



**HOTEL CENTRAL**  
**WEST WOOD**  
Club & Spa

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## NEW TREATMENTS AT WELLNESS DAY SPA - HOTEL CENTRAL

### FACIAL TREATMENT MICRO-PUNCTURE by BR LABORATORY

Revitalizes the epidermis while delivering a supplement of essential active ingredients. Illuminates the complexion, stimulates tissue repair and reactivates the fiber production process, due to its high concentration in epidermal and dermal cytokines, with corrective action on wrinkles and fine lines. Smooths and plumps up the epidermis.

### NEW FACIALS BY CINQ MONDES

#### 1. Riche de Jeunesse Facial massage 90min – 115,00 KM

A Youth and Firmness face care treatment incorporating an anti-wrinkle massage technique and the application of a precious elixir designed to improve individual skin care needs. This facial has a lifting effect, plumping and moisturizing dull, dehydrated skin.

#### 2. Facial massage Rituel Fleurs de Bali 45min – 60,00 KM

A complete face care treatment using a traditional Ritual from Bali, aimed to purify and make your skin radiant. A Magical treatment by Cinq Mondes

#### 3. Soin Ko Bi Do 60min – 75,00 KM

“Anti-wrinkle” plumping treatment combined with an active massage movement according to “Ko Bi Do”, genuine natural face-lift technique, inspired by a Japanese Ritual, to effectively smooth the features and tone the neck.

#### 4. Soin Ko Bi Do 90min – 95,00 KM

“Anti-wrinkle” plumping treatment combined with an active massage movement according to “Ko Bi Do”, genuine natural face-lift technique, inspired by a Japanese Ritual, to effectively smooth the features and tone the neck.



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## NEW MASSAGES

Relax Spa Massage – 30 minuta – 30,00 KM

Relax Spa Massage – 60 minuta – 60,00 KM

### SHIATSU MASSAGE

#### Shiatsu - The soothing therapy of body and mind

Shiatsu is a type of manual treatment of body, comes from Japan and it's based on healing methods, applied for centuries in China and today all around the world. One of the oldest methods of body treatment, which combines knowledge and wisdom of traditional Chinese medicine, Shiatsu treats a man as a whole, as a product of mutual interaction of body, mind and soul. Shiatsu manual technique of treating a body, is purification of twelve meridians in human body, which are the basis of traditional Chinese medicine, and is performed by pressing certain points of Meridians/ acupressure points and relasing piled blocked energy. Therapists use various massage techniques , reflexology, stretching, tapping, squeezing, using their elbows and knees for optimal pressure, breathing techniques ...

60 minutes of Shiatsu massage – 60,00 KM

30 minutes of Shiatsu massage – 30,00 KM



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## MANUAL FACE TREATMENTS BIOLOGIQUE RECHERCHE

### Soin Reequilibrant Eclat 1h 75 KM

A biological face treatment with products based on biological extracts to leave the complexion radiant. A biological extracts face peeling, face cleansing (if necessary), Vip O2 face mask and Bio magic mask, serum with Oligo elements, face massage, on top EOR reach cream and serum Yall O2.

### Soin Reequilibrant Tonicite 1h 75 KM

A biological face treatment for skin toning, balancing and reconstruction of the epidermis. A face peeling with biological extracts, face cleansing (if necessary), a mask Vivant, Complex of serums, (Tribiol, Oligoproteins from the sea, serum Amniotique, serum Placenta) on top a finishing cream.

### Soin Hydeclat 1h 75 KM

A biological face treatment to increase the skin hydration and revive the radiance and face elasticity. A biological face peeling, face cleansing (if necessary), serum Elastin, face massage, elastin mask, on top finishing cream and serum.

### Soin Vip O2 1h 95 KM

An unique formula face treatment based on Oxygen mask „Masque Oxygénant VIPO2„. This treatment regenerates the skin and gives a radiant complexion, smoothes facial contours and oxygenates the skin. A face massage, a biological face peeling, Serum Amniotique, face mask VIP O2, on top finishing serum VIP O2.

### Soin Lift CVS 1h 95 KM

An intensive manual treatment that gives an instant lifting effect. Excellent hydration, face toning and face modeling care (A biological face peeling, Lift CVS products, manual face massage with Jacquet Leroy technik, face mask VIP O2, finishing cream and serum.

### Soin Lissant 1h 115 KM

A facial treatment for skin smoothing and excellent toning (an intensive face treatment for exhausted/wearry, stressed and devitalized skin, (helps offset the skin's loss of elasticity and brings back the skin is radiant and glowing).

### Soin Peeling aux Acides de Fruits 1h 90 KM

A facial treatment with fruit acids. Fruit-acid treatments help to loosen and remove the accumulated dead cells and bringing a better skin appearance in people who have light age spots or dry, wrinkled, oily, or acne-prone skin. (Afterwards no direct sun exposing/sun tanning).

