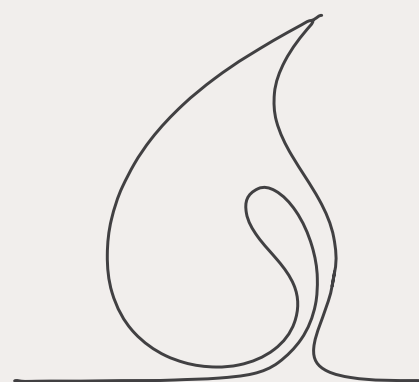
These elements are a basis for understanding that
we are all and we are nothing.

We represent the same but manifest in different ways,
yet we are all connected. This authentic, everlasting
wisdom has been teaching us that change is an
unavoidable natural process and we all have the ability
to uncover all there is and use it for our advantage to
respond, adapt, and find that inner peace.

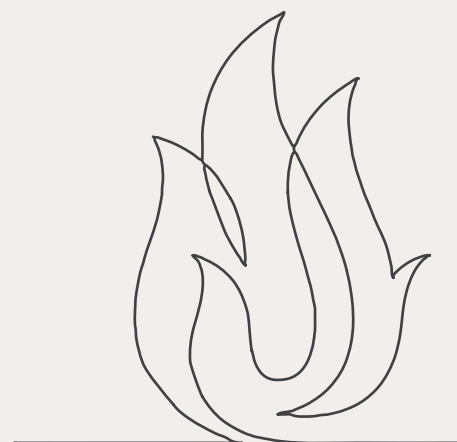
EARTH gives foundation and protection, expresses itself as solidity and form. Externally, it reflects in nature as planets, mountains, rocks, and all solid structures. Internally, the earth element gives rise to our bones, muscles, tendons, and cartilage.



WATER is cohesiveness. Our bodies are made up of roughly 70 percent water, as is the planet itself, connects and nourishes. Internally, our organs, joints, nervous system are nourished and protected by the river of our plasma and fluid.



FIRE is transformation. Presents in everything that generates heat, light, needed for transformation; in the outer world as the sun and internally as our digestive and cognitive processes.



AIR is movement. It's a force of life, present in everything that moves, like the wind. Within the body, is the movement of breath, circulation, and nerve impulses.



SPACE is pure potentiality, expansion, infinite possibilities. Within body, it is the gaps between and within cells through which information flows.



At LUX* Me Wellness House, the key architectural design is inspired by integrating biophilic elements, connectivity to the natural environment, which can unwind, reduce fatigue and stress, give clarity to thoughts, and enhance creativity, expediting self-healing. Light, water, wood, stones, trees and plants, and YinYang simplicity in colours and shapes allow the expansion of creative energy. All equipment, tools, linen and natural spa products are chosen carefully to work together with nature. LUX* ME organics are used in all of our signature treatments.

Our team shares and cares about well-being, learns and teaches wellness involution, cultivating awareness from inside that reflects the surroundings. We understand that it is a continuous journey that empowers our mind and body intelligence to make a conscious choice and find that equilibrium physically, mentally, emotionally, and spiritually.

*“There are no straight lines or sharp corners in nature.” - **Antoni Gaudi***

YOUR PATH TO WELLNESS

GUEST
ROOM

LUX* ME
WELLNESS
HOUSE

LIFESTYLE
ASSESSMENT

BREATHE



PERSONAL TRAININGS,
INDOOR CYCLING THEATRE,
GYM, NIYAMA MINDBODY
STUDIO



MUSCLE UP
ON THE ROOF




WELLNESS BAR
AND KEEN ON
GREEN CONCEPT




STUDIO RÉVÉRENCE,
SEED TO SCALP
HAIRDRESSING
& BARBER STUDIO





HAMMAM BATHING
RITUALS, SPA THERAPIES,
SOUND HEALING, BATH
JOURNEY HYDROTHERMAL
FACILITIES



LIFESTYLE
BOUTIQUE



WELLNESS
TIPS &
TOOLS



SELF-
CARE

LUX* Me has redefined the experiences by integrating holistic well-being into your stay and beyond, equipped with wellness tips and tools to obtain, and continue to benefit, before and after the stay. Wellness is about feeling amazing from the inside out. Our intention is for guests to leave feeling empowered and happy, complete with the tools they need to pursue their journey.

*Happiness is not a goal, it's a by-product of a life well lived – **E.Roosevelt***

Heart- and Mind-fulness activities & silence, workshops, and services are tailored for wellness recovery based on the state of your current mind and body elements.

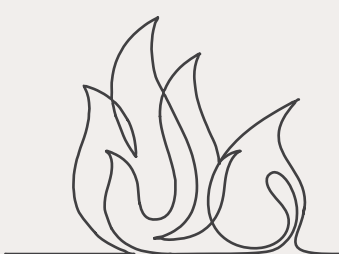


AIR

is represented
by Air &
Space.

