

# SENEB SPA

*Your doorway to be healthy*

SPA MENU

## THE STORY

Over 7,000 years ago, the Egyptian civilization used the word "Seneb," which translates to "being healthy" or "to be healthy." This is what Seneb Spa offers you today from the moment you step through our doors. Experience complete mental, physical, emotional, and spiritual well-being with us."

*An uplifting and unforgettable experience.*

*Welcome to Seneb Spa!*

"Operated By"

EST.  2004

**Wellbeing**  
SPA & WELLNESS  
center



### RELAXING MASSAGE

🕒 50 Min

Relaxing massage is a form of massage therapy that focuses on providing general relaxation, relieving muscle tension, calming nervous system and improving blood circulation. The primary goal of this massage is to help your body to recover from the stress of everyday life.



### ANTI-STRESS MASSAGE

🕒 50 Min

Anti stress massage is a deeply relaxing massage treatment, works across the back, neck and shoulders to correct and relieve any muscular tension.



### DEEP TISSUE MASSAGE

🕒 50 Min

Deep tissue massage is developed to relax over-tensed muscles, using deep pressure and gentle stretches. This massage helps to warm and relax the muscles and improve range of motion. It may also promote faster healing by increasing blood flow and reducing inflammation.



### AROMATHERAPY

🕒 50 Min

Aromatherapy massage is a treatment which works wonders. It improves mental and physical state and even helps to tackle some health problems. Essential oils are helping to release muscle tension, hydrate the skin and provide immediate relaxation.



### SHIATSUE MASSAGE

🕒 50 Min

Shiatsu massage based on the same principals as acupuncture, the pressure point massage is ideal for someone desiring a deep, effective touch. Shiatsu is a perfect way to ease the tension, fatigue and enhance the energy flow.



### MEDICAL MASSAGE

🕒 50 Min

Medical massage is a treatment for medical conditions. In addition of stress relief and relaxation, this kind of massage focuses on a medical needs. It is often used to manage the pain, reduce inflammation, improve circulation, relieve nerve compression, improve digestion and to increase flexibility.



### LYMPH DRAINAGE MASSAGE

🕒 50 Min

The lymphatic system consists of lymph nodes and lymph vessels that drain fluids from the body. Lymph drainage massage also known as manual lymphatic drainage which relieves swelling that happens when medical treatment or illness blocks your lymphatic system. This kind of massage involves gentle manipulations in specific areas of your body to help lymph move to an area with working lymph vessels.



### FEET REFLEXOLOGY

🕒 30 Min

Feet massage is an ancient healing therapy that is as blissful as it is beneficial. The reflexology works on the principle that all body organs are connected to the reflex points in the feet. Massaging these reflex points restores your natural energy flow and improves overall health by sending waves of deep relaxation throughout your body.





## KIDS MASSAGE

🕒 30 Min

The sense of touch is a fundamental human need. Children seldom get the opportunity or time to rest and relax. In such cases, massage therapy is an excellent treatment for kids to relieve their stress and enjoy their lives to their fullest.



## SUNBURN TREATMENT

🕒 50 Min

Soothe your sunburned skin with our specialized sunburn treatment. Aloe vera gel alleviates skin inflammation and reduces the heat sensation caused by sunburn, while coconut oil deeply moisturizes your skin, promoting healing and comfort.



## SEA SALT SCRUB

🕒 30 Min

Experience the deep exfoliating power of our sea salt scrub, enriched with natural oils and crystalline particles. This rich formula enhances deep exfoliation, leaving your skin healthy and vibrant with a radiant glow.



## COCONUT SCRUB

🕒 30 Min

Nourish and hydrate your skin with our coconut scrub. This gentle exfoliant removes dead skin cells, leaving your skin soft, smooth, and healthy. Enjoy the ultimate pampering experience for a radiant glow.



## COFFEE SCRUB

⌚ 30 Min

Indulge in our luxurious coffee scrub, designed to brighten and revitalize your skin. Experience a boost in elasticity and deep hydration while effectively removing dead skin cells. rejuvenating experience that leaves your skin glowing and renewed.



## FACIAL TREATMENT

⌚ 50 Min

Quick cleansing of the skin 50 min by removing blackheads, dead skin, and excess oil to reveal smooth, refreshed, and radiant skin.

## VIP WELLBEING

⌚ 120 Min

Facial treatment, scrub (coffee or coconut) & massage 50 Min (your choice).