### Soin Biologique Feerie 100 KM

An intensive face treatment with algae, Serum MC110  
An extremely effective treatment with sponge algae- moisturizing and leaves the skin beautifully soft and glowing.(A biological face peeling, face massage, serum MC110, a face masque Biologique Feerie with collagen)

## MANUAL FACE TREATMENTS BIOLOGIQUE RECHERCHE

### Soin Caviar Integral 1h 120 KM

A face treatment with a caviar mask (A relaxing face treatment with algae and caviar for weary and skin without glow)  
Recommended for smokers!

### Soin Biovecteur Marin 1h 110 KM

Treatment with fine algae extract leaves. A complete face treatment with fine leaves made of algae extracts, reach with minerals and oligo-elements, orange and kiwi extracts with oxygen, a warm paraffin mask on top.  
The toning effect is immediate and long-lasting: deep wrinkles are visibly smoothed, facial contours firmed and the skin is toned and rejuvenated, with the stresses of everyday life erased.

All Treatments /care packages could be applied individually or in a combination with a Remodeling face Machine or particular mask:

### Masque Exfoliant P50 35 KM

(Biological and intensive face peeling)

### Masque Collagen contour des yeux - petit 20 KM

E - Vital Eyes – collagen Mask  
(Mask with collagen for eye area)

### Masque Collagen contour des yeux - grande 20 KM

E – Vital Eyes – collagen mask  
(Mask with collagen for eye area)

### Masque E Vital visage 50 KM

E-Vital Eyes – collagen  
( An hydrating mask for whole face)

### Masque Biologique Feerie 60 KM

(Intra-cellular mask with collagen with immediate effect )

### Masque Collagen Caviar 50 KM

(Intercellular Eye care Caviar and Collagen Mask)

## FACE TREATMENTS WITH A MACHINE “REMODELING FACE”

*Wider eyes... more prominent cheekbones...softer wrinkles, better defined facial contours... A magical face sculpting device – Remodeling Face Machine by Biologique Recherche makes it possible.*

A Facial treatment with the Remodeling Face machine performs a treatment with safe and effective bio-electrotherapy which helps injecting of natural and purified products into epidermis via special conducting wands which are stimulating the facial muscles and cells.

Using an original computer programme, Remodeling Face Machine combines three types of electric current which complimentary and simultaneously provides effective results, reshaping, re-vitalizing and toning of epidermis.

These three currents can be used either separately or in combination, offering a wide range of personalized treatments for each "Skin Instant". Precise adjustment of the parameters enables the remodeling process to be activated in both the skin and the muscles, remodeling and giving immediate effects , radiant complexion....

### Attributes:

Stimulates and regulates the epidermis

Excellent effects by tightening of the face, chin and upper neckline

Enhances the regeneration and revitalization of the epidermis, softens skin instantly.

### Indications:

Young skin care to slow down aging process

Reduction of fine facial lines caused by dehydration and skin aging

Excellent Balancing results by seborrheic and sensitive skin

Esthetic Surgery Preparation and after care



## FACE TREATMENTS WITH A MACHINE "REMODELING FACE"

### **Soin Vip O2 + Remodeling Face 1h30 130 KM**

Oxygen based Care. Revitalizing and giving your skin a radiant complexion, smoothes facial contours and oxygenates the skin.

### **Soin Lift CVS + Remodeling Face 1h30 159 KM**

Intensive lifting. Intensive face lifting treatment with excellent hydration and face modeling care

### **Soin Lissant + Remodeling Face 1h30 159 KM**

Smoothing and remodeling treatment. Intensive face treatment for tired, stressed and slacken-prone skin, complexion texture is massively improved and skin tone brighter

### **Soin Desincrustrant + Remodeling Face 1h 85 KM**

A Programme for skin with problems.  
Intensive treatment for oily skin.

### **Soin Hydreclat + Remodeling Face 1h30 125 KM**

Biological treatment for intensive skin hydration. Hydrating and gives the skin its radiance and elasticity back.



## MANUAL BODY TREATMENTS BIOLOGIQUE RECHERCHE

### Soin Exfoliant P50 „Peau Neuve,, 30 min 50 KM

A body peeling treatment with P50 and intensive skin hydration from Biologique Recherche

### Soin Raffermissant Lift CVS Corps

Intensive manual body lifting.  
Exfoliation, hydration, body sculpting & toning.

A fantastic all over treatment involving exfoliation with LIFT CVS, manual massage with Jacquet Leroy technique and finishing with toning oils and hydrating emulsion EOR).