IN

BALANCE:
energetic,
adaptable, lively,
creative, forgiving,
emphatic, initiative.



FIRE

is represented
by Fire &
Water.

IN

BALANCE:
warm, focused,
friendly,
decisive, joyful,
compassionate,
efficient, good
digestion.



EARTH

is represented
by Earth &
Water.

IN

BALANCE:
consistent,
supportive, steady,
strong, content,
loyal, calm, patient.

MINDFUL AWARENESS WELLNESS IMMERSION PROGRAMS

There is no “one size fits all” prescription for wellbeing. Instead, every health-related measure is based on the individual’s mind-body type and the needs that derive from it. We are a network of intelligence in dynamic exchange with everything that surrounds us.

MINDFUL AWARENESS WELLNESS
IMMERSION PROGRAMS

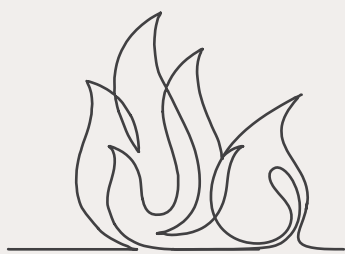
GROUNDING
WITH
NATURE –
PACIFYING
AIR



OBJECTIVES
Staying aligned with nature,
uncover and reconnect
with your equanimity, skin
hydration, rediscover ‘feel
good & age-well’ foods.

GOOD FOR
Improving sleep quality,
alleviate chronic fatigue,
regulates stress & anxiety.

EFFORTLESS
BALANCE –
SUSTAINING
FIRE



OBJECTIVES
Learn your natural mind-body
type, reconnect with your inner
balance, rediscover foods
according to your natural type.

GOOD FOR
Those who want to enliven
their wellness, overall sense of
wellbeing, guests who may wish
to stay connected with work
commitments and stay longer
at the resort.

EMBRACING
CHANGE,
BECOMING
FLOW –
AWAKENING
EARTH



OBJECTIVES
Tap into your inner wisdom
and increase your energetic
capacity, rediscover ‘release &
invigorate’ foods (cleanse &
antiinflammatory), building
resilience through the 6 senses.

GOOD FOR
Rebooting and renewing,
improving the immune system,
emotional well-being, and chronic
pain management.

MINDFUL AWARENESS WELLNESS IMMERSION PROGRAMS

ALL PROGRAMS INCLUDE:

- Lifestyle and mind-body consultation
- 1 x 45-minute hammam bathing ritual
- 1 x 60-minute movement session
- 1 x 30-minute breath awareness session
- 1 x mind-body nutrition workshop
- Specific spa treatments and components listed in the program descriptions
- Access to all complimentary daily wellness classes and workshops
- Access to the Bath Journey hydrothermal hot & cold wet facilities, including steam, sauna, laconium, Kneipp baths, ice rocks, and multi-sensory shower experiences
- Access to Muscle Up on the Roof training spaces
- Use of non-motorised water sport equipment
- 1 therapeutic Block Buddy
- A wellness gift pack specific to the program

Choose from 3, 5, 7-day.



WISDOM OF TOUCH

CHERISHES THE HEART, SOOTHES THE MIND,
REVITALISES THE BODY

All our therapies emphasize **breathing, sound healing**, using of aromatic **essential oils, stillness**, stimulation of the energetic '**meridian**' points and the vagus nerve through abdominal massage to help balance the immune system, reduce inflammation, calming the mind.

We also recommend guests to pair any spa treatment with plant-based foods, available on our Keen on Green and other delicious cuisines, to feed the probiotics in your system. Refreshing kombuchas and yoghurts are available at breakfast and wellness smoothies and green juices at our wellness bar. This microbiome colony supports our gut behaviour “the gut feeling” that is connected to the brain via the Vagus Nerve, the “brain–gut axis”.

Sitting silently on the beach, barefoot, looking at the ocean, the sky, or simply be, gives the feeling of release and expansion. Fluid Isometric Block Therapy, teaches our body and mind to become aware of our pains and aches, breathe into them, control, and flow... it's an involution process to freedom.

Our sense of smell is linked to our memories, emotions and mood. It is the oldest sense. Aromatherapy is a powerful tool to help balance your well-being.



PACIFYING AIR

Harmonising the energy centres of the body, ‘chakras’. Treatments are intended to activate the energy that lies dormant at the base of our spine to bring back into a state of grounding awareness and slowly moving up to the crown, creating an upward flow, releasing deep fatigue and chronic stress. Air element is typically dry and need continuous hydration to calm and balance the skin. For the perfect experience and support, treatments can be requested on the Dream spa bed with the sea-like heated ‘sand’ of spherical mineral quartz.

