



SPA MENU



A man is seen from the back, sitting at the edge of a swimming pool. He is holding a glass of water. The pool is outdoors, and the background features a clear blue sky, a palm tree, and a view of the sea and distant cliffs. The overall atmosphere is serene and luxurious.

BEYOND THE SPA

About Us

Carisma Spa & Wellness International is a distinguished award winning world luxury spa with 30 years of experience offering a superior service in over 50 5-star hotels, luxury holiday resorts and thalasso centres along the Aegean and the Mediterranean coast of Turkey and Malta. Since 1990 our dedicated staff have enriched guests' lives through a journey of well being, relaxation and rejuvenation.

Carisma's purpose is to help you become the best version of yourself. By nurturing the connection between body, mind and soul, Carisma Spa helps its guests reach their full potential. Through a tranquil escape from the stresses of everyday life, we take you on a journey of spiritual and physical awakening, leaving you feeling and looking wonderful in your own body.

Hot Stone Massage



7. a **American Hot Stone Massage**

Warm stones glide over your body, arousing your senses, removing all negative energy, stress and aches. Each stone used in the massage passes its own unique energy on to you. You will be amazed of how smooth the stones can feel.

Recommended with*:

- Face & Decollete Massage 30 Eur
- Indian Head Massage 30 Eur

55 mins (Eur)	85 mins (Eur)	110 mins (Eur)
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99	129	179
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Most Popular

7. b **Indian Ayurvedic Massage (Shirodara)**

The warm and pleasant Ayurveda oil stimulates your forehead, activating your third eye chakra, and gradually gliding with soft hands across your body - leaving you in a trance like state, releasing you of all tension and exhaustion.

Recommended with*:

- Foot massage 30 Eur
- Face & Decollete Massage 30 Eur

99	129	179
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7. c **Balinese Massage**

Balinese Massage is a combination of all oriental massage techniques utilizing elbows, forearms, palms and fingers by applying gentle stretches, acupressure, kneading. Balinese Massage releases, and restores energy levels while significantly relaxes the body muscles.

Recommended with*:

- Indian Head Massage 30 Eur
- Foot or Hand Massage 30 Eur

99	129	179
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* "Recommended with" treatments are 30 minute additions to your service and can not be booked as individual treatments.

	55 Min (Eur)	85 Min (Eur)	110 Min (Eur)
7. d Japanese Massage <p>Japanese massage unblocks the meridians allowing “Chi” energy to flow smoothly and gently through your body. Helping to create a balance between your body, mind and spirit by activating all of your energy channels while releasing your body from muscle pain.</p> <p>Recommended with*: • Fresh up Firming Facial 40 Eur • Foot or Hand Massage 30 Eur</p>	99	129	179
<div> <div>Most Popular</div> <div> 7. e Thai Massage <p>Energetic technique performed without use of oil triggers well-being, while relieving tension and stiffness through stretching your muscles and deeply refreshing your bones.</p> <p>Recommended with* : • Foot or Hand Massage 30 Eur</p> </div> </div>	99	129	179
7. f Hawaiian Lomi-Lomi Massage <p>Lomi Lomi is an art of massage from the temples of Hawaii, which has been practiced for hundreds of years. This art of healing includes flowing, circular integrated strokes by using the forearms, hands and elbows. The ultimate body pain breaker.</p> <p>Recommended with*: • Fresh up Firming Facial 40 Eur • Foot & Hand Massage 30 Eur</p>	99	129	179



8. Carisma's Signature Treatment

Experience the culmination of various massage techniques from around the world. The unique fusion of Indian Head, Japanese Neck, Back & Shoulder, Hawaiian Arms and Legs, and Balinese Foot Massage followed with Carisma's signature Detox Tea.

**85 Min
(Eur)** **110 Min
(Eur)**

149 189

Thai Massage



Lomi Lomi



* "Recommended with" treatments are 30 minute additions to your service and can not be booked as individual treatments.

Couple Massage



9.a Antistress Massage

Anti-stress massage is one of the most effective methods, preventing stress-related problems in your body. This massage is performed with slow and rhythmic strokes following the full body line. Special anti-stress massage oil helps to nourish and reduce all the tension in your body.

Recommended with*

- Fresh up Firming Facial 40 Eur
- Indian Head Massage 30 Eur
- Foot or Hand Massage 30 Eur

55 Min (Eur)	85 Min (Eur)	110 Min (Eur)
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99	129	179
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9.b Therapeutic Massages

Customize your treatment to the unique needs of your body. With this popular Carisma Classic, you will have the freedom to adjust your session with our expert therapists according to your needs and areas of discomfort. This targeted treatment will leave your body feeling relaxed and revitalized.