An ideal treatment for stretch marks and slackened skin (recommended after pregnancy)

Lift CVS - full body 80 min 160 KM

Lift CVS - chest and décolleté 30 min 80 KM

Lift CVS - stomach 30 min 80 KM

Lift CVS - full arm 30 min 80 KM

(A full arm treatment with a focus on loose or slackened skin )





## ANTICELLULITE TREATMENTS BIOLOGIQUE RECHERCHE

**Stomach Massage(drainage and anti stress ) 30 min 45 KM**

**Soin Amicissant au Gant 45 min 70 KM**

An unique anti cellulite massage using a silicon glove from Biologique Recherche.

**Soin au Gel d'Algues 90 min 100 KM**

A Massage using a BR silicon glove PLUS anticellulite body wrap.  
A full body treatment starting with an anticellulite massage using a BR silicon glove , then a warm pure algae extract body mask, finishing with a cocktail of serums to tonify the skin.

**Soin aux Algues Auto-Chauffantes 60 min 60 KM**

Body wrap with self-heating Algae  
Self-heating algae body treatment to detoxify, hydrate and nourish your skin.

**Soin Drainant 60 min 60 KM**

A very gentle detox and drainage treatment for the body.



## DESTINATIONS

### *Travelling to the magic kingdom*

*"Existing is a fact, living is an art" (Sri Sri Ravi Shankar)*

*Do you dream of exotic places? Do you long to be devoted just to yourself? Do you want to travel on the scented sea... take the silk road to velvety skin? We will guide you through the riches of Orient, the sensuousness of Brazil, adventure of Bali and diversity of India. We have tamed earth, wind, fire and water to serve You.*

#### **Orient 140 min 170 KM**

Body peeling with the Noir Beldi soap  
Warm Rasoul wrap, with earth minerals  
A traditional Oriental massage

#### **India 90 min 145 KM**

Spiced scented body peeling  
Ayurveda massage

#### **India 130 min 190 KM**

Scented bath and hydro-massage  
Spiced scented body peeling  
Ayurveda massage

#### **Bali 100 min 125 KM**

Velvety papaya peeling  
Bali massage



## DESTINATIONS

### **Brazil 60 min 95 KM**

Anti-cellulite massage  
Warm algae and clay wrap - Drainage and toning

### **Harmony 100 min 120 KM**

Iyashi dome - Japanese sauna  
Spa massage

### **Perfection 120 min 160 KM**

Scented bath and hydro-massage  
Velvety papaya peeling  
Spa massage

### **Silk Road 160 min 155 KM**

Iyashi dome - Japanese sauna  
Spa massage  
Spa pedicure

### **Pleasure 90 min 170 KM**

Iyashi dome - Japanese sauna  
Royal massage (four hand massage)

### **Bliss 160 min 150 KM**

A Facial treatment - Fleurrs de Bali 60 min  
Spa Pedicure  
Spa Manicure



## MASSAGES

### Royal Massage 60 min 145 KM

( A synchronized four hand massage by two therapists )

### Royal Massage 90 min 200 KM

( Four hand massage, chinese head massage, foot reflexology)

### Oriental Massage 60 min 95 KM

(A relaxing massage treatment with argon oil, after original Maroccan tradition)

### Bali Massage 60 min 95 KM

(A Thai massage using tropical nut oil with relaxing results)

### Ayurveda Massage 60 min 115 KM

(Indian re-energizing ritual with warm sesame oil)

### Foot Reflexology 30 min 45 KM

(Foot massage for re-energizing the entire body)

### Palm Reflexology 20 min 30 KM

(The palm therapy gives a balancing effect to your mental well being)



## MASSAGES

**Spa Massage 60 min 80 KM**

(An anti-stress, healing treatment)

**Sports Massage 60 min 95 KM**

(A deep tissue massage to release muscle tension)

**Hot stone Massage 60 min 80 KM**

(A hot stone therapy to revive and refresh the body)

**Chinese head massage 30 min 45 KM**

(A great de-stress treatment)

**Therapeutic Back Massage 30 min 45 KM**

( A massage focused on relasing tension  
in the back and neck area )

**Partial Massage upon choice 30 min 45 KM**

Choose Your own treatment (back,legs,feet ect. for 30 min.)

**Anti-Cellulite Massage 30 min 50 KM 60 min 80 KM**

(An anticellulite massage using a Brazilian recipe with coffee beans)



## LPG lipomassage

The secret of a beautifully shaped body lies in these three letters – LPG.

Here, the technology outdid itself and became pure art.

LPG – Lipomassage by Endermologie technology – localizing cellulite and remodeling your body. Firming, sculpting and slimming.

Where is its appeal?

It breaks down the fat cells where it is most needed. Targeted LPG application reduces cellulite and secures skin firmness.