• BODYWORK

SYNERGY AIR

(90 MINUTES)

A full body massage therapy combined with the use of hot stones and herbal pack. It includes back and abdomen massage, marma (energetic) pressure points face massage, and a calming neck and scalp massage. The aromatherapy, hydrating and warm organic oil, healing sound, and stillness all work in tune to ground and pacify the dynamic Air element.

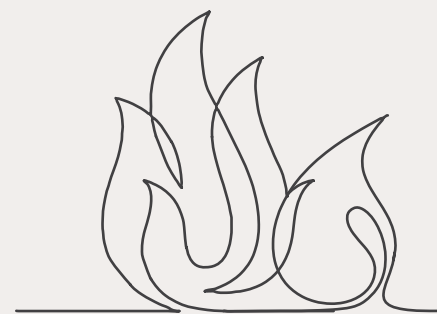
• RITUAL

IMMERSION AIR

(180 MINUTES)

Body scrub and wrap, followed by Bodywork Synergy, and a Nourishing Facial.

SUSTAINING FIRE



Treatments are intended to soothe and cool the heat within the body, stabilising the 'fire' energy in the centre part of the body, calming the nervous system, and ultimately enhance a sense of inner peace.

The mind is realigned, in harmony with the body, and maintain the transformational fires under control.

For the perfect experience and support, treatments can be requested on the Ocean Dream spa bed with the sea-like heated water cushions.

- BODYWORK

SYNERGY FIRE

(90 MINUTES)

Abdomen work and foot pressure points are applied to release blockages on organs located in the centre of the body. This bodywork improves blood circulation and prana (life force or subtle energy), elongates connective tissue and loosens toxins for elimination from the body. It includes a deep massage on the back.

- RITUAL

IMMERSION FIRE

(180 MINUTES)

Turkish Hammam Experience, followed by Bodywork Synergy and a refreshing Face Mask.



AWAKENING EARTH

Earth element is naturally grounded but tends to catch inflammation and often needs some stimulation to stay mobile and balanced.

Treatment experiences are intended to boost circulation and revitalise, infusing energy and alleviate the feeling of being stuck.

For a perfect experience and support, treatments can be requested on the Ocean Dream spa bed with the sea-like heated water cushions.

- BODYWORK

SYNERGY EARTH

(90 MINUTES)

Stimulating techniques are applied in this full-body treatment combined with pressure points on the feet to help detox the waste of the body. Deep work is incorporated on the legs and back. A warm compression is applied on the feet before concluding with a spine alignment.

- RITUAL

IMMERSION EARTH

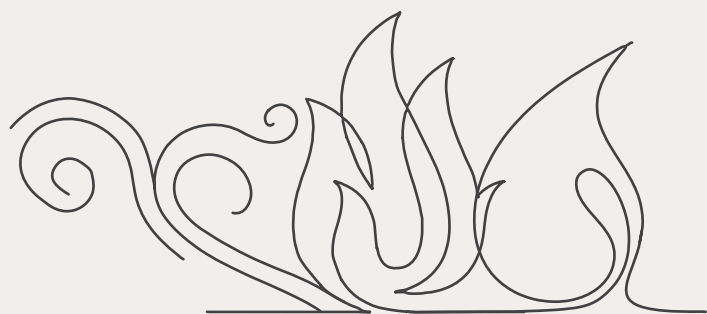
(180 MINUTES)

Invigorating exfoliation followed by abdomen and leg wrap, Bodywork Synergy, and a Glow Facial.

HALF-DAY RETREATS (6 HOURS)

All retreats are personalized according to the designated elements, which include a Ritual Immersion, wellness juice, infusions & snacks. Guests may add indoor/outdoor movements, Mindfulness practices, MindBody nutrition workshop, an Elemental Trio treatment, and/or a session of gratitude.

ELEMENTAL TRIO (90 MINUTES)



Choose from:

BIO ENERGY HEALING MASSAGE

A journey to equanimity, this gentle yet powerful technique combines elements of lymphatic drainage and balancing meridian massage, to boost positive energy. The therapist will facilitate the body towards intrinsic reorganisation across the body's tissues and fluids to support the body's innate ability to restore and heal itself.

RESILIENT REFLEXOLOGY

A hot adrenal/liver herbal pack is applied to move particles in the body and promote elimination of waste. This therapy includes a back massage and healing vibration.

HAMMAM BATHING RITUALS

Located at the Bath Journey floor, this space is designed for a blissful way of bathing. A tradition that has been cherished for centuries. Bathing was part of social life, many important occasions were celebrated at the bath, including the day before weddings and “tear-drying baths” or “moving-on” ceremony after the death of a love one. Traditionally, bathers wrap themselves in a pestamel and peshkir. Upon entering the hammam, you will feel the glow of the gentle heat coming from the goebekta table under the skylight and the heated bath as they soften your skin and relax your muscles. Wander over to one of the ‘kurnas’ to scoop water and bathe yourself.

