

WORLD RITUALS

JAPANESE ZEN CEREMONI / 70 MIN. / 950,-

| Body peeling / Shiatsu and a cup of Sencha tea.

AFRICAN RITUAL (Only one person at a time) / 70 MIN. / 950,-

| Mud from the Dead Sea wrap / Soft massage of the scalp / Body massage and a cup of Rooibos tea.

CHINESE TEA CEREMONI / 70 MIN. / 950,-

| Body peeling / Massage of the scalp (and shoulders) Foot massage / and a cup of Oolong tea.

ORIENTAL RITUAL (Only one person at a time) / 70 MIN. / 950,-

| Hamam, Body Massage and a glass of Mint tea.

FRENCH MAGIC / 70 MIN. / 950,-

| Foot wrap / Face massage / Face treatment and a cup of Co.

ROYAL WELLNESS

PRINSESSE DE LUXE / 80 MIN. / 1.170,-

| Footbath / Foot wrap / Face treatment / Shiatsu and a glass of smoothie.

QUEEN DE LUXE / 80 MIN. / 1.170,-

| Body Peeling / Face massage / Face treatment and a glass of non-alcohol sparkling.

PRINCE DELIGHT / 80 MIN. / 1.170,-

| Hamam / Shiatsu / Foot massage and a glass of smoothie.

KING DELIGHT / 80 MIN. / 1.170,-

| Hamam / Foot and leg massage / massage of the scalp and a glass of smoothie.

THE WELLNESS AREA HAS ITS OWN ENTRANCE.

THE PRICE FOR THE TREATMENTS DOES NOT INCLUDE THE ENTRANCE FOR THE SPA.

ENTRANCE FOR THE SPA / 250,- inclusive refreshments, loan of bathrobe and slippers.

Griffen | Hotel & Wellness

Alea Wellness
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ENGLISH



*Alea
Wellness*



CLASSICAL MASSAGE

MASSAGE OF THE BACK / 25 MIN. / 420,-

| A deep massage which relieves and prevents muscle tension and pain in the back.

MASSAGE OF THE NECK, SHOULDERS AND BACK / 25 MIN. / 420,-

| Does your head, shoulders and back need pampering? Then this is the right massage for you. It loosens up the tension in your muscles and it is, at the same time, deep relaxing.

FULL BODY MASSAGE / 55 MIN. / 750,-

| This massage stimulates the nerve system in a positive way and reduces stress. It also has a positive impact on the skin, it will leave your skin healthy and fresh, with more color and glow and smoother in the long run.

MASSAGE FOR PREGNANCY / 25 MIN. / 420,- / 55 MIN. / 750,-

| Our massage table for pregnant women, designed especially for you to have an exceptional experience of laying on your stomach. In this way, you nourish yourself and your baby.

ANTI-AGE BODYTREATMENT

HAMAM (only for one person at the time) / 25 MIN. / 470,-

| On a lovely warm "Rocking stone" made of granite from Bornholm, your body will be scrubbed with Kessa gloves and black soap, and after that be enshrouded in soap bubbles.

BODY PEELING / 25 MIN. / 470,-

| Enjoy a body peeling with fruit essence, chocolate or coffee which effectively peels off the dead skin and ads minerals, antioxidants and vitamins to the skin.

WRAP (only for one person at the time) / 25 MIN. / 470,-

| On the heated "Rocking stone" you will get a body wrap with mud from the dead sea, algae's or rasul. The treatment is very relaxing and gives you a good detox.

FOOT DETOX / 25 MIN. / 470,-

| The treatment begins with a lovely footbath with salt and aromatic herbs, after that you will receive a foot wrap, a foot peeling with fruit or flower extracts and it will be round off with a moisturizing Foot Cream.

THE WELLNESS AREA HAS ITS OWN ENTRANCE.
THE PRICE FOR THE TREATMENTS DOES NOT INCLUDE THE ENTRANCE FOR THE SPA.

SPECIAL MESSAGES

MASSAGE OF THE SCALP / 25 MIN. / 420,-

| Do you know anything better than to be caressed in your hair? Then the massage of the scalp is for you. The massage reduces tension in the neck, reduces headache and is very relaxing.

AYURVEDA FACE MASSAGE / 25 MIN. / 420,-

| An ancient Indian tradition, which is a wonderful, deep relaxing and refreshing treatment.

RELAX FOOT AND LEG MASSAGE / 25 MIN. / 420,- / 50 MIN. / 690,-

| A lovely massage for tired feet and legs, we combine pressure points with soft and smooth strokes. The treatment stimulates the blood circulation, improves the flexibility in muscles and joints, and gives you optimal wellness.

ZEN SHIATSU / 55 MIN. / 750,-

| This treatment is based on ancient Japanese medical treatment. You may be full dressed with loose clothing! The treatment is performed with soft strokes, pressure with the hands or thumbs and with some stretches. You will find the treatment deeply relaxing and feel a better connection between your body and mind.

HOT STONE / 70 MIN. / 950,-

| The hot stone massage is a wonderful experience for the body and soul. We alternate between massage with hot soft lava stones and massage with our hands. The heat from the stones will make the muscles to relax deeply, stimulate the blood circulation and activate the detoxing of the body.

ANTI-AGE FACE TREATMENT

RELAX FACE TREATMENT / 25 MIN. / 470,-

| The treatment includes a deep rinse, peeling, eye compress, mask and a deep rinsing and moisturizing day cream. Our products are all based on natural ingredients. You can choose between:
Aqua lift for dry and mature skin / Silk-soft for sensitive skin / Purity for various skin.

LAYERING / 35 MIN. / 540,-

| A Japanese beauty secret, which gives you skin like a dream, for all ages. It's the number of rituals, organized in a special procedure which carries the key to the Japanese women's youthful skin.

PAYMENT IS MADE BEFORE THE START OF TREATMENT AT ALEA WELLNESS.
PLEASE REPORT YOUR ARRIVAL 15 MINUTES BEFORE TREATMENT. AT THE FRONT DESK OR IN THE SPA.