LPG enables the most effective, deep massage and skin stimulation. LPG stimulates the fibroblasts are stimulated to produce collagen and elastin for restored firmness, tone and youthful resilience, in a natural and non aggressive way.

LPG – magic device, using a three roll principle (roll in, roll up and roll out), manipulates the skin tissue deeply, activates the fat cells, stimulates fat cell metabolism and activate fat elimination (lipolysis).

This method ensures the equal intensity and pressure during the treatment, which is not possible to obtain by a manual massage.

1 LPG Treatment (without body) 45 KM

1 LPG Treatment (with body) 90 KM

5 LPG Package (without body) 225 KM

10 LPG Package (1 treatment GRATIS + body) 405 KM

20 LPG Package (3 treatments GRATIS + body) 720 KM

10 LPG Package + 5 Iyashi Dome Sauna 560 KM

(2 LPG treatments GRATIS + body + 1 Iyashi Dome Treatment GRATIS)



## IYASHI DOME - JAPANESE SAUNA

This perfect beauty instrument helps mental relaxation, natural body rebalancing, weight loss, body de-toxication, contributes in muscles release, revealing a rejuvenated and softer skin.

Today, even when regularly practicing an intense sports activity, the generated sweat is far from sufficient and is without capacity of eliminating these toxins and heavy metals.

In order to cleanse the body in-depth and obtain an easy, efficient and long-lasting slimming, one unique technique was retained by Japanese scientists: Iyashi Dôme, the organic-based far infrared therapy generating perspiration. This revolutionary technology makes it possible to purify, regenerate and get slimmer by balancing the body.

Imagine yourself lying 30 minutes on a large, warm comfortable bed, with low music and aroma candle lights...

During one Iyashi Dome sauna treatment, your body will loose through perspiration same quantity of water as by jogging a 20 km route.

### Iyashi Dome Results (30 MIN)

- Losing up to 600 calories
- Eliminating 1 liter of water
- It's a real cellulite „softener“
- Your skin is softer and tighter
- Eliminating toxines
- Improve your blood circulation
- Finally losing weight.

### Iyashi dome Treatment 50 KM

Purification of the body in order to feel better



## CINQ MONDES BODY TREATMENTS 30 MIN

### Body Peeling with Noir Beldi Soap 50 KM

From times immemorial, Oriental manuscripts shed light on the skin cleansing practice in hammams. To preserve the tradition, black soap peeling has become mandatory in Oriental body care treatments. Original black soap prescriptions from the north of Africa include olives and olive oil.

### Velvet Papaya Peeling 50 KM

The cosmetic treasure of Thailand women include the famous Thailand Kingdom formula for mild peeling that consists of papaya and restores velvety appearance of your skin. Mechanical peeling effect of coconut flour and diatomea clay efficiently complements Papaina enzyme peeling. Walnut oil concentrate, cedar and holy tree essential oils and vitamin E cleanse and soften your skin.

### Piquant Scented Body Peeling 50 KM

“Boreh” is a peeling paste traditionally used in Bali villages to recover muscle tone and relax joints. Peeling paste that consists of spices and herbs relaxes painful muscles after physical effort and keeps body warm in rainy seasons. The sea salt and almond powder combination gently cleanses the skin producing exfoliation effect. Softened by vanilla oil and palm wax, your body becomes energized owing to the properties of the aromatic concentrate made of cinnamon, patchouli and walnut, Vetiveri and cloves – spices coming from the island of Java ...

### Warm Pack “Creme de Rasoul” with clay minerals 50 KM

In oriental tradition, great attention is devoted to the importance of body cleansing rituals in hammams. Wrapping oneself in rasoul, a type of cleansing clay, makes the black soap peeling ritual complete.

### Aroma hydro massage Bath 50 KM

Water ritual is a call for meditation and complete relaxing. There is a subconscious correlation between bath and amionic fluid in mother’s womb ... Relaxing your body and mind in a hydro massage bath-tub with chromotherapy ...





## FOOT AND HAND CARE TREATMENTS

- Manicure 35 KM
- SPA Manicure 50 KM
- A Parafin hand wrap 15 KM
- Pedicure 45 KM
- SPA Pedicure 50 KM
- A Parafin leg wrap 15 KM

## WAXING

- Full leg wax 30 KM
- Half leg wax 20 KM
- Bikini line wax 10 KM
- Brazilian waxing (all gone) 30 KM
- All around bikini 40 KM
- Arm wax 15 KM
- Underarm wax 10 KM
- Lip wax 6 KM
- Back or chest wax 30 KM

## TREATMENT FOR EYE AREAS

- Full eyebrow shaping 15 KM
- Eyebrow tidy 8 KM
- Eyelash tint 15 KM
- Eyebrow tint 15 KM
- Eyelash perming 45 KM

**SUN BED (10 min) 10 KM**



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