Whether with a therapist or a self-cleansing ritual, it is a must-do experience while staying at LUX* Grand Baie. We recommend at least a round of hydrothermal spa session before commencing your actual hammam ritual to complete your bath journey. Expect a complete rejuvenation and a lot of rinse!

THE TURKISH HAMMAM EXPERIENCE (45 / 60 / 75 MINUTES)

A place for relaxing while connecting, steeped in Turkish tradition and origin, using heat, humidity, and water for wellbeing cleansing, revitalising the body and mind used since the Ottoman days.

This traditional hammam experience is designed with 3 different time options, personalised according to the length of massage and/or additional products. All include Kese exfoliation and Olive foam massage.

HAMMAM BATHING RITUALS

THE MARMA-REFLEX
BATHING RITUAL
(60 MINUTES)

This cleansing ceremony starts with a soak in the heated pool, followed by a full-body scrub and black soap massage to nourish the body. An application of the enriching LUX* ME face mask, while the scalp and feet are massaged along the meridian lines, is to calm the mind and brighten the complexion.

All assisted Hammam rituals are concluded with a refreshing hair wash and application of skin moisture booster and facial rebalancer.

SELF-EXPERIENCE
HAMMAM RITUAL
(45 / 60 / 75
MINUTES)

Select your copper bath-tray and down you go!

- CLASSIC
A step-by-step ritual, a copper bowl with a Kese glove, a Black/ Beldi or Olive soap, and LUX* ME bio hair cleanser, hair smoother, skin moisture booster and facial rebalancer.
- CROWN
Classic + Oway hair mask and LUX* ME face mask Pure or Plump
- CELESTIAL
Crown + LUX* ME Ginger Orange body wrap

HYDROTHERMAL
AROMATHERAPY AND
SOUND HEALING
CEREMONIES

Experience the beneficial effect of essential oils on your mind and body, introduced by the Bathing Masters. Sit, relax, close your eyes and just breathe...

Reservations are required, separate his and her's' hours.
Private Hammam may be reserved for a party of up to 6 guests.

FOUR PILLARS A LA CARTE

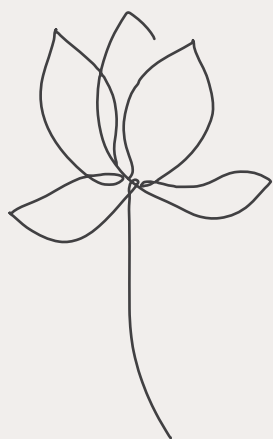
R E L A X



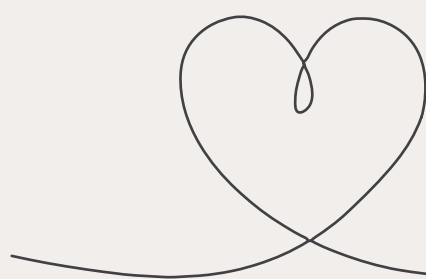
R E S E T



R E N E W



R E V I T A L I S E



FOUR PILLARS A LA CARTE

R E L A X

Time to decompress,
sleep enhancing, harmonious.



MOOD ENHANCING FACIAL (90 MINUTES)

This holistic, non-invasive facial works on a physical, emotional, and spiritual level. A gentle exfoliation followed by a customised face massage using organic aromatherapy mood-enhancers. It will leave your skin radiant and hydrated. Includes Scalp, Neck & Shoulder Massage. Recommended as anti-jetlag skin hydration therapy.

ABSOLUTE UNWIND BODY MASSAGE (90 MINUTES)

Emotional wellbeing for a moment of deep relaxation. To achieve total relaxation, this holistic massage combines acupressure and lymph drainage techniques to balance the nervous system, energise your body and combat jetlag, especially for those who arrive early on the day after a long flight.

SHIRO ABHYANGA INDIAN MASSAGE (90 MINUTES)

Influenced by the ancient Indian Ayurvedic massage techniques combined with essential oils, this therapy helps heal body tension. The benefits of scalp massage and 3rd eye work, and relax the facial muscles, relieve tension in the shoulders and neck and recalibrate your mind. Sleep disorders and stress are washed away. Recommended as an anti jet-lag therapy.

YING YANG FOUR- HAND MASSAGE (60 MINUTES)

This synchronized massage revitalizes the body. The four hands moving in unison will release any energy blockages, helping you unwind.

ADD-ONS RECOMMENDED (30 MINUTES)

Scrub/wrap, hot stones, herbal poultices, ear candling.

