



CRISTAL SPA

MASSAGES

Signature Massage 60 / 90 minutes **\$80 / 110**

An invigorating fusion of massage technique using gentle to medium pressure on key massage point's treatment concludes with a soothing scalp and facial massage leaving the body feeling invigorated and rejuvenated.

Aromatherapy Experience 60 / 90 minutes **80 / 110**

The massage combine aromatherapy blends with Swedish massage technique. A relaxing massage experience for your body and mine.

Figure & Deep Tissue 60 / 90 minutes **80 / 110**

This massage incorporate firm palm and forearm pressure to help treat the deeper structure of body.

Shiatsu 60 / 90 minutes **70 / 99**

A restorative strokes of finger pressure, palm and light stretches performed without oil, help to restore balance & promote health.

Back Massage 60 / 90 minutes **80 / 110**

Massage focuses on areas of tension around the neck, lower back and shoulder, help to release tight muscle and relieve stress build up.

FACIAL 30 / 60 minutes **60 / 80**

This cutomised facial treatment uses a combination of specialized technique and skin care products, specific to your skin type. It includes a relaxing head, neck and shoulder massage.

FOOT CARE

- Warm foot bath/exfoliating salt scrub/foot massage 45 min. **66**
- Foot massage 30 min. **55**

BODY TREATMENTS

Cristal Indulgence 90 minutes **121**

Steam bath / 15-minute foot massage / 45-minute aromatherapy massage / 30-minute refresher facial

Cristal Revitalizing 90 minutes **121**

Steam bath / body scrub / your choice of aromatherapy or deep tissue massage

Body Scrub 60 minutes **77**

Steam bath / body scrub

SPA & GYM

Membership	1 year	6-month	3-month	monthly
Single	\$1,500	\$800	\$440	\$150
Couple	2,800	1,450	780	270

Day Use

- Adult Rate **\$20**
- full access of Gym / Pool & Spa Facility
- Children under 6 yrs. old are not allowed.

Timings

- Spa, Swimming Pool & Gym Facility **7:00 - 23:00**
- Spa Treatment available from **15:00 - 23:00**
- Fitness Hours:
 - Ladies Only **12:00 - 15:00**
 - Mixed **7:00 - 12:00**
 - 15:00 - 23:00**

Age Requirement

Spa treatments are available to guests 18 years old and above, gym use is restricted to 16 years and older children of all times.

Spa Treatments & Booking Guidelines

All treatments are subject to availability. Guests who has any particular medical conditions is advised to consult their doctor first before booking any treatments.

Rates

All Rates are in US Dollars and are inclusive of 10% Service Charge

**For more information or to book
please call +964(0)66211 3008**