



# SOULFUL FOREST RITUALS

WELLNESS AND SPA MENU





# THE MANNA ARCADIA WELLNESS SUITES

The philosophy of our Wellness Suites is a contemporary reflection of the Arcadian Ideal, man's coexistence and respect of nature, and in line with the MANNA concept. Here, guests are profoundly inspired by the serene beauty and restorative energy of the Arcadian Mountains—a tranquility mirrored in the healing touch of our expert therapists. Our unique approach is thoughtfully designed to nurture both your skin and your soul, offering a truly transformative experience. For our therapies, we have proudly partnered with CODAGE Paris, a brand renowned for its integrity and efficacy. Combining natural ingredients with advanced, clean formulations, CODAGE products deliver exceptional results, aligning perfectly with our commitment to wellness and excellence.

**CODAGE**  
PARIS

# PERSONALISED BLENDS OF SMELL & TASTE

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## PRE-TREATMENT CHOOSE YOUR SCENT CEREMONY EXPERIENCE

### FIR & CEDARWOOD BLEND

Fresh, grounding, and invigorating forest aroma, evoking the scent of the Arcadian mountains during your treatment.

### FIR & SAGE BLEND

This blend will transport you to the heart of the Arcadian mountains, capturing the fresh, earthy scents of towering fir, wild herbs, and the crisp, clean mountain air.

## POST TREATMENT CHOOSE YOUR TEA CEREMONY EXPERIENCE

### DETOX

Each sip embodies the purity of Arcadia's untouched nature, helping to detoxify, refresh, and restore your body, mind, and spirit.  
(Sideritis, Mint & Dandelion Root)

### NOURISH

Each sip transports you to the peaceful hills of Arcadia, offering deep nourishment for the body and mind.  
(Sideritis, Chamomile & Cinammon, Honeybush Root)

# MANNA SIGNATURE WELCOME TOUCH

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ALL OF OUR THERAPIES BEGIN WITH A SIGNATURE WELCOME TOUCH THAT REFLECTS THE SERENE, NATURAL SURROUNDING. THIS RITUAL EVOKES THE ESSENCE OF ARCADIA – GROUNDED, PEACEFUL AND IN TUNE WITH NATURE

Just before your treatment commences, a warm towel, infused with the soothing scent of fir, cradles your feet in a calming cleanse. In your hands, a cool stone from the Arcadian mountains rests, symbolizing strength, balance, and the grounding essence of nature. This Arcadian Forest Welcome Touch Ritual envelops you in a sensory journey, where scent and touch, converge to echo the tranquil energy of the forest. It is a peaceful invitation, grounding you in the beauty of the landscape and preparing your spirit for the serene journey ahead.







# SIGNATURE THERAPY

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## **'M-ANNA-MOTHER' Cocooning Massage & Wrap 75mins €150.00**

Inspired by a remarkable woman, a nurse who cared for soldiers during the First World War. In honor of her spirit, her nurturing embrace, this ritual envelops the body in a soothing cocoon. A full-body massage, tailored to your choice of Swedish or Deep Tissue techniques, eases tension, followed by a warm body wrap that cradles you in the healing embrace of nourishing body balms and oils. As the wrap cocoon's your body, a gentle head massage melts away stress and invites you to drift into a peaceful reverie. The love of ANNA, combined with the healing hands of our therapist, fosters inner peace, releases deep-seated tension, and leaves the skin soft and renewed—an offering of care that transcends time.

# MASSAGE & BODY THERAPY

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## Aromatherapy Mountain Massage

30mins/60mins/90mins - €90.00/€115.00/€165.00

A true symphony of aromatherapy, this ritual invites you on a sensory journey to the mountains of Arcadia. Harnessing the power of nature's finest gifts, with a choice of our signature oil blends, forms a harmonious army of blessings for the body and mind. The experience begins with a deep, grounding inhalation to attune your breathing to the rhythm of serenity. Drawing on the fluid strokes of Swedish massage, pressure is intuitively adjusted to your needs, creating a gentle yet profoundly relaxing embrace for both body and spirit. A moment to release, to surrender, and to rediscover balance—this is more than a massage; it is an Arcadian escape.

## Arcas Muscle Release CBD Deep Tissue

30mins/60mins/90mins - €90.00/€115.00/€165.00

Inspired by Arcas, the legendary King of Arcadia, this massage harnesses the strength of deep tissue techniques and the soothing release of muscle tension. Enhanced by a powerful blend of CBD oils, Lavender, Chamomile, Orange, Neroli, and Cedarwood, it works to dissolve stress, leaving you immersed in a state of ultimate well-being. With adaptable pressure tailored to your needs, this ritual becomes a profound journey of recovery and renewal for the body, mind, and spirit—a true homage to the vitality and tranquillity of Arcadia.