R E S E T

Cleanse and boost circulation

ACTIVE ABDOMINAL
THERAPY*
(60 MINUTES)

At times our hormones seem to have a will of their own. You can regain control with the help of this treatment that uses the ancient remedy of the essential Chaste tree oil. Warm herbal packs activate the circulatory system, while specific massages of the abdomen ease tension and help drain unwanted toxins. Pressure is applied to points on the feet to enhance the benefits of this hormonal-balancing therapy.

MUSCLE REVIVER
BODY SHAPE*
(90 MINUTES)

Our Silhouette essential oil blend contains a revolutionary compound that helps dissolve the membrane of fat cells. During this treatment, the therapist combines deep tissue massage with lymphatic drainage to ease away toxins and sculpt your body.

* For maximum benefits, we recommend three therapy sessions combined with Breathwork and Personal Training sessions.

THERAPEUTIC
(90 MINUTES)

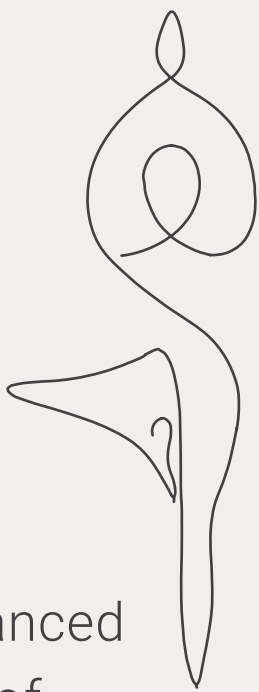
This hands-on, advanced therapy makes use of multiple massage techniques to customise your treatment. Hot stones or compresses, medical grade soft cups, and/or herbal poultices may be used to relieve any aches and pain. Stretching may also be incorporated in order to achieve the wanted results.

FOOT PRESSURE
POINT MASSAGE*
(60 MINUTES)

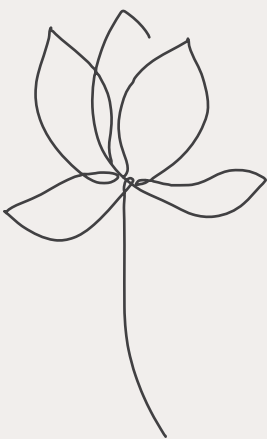
A natural Chinese healing art based on the principle that there are reflexes in the feet that correspond to every part of the body. By applying pressure to the reflex points, this healing therapy relieves tension, improves circulation, and stimulates the natural functions of the related areas in the body.

ADD-ONS
RECOMMENDED
(30 MINUTES)

Soft cupping, scrub/wrap, ear candling.



R E N E W
R E J U V E N A T E



The radiant new you

DEEPLY HYDRATING
AROMATHERAPY
FACIAL

(6 0 / 9 0 M I N U T E S)

Sun, surf and sand can be a little rough on your skin. This hydrating facial, tailored to your skin type, ensures the only visible effect of your beach holiday is a sun-kissed glow.

LIFT & FIRM
ANTI-AGING
FACIAL MASSAGE
(3 0 M I N U T E S)

Advanced skin stimulation techniques and a transformative touch are combined with anti-aging formula to plump and firm your skin.

INTRACEUTICALS
OXYGEN FACIALS

The Intraceuticals Oxygen Infusion Therapy is a non-invasive treatment that targets fine lines and wrinkles and dramatically enhances skin hydration. It is called the Celebrity Facial because it gives a red-carpet glow instantaneously. Perfect for any special occasion!

(6 0 M I N U T E S)

High-pressure pure oxygen infuses your skin with a serum of hyaluronic acid, essential vitamins, botanicals, antioxidants and peptides. Includes cleanse, tone, exfoliate.

(3 0 M I N U T E S)

C H O O S E F R O M :

- Retouch eyes, lines, lifts, highlights. Includes cleanse, tone, and touch-up
- Atoxelene includes cleanse, tone, high-pressure serum infused to your skin. It targets problem areas like spots, fine lines and wrinkles
- Application of facial enhancers Eye & Lip masks.

FOUR PILLARS A LA CARTE .

RENEW REJUVENATE

OUT WITH THE
OLD, IN WITH
THE NEW SCRUB
(45 MINUTES)

We begin with a body exfoliation ritual made from fresh ingredients that removes dead skin cells followed by a moisturizer to prep your skin for sun intake. With your newfound baby skin, you will feel like a new person.