Recommended with*

- Indian Head Massage 39 Eur
- Foot or Hand Massage 39 Eur

	55 Min (Eur)	85 Min (Eur)
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1 Day	99	129
2 Days	180	218
3 Days	270	297

Deep Tissue Massage



Most Popular

9. c Deep Tissue Sport Massage

By applying sustained pressure and deep strokes this massage targets the inner layers of your muscles and connective tissues. Helps to break scar tissue formed during an injury and reduces tension in muscles.

Recomended with*:

- Foot or Hand Massage 39 Eur
- Indian Head Massage 39 Eur

55 Min
(Eur)

109

85 Min
(Eur)

139

110 Min
(Eur)

189

10. Short and Sweet:

- a Face and Decollette Massage
- b Japanese Neck, Back & Shoulder Massage
- c Therapeutic Massage
- d Indian Head Massage
- e Foot Reflexology



30 Min
(Eur)

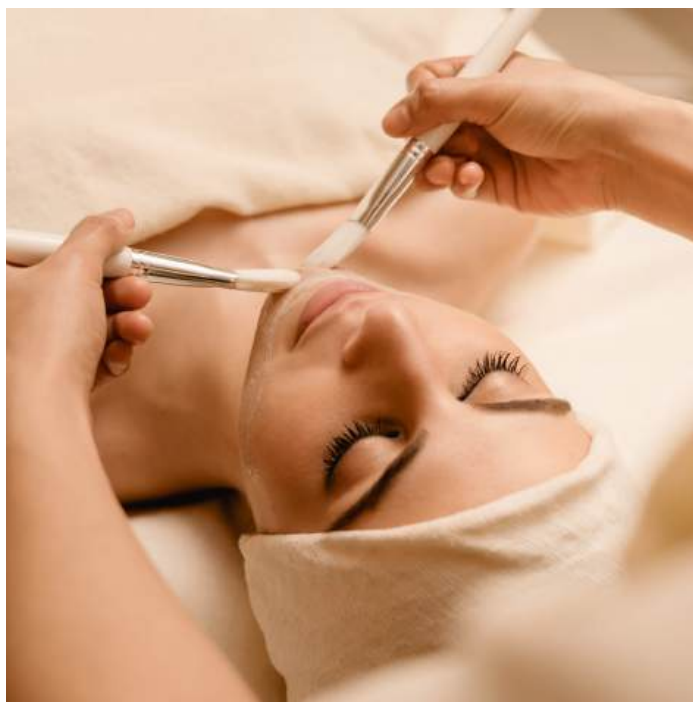
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* "Recommended with" treatments are 30 minute additions to your service and can not be booked as individual treatments.

PHYTOMER

PHYTOMER, with 40 years of experience, is a true pioneer in marine cosmetics. Today PHYTOMER is one of the few cosmetic companies in the world to master marine biotechnology to produce completely new, and natural ingredients using high-tech and environmentally friendly methods. PHYTOMER stands out in particular with a new generation of natural, high-performance and vegan & eco-friendly marine ingredients, unique and inimitable natural sugars with revolutionary cosmetic applications.

		60 Min (Eur)
	12. a Hydra Blue Plumping Moisturizing Treatment Immerse yourself in a moisturizing bath with record efficacy. The results are instant: your skin regains comfort and radiance. It is plumped up and rested.	79
 Most Popular	12. b City Life Pollution Shield Treatment This anti-pollution interlude helps your face regain brightness and helps to cleanse and detoxify your skin.	79
	12. c Facial Treatment for Men Soothing and Moustirizing Treatment Enter the world dedicated to men. Choose a moisturizing, youth, soothing or pollution-targeted treatment designed for the specific needs of male skin.	89
 Most Popular	12. d Acnipur Blemish Solution Treatment This is a cleansing and matifying treatment, which leaves your skin visibly healthier and clearer. Skin flaws are diminished, clogged pores are unblocked and excess sebum is regulated.	89
	12. e Douceur Marine Comforting Soothing Treatment A veil of softness for sensitive skin and redness. This pampering treatment softens your skin and enhances its protection system for soothed and ideally hydrated skin.	89
	Short and Sweet	30 Min (Eur)
	12. f Freshup Firming Refreshing Facial Treatment Pre-cleansing, cooling and nourishing seaweed-mask, face massage. For a fresh, clear and firmer look.	59



11. **Carisma Signature Facial** Luxury Pioneer Treatment

All times favorite facial treatment among our guests, providing you with instantly visible results. The ultimate bio technical efficacy, combined with an outstanding anti-aging massage provides an instantly smoother, firmer, and more radiant skin. Your treatment includes a complimentary Relax Back, Hand, and Eye Perfection Treatments.