## Arcadia Aroma Candle Massage

30mins/60mins/90mins - €95.00/€120.00/€170.00

Experience pure relaxation with a soothing massage, enhanced by the warm embrace of locally sourced aromatic candle oils of your choice. Designed to transport you to a deeper state of tranquillity, this treatment combines gentle pressure and calming techniques to melt away tension. Beginning with a deep, grounding breath, each session is thoughtfully tailored to your individual needs, allowing you to unwind and restore your inner balance.

## Prenatal Pregnancy Massage

60min €125.00

Prenatal massage is a therapeutic treatment designed to alleviate the discomforts and stress associated with pregnancy. It helps reduce back pain, improve sleep, and relieve anxiety, while promoting relaxation and overall well-being for both the mother and baby.

It is safe to perform during the second and third trimesters, following a detailed consultation with a qualified massage therapist to ensure it is appropriate for your specific needs.



### **Dry Full Body Massage**

45min €100.00

Immerse yourself in the soothing rhythm of a dry body massage, beginning with gentle dry body brushing to awaken your skin and invigorate circulation. As skilled hands apply a blend of pressure, friction, and fluid motion, tension melts away, leaving your body restored and your spirit uplifted. A true journey of relaxation and renewal.

### **Hot Stone Energy Healing Massage**

30mins/60mins/90mins - €95.00/€120.00/€170.00

Harnessing the transformative energy of volcanic stones, pre-heated in mineral-rich salt water and infused with a blend of Ginger, Red Cedar, Clary Sage, and Palo Santo essential oils, this ritual awakens the body's natural rhythm for releasing toxins and unlocking trapped energy within the muscles. The journey begins with the warm, cocooning embrace of the stones, gently placed on key healing points to promote deep energetic relaxation. The ritual continues with a choreographed massage, where the stones flow in harmony with the body, dissolving tension and restoring balance. A warming, grounding experience that leaves you enveloped in serenity and inner peace.

### **Crown Healing Massage**

25mins €85.00

This restorative head massage is designed to nurture the health of your scalp while promoting relaxation and balance. Featuring a unique blend of Coconut, Baobab, Hazelnut, and Pomegranate oils, it deeply nourishes the scalp and strengthens the hair roots, delivering a complete treatment for this often-overlooked area of the body. Through expert massage techniques, tension melts away, headaches are eased, and a sense of clarity is restored. This ritual not only revitalizes the crown of your head but also leaves your scalp and hair feeling luxuriously cared for, promoting overall well-being from root to soul.

### **Brown Sugar Exfoliating Ritual**

30mins €70.00

Infused with the nourishing power of Macadamia oil and shea butter, this luxurious brown sugar body scrub is enhanced with fine rice to gently exfoliate and eliminate dead skin cells. The rich formula intensely hydrates and comforts, leaving your skin silky- soft and beautifully prepared for any massage ritual. Perfect as a prelude to deeper nourishment, this treatment allows the oils to penetrate more effectively, unveiling radiant, smooth, and irresistibly soft skin—a true indulgence for your body and senses.

### **ADD-ONS:**

Theragun Percussive Therapy 10mins – €15.00

Compression Stimulating Leg Boots 20mins – €30.00

Facial LED Therapy – 10mins – €20.00

# FACE THERAPY

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## EVERGREEN CRYO & WARMING FACIAL

60mins €150.00

Inspired by the crisp, invigorating air of Arcadia's Mountain peaks, this facial brings true harmony to your skin. Featuring a Cryo and Warm therapy, it works to reduce inflammation while delicately contouring the face, easing puffiness with gentle precision. An Obsidian stone gua sha massage enhances the experience, while high-performance serums and masks nurture the skin, unveiling its full radiance. Whether you seek an instant glow, deep hydration, or a balanced skin experience, this ritual offers a transformative boost, leaving your skin with a soft, satin-like finish—a reflection of nature's purest elements.

## DETOX FACE THERAPY

90mins €210.00

This facial is a holistic journey that nurtures the skin from the inside out. It begins with a rejuvenating face, neck, and décolleté drainage massage, followed by high-performance serums and masks that elevate your skin to new levels of harmony and radiance. Powered by LED light therapy, it stimulates collagen and elastin production, while a soothing colon massage detoxifies and rejuvenates from within. As the face masks deeply nourish, your legs are cocooned in pressure therapy to enhance circulation, leaving you deeply relaxed. This treatment goes beyond the surface, fostering true skin health and a glow that radiates from within.