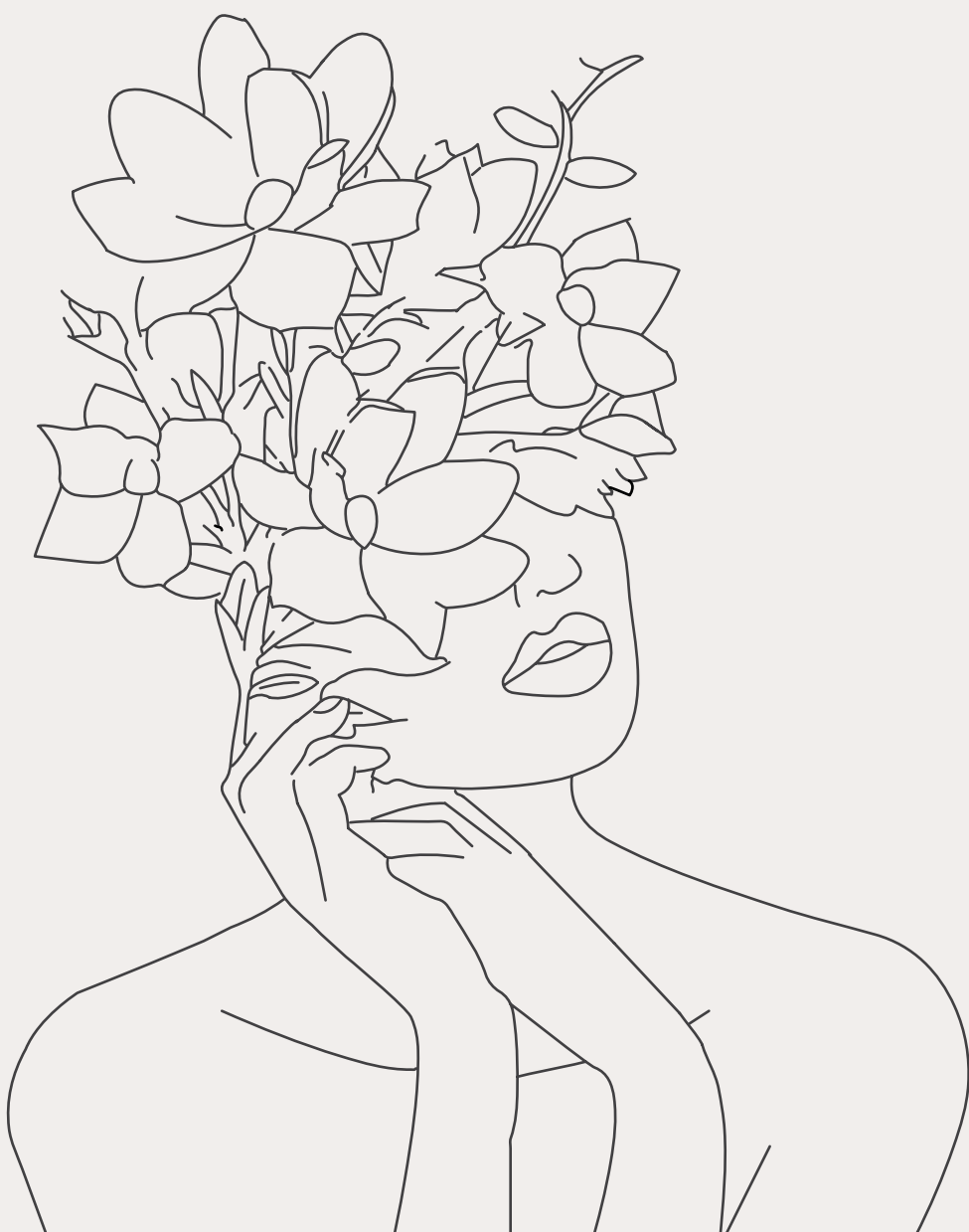
Choose from Tea, Coffee, or Sugar Smoothie Scrub. All scrubs are infused with Ylangylang and Mandarin essential oils.

COCOON WRAP
(45 MINUTES)

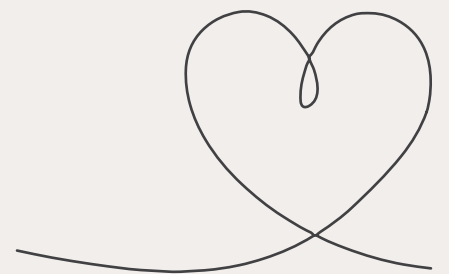
Our therapeutic and invigorating wrap envelops your body and replenishes your skin of its nutrients, revealing a fresh complexion. Includes scalp & face massage. Choose from Ginger Orange, Slimming Laminaria, or Soothing Chocolate Wrap.

ADD-ONS
RECOMMENDED
(30 MINUTES)

Neck, scalp and shoulder massage, foot massage, ear candling.



R E V I T A L I S E



Becoming resilient, the path of the true energy, muscle and meridian work

SHIATSU DEEP
MASSAGE
(75 MINUTES)

A combination of dry and oil treatment that treats deep-seated muscular problems. Start with dry pressure and trigger point work to release the muscular contraction followed by deep tissue massage. This massage focuses on the back area of the body.