110 Min 149 Eur

12. g **Extended Youth** Wrinkle Correction Firming Treatment

60 Min
(Eur)

3 key steps in an ultra-effective treatment to resurface the skin, fill wrinkles and restructure the face. In a single treatment your wrinkles are visibly corrected, leaving your skin firm. You feel good and you look younger.

119

12. h **OligoForce Lumination** Brightening Radiance Treatment

The ideal treatment for a radiant and even complexion. Clinically tested with spectacular results: the number of dark spots have declined and the wrinkles are smoothed away. Your skin is more transparent and brighter, glowing with beauty.

109

13. **Additional Modules**

30 Min
(Eur)

a **Eye Perfection**

A complete, effective and relaxing treatment for sparkling, young-looking eyes.

35

b **Relax Back**

Ultra relaxing back followed by the application of the Phytomer Self-Heating Marine Mud.

39

c **Foot & Hand Massage**

A revitalizing massage that relaxes your body through the touchpoints on your hands and feet, followed by a mask that leaves you feeling refreshed.

39

COUPLE PACKAGES



Most Popular

14. Short & Sweet Package

30 Min
(Eur)

Enjoy a 3-hour Spa Facility Pass with your choice of a Short & Sweet treatment, plus Prosecco or our Signature Tea Service.

119
per couple

Add-Ons*:

- Spa Kit Rental . 10 Eur
- Glass of Prosecco 14 Eur
- Fruit Platter 20 Eur

15. Just For You Package

55 Min
(Eur)

Enjoy unlimited spa access with a full-body massage (50 mins), revitalising face mask, and foot massage in a couple's room. Complimentary Prosecco or Signature Detox Tea.

199
per couple

Add-Ons*:

- Spa Kit Rental . 10 Eur
- Glass of Prosecco 14 Eur
- Fruit Platter 20 Eur



16. Couple's Escape Package

85 Min
(Eur)

Enjoy unlimited spa access with an 80-minute full-body massage, revitalising face mask, foot massage, and Indian head massage in a couple's room. Complimentary Prosecco or Signature Detox Tea.

275
per couple

Add-Ons*:

- Spa Kit Rental . 10 Eur
- Glass of Prosecco 14 Eur
- Fruit Platter 20 Eur



17. Ultimate Couple's Bliss Package

110 Min
(Eur)

Enjoy unlimited spa access with a couple's aromatherapy massage, silky exfoliation, revitalising face mask, foot massage, and Indian head massage in a private couple's room. Complimentary Prosecco or Signature Detox Tea.

349
per couple

Add-Ons*:

- Spa Kit Rental . 10 Eur
- Glass of Prosecco 14 Eur
- Fruit Platter 20 Eur



18. Romantic Deluxe Couple Package

Silky Body Exfoliating, Foam Massage, Revitalising Face & Body Mask, Hawaiian Lomi Lomi Massage, Freshup Firming Facial, Special Detox tea & Fruit Service

*Hamam treatments are only available at the InterContinental, Hugo's H Hotel and Ramla Bay Resort.

180 Min
(Eur)

499
per couple

19. Pregnancy Package

Specialized Relaxing Pregnancy Massage and Aloe Vera Face Mask. Treatment for + 3 months of pregnancy.

55 Min (Eur) 99



AROUND THE WORLD WITH CARISMA

Experience a trip around the world through your body, mind and soul with Carisma's special package. Mix and match from various world famous massages and enjoy techniques from around the world in a few days.

Choice of 50 minute treatments include:

- American Hot Stone Massage
- Indian Ayurvedic Massage (Shirodara)
- Balinese Massage
- Thai Massage
- Japanese Massage
- Hawaiian Lomi-Lomi Massage

21. a	in 3 Days	240
21. b	in 4 Days	320
21. c	in 5 Days	375

22. Cellulite Reduction

An intensive localized treatment targeting the abdomen, buttocks and thighs area, including exfoliation, masks and massage to eliminate excess fat, cellulite, and provide contouring result in record time.

	85 Min (Eur)
a. 1 Session	110
b. 3 Sessions	315
c. 5 Sessions	500

23. Lymphatic Drainage

Lymphatic drainage is a form of gentle treatment that improves the overall function of the lymphatic system in the body, removing waste and toxins from the tissues. This treatment reduces swelling, and improves circulation throughout the body.

	55 Min (Eur)	85 Min (Eur)
a 1 Session	99	129
b 2 Sessions	170	220
c 3 Sessions	240	300