\* The Colon Massage can be replaced with Foot Massage



# MANNA WELL- BEING PACKAGES

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**'TIME FOR US' – FULL BODY SPA EXPERIENCE 2hrs - €450.00 (For Two)**

-Brown Sugar Exfoliating Ritual 30mins

-Aromatherapy Mountain Massage or Arcas Muscle Release Deep Tissue 90mins

**'ARMONIA' CROWN TO BASE RITUAL 2hrs15mins -€280.00 (per person)**

-M-Anna-Mother Cocooning Massage & Wrap

-Evergreen Cryo & Warming Facial

**'HYPNOS' SLEEP SERENITY RITUAL 2-Days - €440.00 (per person)**

Day-1

-M-Anna-Mother Cocooning Massage & Wrap 75mins

-Evergreen Cryo & Warming Facial 60mins

Day-2

-Aromatherapy Mountain Massage with Percussive Therapy Add-on 90mins

# PRIVATE WET SPA RITUALS

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## IMMERSE IN WELLNESS WET EXPERIENCE

60mins / €170.00 (for two)

Additional hour upon availability – €110.00

Enjoy time together in a beautiful private secluded treatment room. A whole balneo experience is waiting for you, with the steam bath of 45° degrees, the cold shower hose, the rain shower, and the water massage bath.

Add customized treatments to complete a beautiful experience in the same suite.

## FLOAT IN WELLNESS WET EXPERIENCE

60mins / €110.00 (per person)

Additional hour upon availability – €70.00

Experience life consciously and let yourself float in the water massage bath, the Finnish sauna, and the rain shower. Use the time to add personal customized treatments to nourish your soul and body.





# SPA ETIQUETTE

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## BOOK TREATMENTS

To secure your desired treatment, we recommend you make your booking with our hotel reception before your arrival. Confirmation of your reservation will be made once our Spa Team confirms availability for your request.

## FULL DISCLOSURE

Guests are required to make full disclosure of their health condition, allergies etc. at the Spa Team before starting their therapy since some spa therapies may not be recommended in case of contraindications.

## MEDICAL ADVICE

Advice by the Spa Therapist or Guest Health Counsellor should not be construed as a substitute for medical advice by a family physician or specialist. Guests are required to cross-check with their physician or specialist before implementing recommendations relating to exercise, diet, and life style changes.

## CUSTOMIZATION

The duration, technique and material used for every therapy is scientifically pre-determined by our technical trainers. It will not be possible to modify or customize them beyond permissible limits.

## ETIQUETTE

Please maintain a low voice when in the Spa as treatments are taking place throughout the day. For the consideration of others, we ask that you switch your cellular phones and electronic devices off or to silent mode.

## TAKE YOUR TIME

In order for your therapist to prepare individually for your treatment and for you to enjoy your full treatment time, we kindly ask you to show up about 10 minutes before the treatment begins. Out of respect for the following guests, we ask for your understanding that in case of lateness on your part, this will be reduced from the treatment time.



### **CLOTHING**

Please come to your treatment in your bathrobe. To protect your privacy, we offer you disposable briefs for every treatment and work with various covering techniques.

### **HEALTH FORM AND FULFILMENT OF WISHES**

During the treatment we would like to respond to your individual wishes. Therefore, we will ask you before the treatment what is especially important to you. Competent consultation is a part of the treatment and is very important to us.

### **CANCELLATION POLICY**

Your MANNA spa treatments are reserved especially for you. We value your business and ask that you respect the spa's scheduling policies. Should you need to cancel or reschedule, please notify us at least 24 hours in advance. Please leave enough time to get to your appointment, anticipating check in procedures and preparation. (Estimated time prior to the beginning of your therapy 10 minutes). Any cancellations with less than 24 hours of notice are subject to a cancellation fee amounting to 50% of your scheduled service. Guests who miss their appointments without giving any prior notification will be charged in full. If you book a service on the same day and you cancel or no show, you will be charged in full. If you are more than 15 minutes late and we do not have enough time to perform the service due to time limitations and you will be charged in full.

### **OPENING HOURS**

Sunday to Thursday 11am – 7pm Friday to Saturday 11am to 9pm  
and by appointment Pan-Gym 24 h  
Please wear swimwear in the pool area.

Should you wish to enjoy the Cave Pool after a massage, please note that a thorough shower is recommended to remove all essential oils used during your treatment. In the sauna, we ask you to put a towel where you sit and one for your feet for hygienic reasons. The whole area is an area of peace and calmness and we kindly ask you to respect other guests.



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