BALINESE MASSAGE
(75 / 90 MINUTES)

This full body massage combines dry and deep pressure movements followed by an oil massage and lymph drainage techniques. Skin rolling and flicking, firm, gentle stroking, and percussion techniques are used to loosen any muscle tension and boost circulation.

ACUPRESSURE
MERIDIAN MASSAGE*
(90 MINUTES)

Various techniques are used to clear the body's energy pathways, stimulate specific points, and release any blockages so the Qi can flow freely.

ADD-ONS
RECOMMENDED
(30 MINUTES)

Scrub/wrap, neck, scalp and shoulder massage, ear candling.



LUX* ME TIME

Design-Your-Own Spa Day

What does your ideal spa day look like? Browse our menu and choose between 4, 8, and 12 hours of treatments. You will receive a cumulative discount.



THE BRIDE & THE GROOM

With all the energy that goes into planning a wedding and then the excitement of the wedding day, the stress factor can be high. We are here to help, whether it's a last-minute boost on your wedding day or some post-wedding bliss. Contact LUX* ME for more information about our customised pre- and post-wedding packages.

LUX* ME BABYMOON

PRENATAL FACIAL (60 MINUTES)

Bring out the best of your skin with this pampering, vitamin-rich facial that will leave you looking radiant. Our prenatal facial ends with a cooling hand and foot massage to soothe your limbs.

PRENATAL MASSAGE (60 MINUTES)

Designed for mothers-to-be during their second and third trimesters, our prenatal massage releases tension in your hips and lower back and relieves any ache or discomfort. Goodbye stretch marks, tired legs, and cravings. It is also a chance to sit back, relax, and appreciate the miracle that is about to happen.

ADD AN EXTRA 30 MINUTES OF BLISS

- Face and scalp massage.
- Body polish.
- Skin softening body wrap.



*Pregnancy is an individual experience. We recommend consulting your physician before booking a spa treatment.

LUX* ME CHARM @ YOUTH



Kids and teens deserve to live their best life too. These customised rituals are adapted to their taste and age (we use spa ingredients that look just like desserts). For body treatments, parental company is mandatory.

@ THE STUDIO

- GORGEOUS NAILS
(15 - 30 MINUTES)
- HAIR-CUT, STYLE, UP-DO, OR BRAIDS
(30 MINUTES)
- SUN-KISSED FACIAL
(30 MINUTES)
- TUTTI FRUTTI FOOT SCRUB & WRAP /
FACE & SCALP MASSAGE
(45 MINUTES)
- MASSAGE BLISS
(FACE AND SCALP, HANDS AND FEET)
(30 / 45 MINUTES)

@ THE SPA

BONDING TIME (SIDE-BY-SIDE EXPERIENCE)
(60 / 75 / 90 MINUTES)

- MOTHER AND DAUGHTER FACIAL
- FATHER AND SON THAI SHIATSU
- PARENT AND CHILD SPA TREATMENT
- LUX* ME BONDING TIME A LA CARTE

STUDIO RÉVÉRENCE

A CONCEPT BY

BASTIEN GONZALEZ



RÉVÉRENCE FOOT RITUAL

(60 MINUTES)

A complete pedicure including a nail treatment (gentle buffing to restore the beauty of the nails, resulting in a healthy natural shine); followed by a skin treatment to eliminate hard skin and dryness; complemented by a massage from the toes up to the knees, relieving any muscle tension and heaviness.

RÉVÉRENCE HAND RITUAL

(45 MINUTES)

An exceptional manicure in 3 steps: a cuticle and nail treatment, including a natural beauty finish to the nails and thorough massage of the forearms, wrists, hands and fingers. An unforgettable experience!

RÉVÉRENCE DUO (75 MINUTES)

This synchronised four hands treatment focuses on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury, offering total relaxation.

NAIL HIGHLIGHTING (30 MINUTES FOR HANDS, 45 MINUTES FOR FEET)

A foot or hand treatment focusing on the beauty of nails. Nails are reshaped and buffed with chamois leather and a pearly buffing cream. The nails are restored to health with their natural beauty and shine. Includes a relaxing massage.

STUDIO RÉVÉRENCE

FOOT DE-STRESS (35 MINUTES)

A treatment designed for the total wellbeing of the feet and legs. Ideal for relieving heavy legs, tired after long flights. This truly relaxing toes-to-knees massage focuses on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub facilitates the absorption of the cream used during the massage, optimising the effects of its active ingredients.

