

SILVA Wellness : Treatments

To relax, naturally

MASSAGES

Subject to availability

Head massage 20 min 39 €

Discover this treatment that lets you really let go.
"Neck, trapezius, shoulder and skull massage"

Back massage 20 min 39 €

Relax with this timeless treatment.
"Back massage"

Back & legs massage 20 min 39 €

For an incomparable feeling of lightness! Enjoy a muscle-relaxing massage and draining of the legs, followed by the essential back massage.
"Back and back of legs massage"

Serenity massage 40 min 69 €

Relieve yourself of the weight you carry on your shoulders every day.
"Combined massage of the skull, neck, trapezius, shoulders and back"

Escape massage 50 min 79 €

Get away from it all with this deeply relaxing massage for body and mind.
"Full body massage"

Stone Therapy massage

Combining stones and hands, this massage will take you on a journey of warmth, relieving your deepest tensions.

"Back massage" (20 min) 45 €

"Full body massage" (60 min) 89 €

- Cannot be offered as a duo

HYDRO TREATMENT

Subject to availability

Niagara bath 20 min 39 €

Cyclic hydro-massage bath scented with essential oils.

BODY TREATMENT

Subject to availability

Silva Signature 75 min 99 €

Be radiant with our sweet scrub followed by a relaxing massage with a gourmet fragrance.
"Arabia scrub with orange blossom followed by a full body massage"

Self care 50 min 79 €

Wrap yourself in softness and give your skin all the benefits it needs.

"Body scrub followed by a nourishing shea butter body wrap.

- Cannot be offered as a duo

Back care 30 min 45 €

Treat your back to a moment of lightness.

"Cleansing + exfoliation + massage + purifying mask + moisturising cream".

- Cannot be offered as a duo

FACIAL TREATMENT

Subject to availability

Tailor-made care LR - Zeitgard 50 min 68€

Get radiant skin with the LR Aloe Vera Facial - Zeitgard PRO. This revolutionary device ensures your skin's perfect balance, offering a personalised treatment tailored to its specific needs: hydration, detoxification, anti-ageing and purification.

Thanks to special oscillations, you can enjoy deep pore cleansing combined with intense detoxification. What's more, built-in ultrasound provides advanced anti-ageing treatment for radiant, youthful skin.

- Not available as a duo

BODY SCRUB

Subject to availability

Arabia body scrub 20 min 45 €

Take a break from your daily routine and enjoy a sweet, enveloping note of orange blossom.

- Cannot be offered as a duo

SILVA WELLNESS

To relax, naturally



BEAUTY DAY

INCLUDES:

165 €

- Silva Signature Care - 75 min
- Tailor-made treatment LR - Zeitgard - 50 min
- Access to the wellness centre from 10am to 6pm
- Bathrobe + Slippers + Towel
- Unlimited water throughout the day



DISCOVERY DAY

INCLUDES:

119 €

- Niagara Bath - 20 min
- Massage Évasion - 50 min
- Access to the wellness centre from 10am to 6pm
- Bathrobe + Slippers + Towel
- Unlimited water all day long



WELLNESS CENTER

Open from 8am to 8pm

Includes :

- Heated indoor swimming pool
- Hammam
- Sauna
- Outdoor Jacuzzi
- Relaxation room
- Fully-equipped fitness room

- **Sauna and steam room for over-16s only**
- **Opening hours for children (under 14) :**
7am - 10am and 6pm - 8pm



SUBSCRIPTIONS/RENTING

Hotel guest access

13 €

For the day

External customer access

35 €

For 3h

Wellness centre membership

165 €

Monthly subscription

Swimming pool subscription

99 €

Monthly subscription

Bathrobe

7 €

Slippers

5 €

Please make sure to:

- Arrive 10 minutes early in our wellness area (any delay will be deducted from your massage/treatment time)
- Wear sportswear in the fitness room
- Sit on a towel in the sauna
- Cancel your treatments at least 24 hours in advance, failing which we will be obliged to charge you 100% of the treatment cost