HAND & FOOT SYNCHRONICITY (35 MINUTES)

A completely soothing and calming massage: from the toes up to the knees, from the fingers up to the elbows, this four-hand synchronised massage creates a sensation of lightness to the whole body, relieving any muscle tension or heaviness in the legs and arms. The result is improved skin elasticity and optimum mobility.

NAIL FILE & PAINT HANDS OR FEET (30 MINUTES)

Select your favourite colour from a range of polishes. Includes nail reshaping.

ECO COLOUR TOUCH HANDS OR FEET (40 MINUTES)

A colour to suit every mood and palate, using responsibly-sourced, semi-permanent polishes that are easy to remove.

LITTLE ME (KIDS MANI / PEDI) (25 MINUTES)

A file and paint for your little one's nails using polishes developed especially for kids; that washes off easily with soap and water.



LUX* ME HAIRSTYLING & BARBER FROM SEED TO SCALP AND BEYOND

We believe in wellness for the world and that our planet must be respected without compromising on quality. We use Oway for all our hair care, rich in natural active ingredients, pure, ultra-effective essential oils, hydrolates and extracts, available only in glass and aluminum, recyclable materials.

START WITH A PRE-DIAGNOSTIC WITH TRICHO-DERM, AN IN-DEPTH SCALP ANALYSIS TO PICK THE BEST TREATMENT FOR YOUR HAIR AND SCALP. EACH TREATMENT INCLUDES A RELAXING SCALP MASSAGE AND CAN BE BOOKED WITH A BLOW-DRY OR ADDED TO YOUR ALREADY PLANNED APPOINTMENT

- Rebuilding
30 - 40 minutes.
- Anti-Hair Loss
15 - 25 minutes.
- Herbs & Clay Peeling
15 - 25 minutes.
- Purifying
20 - 30 minutes.

All treatments include a hair and scalp analysis with Tricho-derm



OWAY BOTANIC
RITUALS

Hydro-Dhara
10 - 20 minutes.

Suitable for all types of scalp, hair and mind in need of a boost. Active ingredients: lavender, centifolia rose, rosemary and araza. The harmonising Flowerfall blend flows through the Hydro-dhara drip onto the hairline and forehead area for around five minutes, rebalancing the nervous system, soothing the mind.

CUTS
(INCLUDING
SHAMPOO / CARE /
CUT / QUICK DRY
& BRUSH)

Any length of hair.

STYLING / BLOW DRY
(INCLUDING
SHAMPOO / CARE
& BRUSH)

Short/ Long Hair/
Wedding Hairstyle.

AGRICOSMETIC COLOR

- Permanent Colour: Agricolor.
- Roots.
- Full Head.
- Highlighting.

BALAYAGE : H BLEACH

Short Hair.

Long Hair.

TONER : H MELT

- Using permanent tint to add tone 10 - 20 minutes.
- To pre-lightened hair 10 - 20 minutes.

SMOOTHING :
H STRAIGHTEN

BARBER SHOP:
OW MEN

- Premium Shaving.
- Premium Shaving & Tailormade Cut.
- Men's Facial 30 minutes.

BABY LUX –
OWAYANS (3 - 12 YRS)

Including Care/Cut/Styling.

Reservations Advisory

Spa & Bath Journey open daily from 09:00 to 21:00

Hammam for her from 09:00 to 12:00 and 16:00 to 18:00

Reservations required

Hammam for him from 12:30 to 15:30 and 18:30 to 20:30

Reservations required

Reservations are highly recommended. Please allow time to complete and send your Lifestyle Forms in order for us to tailor your experience. Our wellness team is available to help you design your very own wellness journey.

It is important to let us know if you are pregnant or have any condition making you susceptible to high blood pressure, allergies, previous injuries or any other medical condition.

We ask at least 4-hour notice prior to your session should you wish to cancel or rearrange it free of charge.

Cancellations of packages or private parties require a 3-day prior notice.

Please note that prices and hours of operation are subject to change.

General Advisory

To enjoy the benefits of the Bath Journey hydrothermal facilities , please arrive 45 minutes before your treatment begins.

We require you to use a bathing suit in the Bath Journey area and a disposable underwear for body treatments. We provide robes, sandals, disposable underwear, and personal grooming products.

All areas in the LUX* ME wellness house are smoke - and alcohol-free. To ensure a relaxing atmosphere, we ask that you avoid using your mobile phone in the Spa and that you keep it in silent mode.

LUX* ME facilities and services are only for guests over 16 years old. We have however designed a section of treatments for our younger guests, please contact our Spa team for details and reservations.

LUX* ME is not responsible for any lost or misplaced items.

We welcome any inquiry and work with many external specialists available on the island. Please contact our wellness team should you wish to enquire a specific treatment, holistic nutritional consultation, or other wellness modality that is not in our LUX* ME menu.

***LIGHTER. BRIGHTER.**