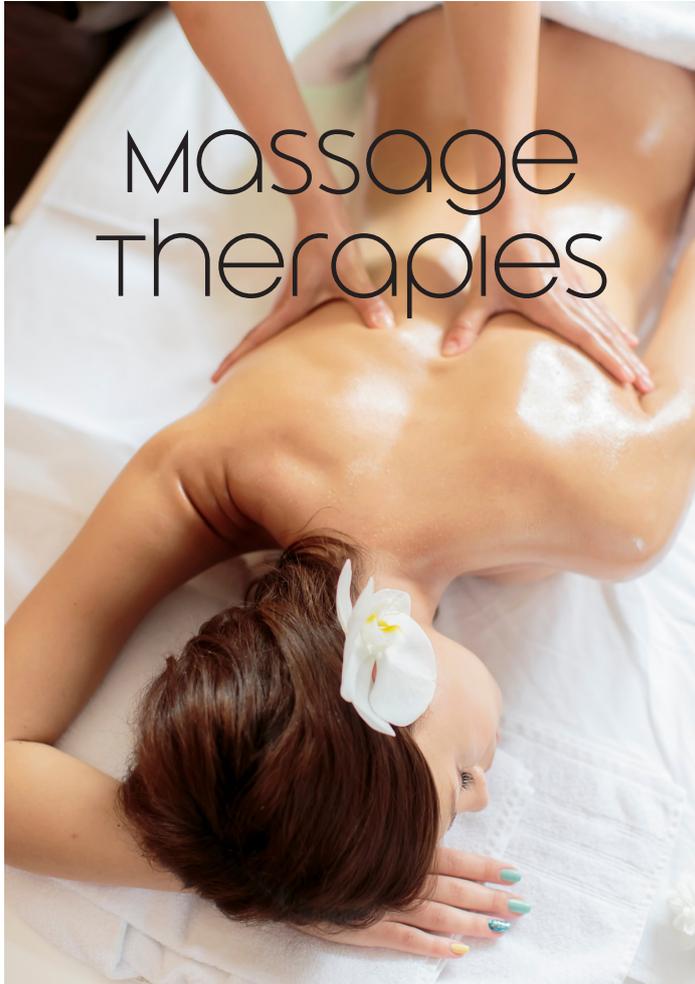




Lixxe's
Aspen
Spa



Massage Therapies

Spa experts believe that a 50-minute massage is equivalent to 8 hours of sleep for the body. Undoubtedly one of the most popular spa treatments of all time, massages have many benefits, such as relaxing tired muscles, improving circulation, relieving tension and de-stressing the mind. Experience an unrivalled selection of holistic and therapeutic massages at Lizzie's Aspen Spa.

Anti-Cellulite Massage (60 minutes)

This massage is devised to promote the release of stored fat, as the stimulation drains toxins and increases blood circulation. Skin manipulation is used to physically break down the cellulite and stored fat. The result is an effective treatment in contouring and minimising the appearance of cellulite.

Aromatherapy Massage (60-90 minutes)

This massage activates and calms your senses. Using choreographed massage movements particularly suited for stress-related conditions. It is characterised by gentle flowing strands of pressure, which leads to a state of harmony and total bliss.

Balinese (60-90 minutes)

A deeply relaxing massage. This medium pressure treatment will boost circulation using a combination of gentle stretches and acupressure. It stimulates blood circulation, oxygen and energy around your body and builds a sense of calm and deep relaxation.

Deep Tissue Massage (60-90 minutes)

Tension is massaged away, and aching muscles soothed. A dynamic blend of essential oils is rhythmically applied to the pressure points according to your body needs, using firm massage. This type of massage facilitates healing by releasing contracted areas

of muscles and tissues. It can help increase blood flow to the soft tissues and may reduce inflammation.

Hot Stone Massage (90 minutes)

Warm smooth stones are placed on key energy points to loosen tight muscles. Whilst the deep penetrating heat from the warm stones are used to massage the body, using traditional techniques to release muscular tension and balance the spirit.

Indian Head Massage (30-40 minutes)

This seated treatment helps relieve tension with a relaxing head, neck and shoulder massage, reviving scalp massage, and soothing face massage. As your circulation is boosted, headaches and sinus problems are eased, thanks to the drainage techniques and pressure point stimulation.

Reflexology (30-60 minutes)

This ancient therapy involves applying pressure to vital points on your feet and hands, which corresponds to parts of your body

and organs and massaging them stimulates the parasympathetic nervous system to heal itself.

Sports Massage (60-90 minutes)

If you've overworked yourself at the gym or in an exercise class, this is the treatment for you. It's also ideal to help with injury recovery as muscle pain and tightness are relieved. A firm-handed, deep tissue massage that helps the majority of minor and moderate musculoskeletal problems, ideal before or after exercise. Muscle pain and tightness are relieved as your therapist uses tailored massage techniques to release tension and restore balance.

Thai Massage (60 minutes)

Thai massage is more active than other forms of massage. The therapist will stretch your body in addition to providing a message. This is a dry massage, and no oil is used.



Body Treatments

It's all in the detail – beauty treats to ensure you leave looking oh-so pristine. At Lizzie's Aspen Spa we offer eyebrow shaping and tinting, eyelash tinting and extensions, as well as waxing, make up and henna by appointment.



SCRUBS

Jojoba Polish (45 minutes)

Refine your skin with this jojoba based polish which deeply cleanses and decongests your pores of pollutants, and stimulates the lymphatic system encouraging free flow.

Jasmine Body Glow (45 minutes)

A unique body exfoliating treatment created with a mix of ground organic jasmine rice, blended with Ylang Ylang oil and pure honey to gently sweep away dry, rough skin and promote a youthful, hydrated complexion.

Lavender Salt Scrub (45 minutes)

Exfoliate with Himalayan salt and rock salt mixed with lavender, geranium and other essential oils to cleanse and polish your skin leaving it soft and supple.

Lemon Grass Gel Scrub (45 minutes)

This gel-based scrub has the goodness of lemongrass along with juniper berry oil and apricot which encourages skin rejuvenation. It results in a vibrant and luminescent skin texture.

WRAPS

Lizze's Aspen Spa's wraps have all been designed to either hydrate, moisturise and firm the skin. It also soothes aching muscles. Some of the ingredients in the wraps are rosemary, honey, butter, clay, chocolate and eucalyptus.

Cellulite Treatment Wrap (45 minutes)

These wraps aim to boost circulation to help flush toxins away from your skin and underlying fat cells for a smooth, bump free appearance. These wraps target the bottom hip and thigh area alone.

Chocolate Body Wrap (45 minutes)

The ultimate treat for chocoholics, this heavenly scented body wrap sees cocoa rich formulas applied to your skin. Chocolate is known for its anti-ageing, toning and softening qualities.

Mud/Clay Body Wrap (45 minutes)

Say goodbye to excess water impurities and dull pores. A layer of therapeutic mud or clay is lightly massaged into your skin before wrapping begins to cleanse, detoxify and firm up your skin. The therapeutic mud and clay have antistress properties.





Our facial treatments are specially tailored to suit your individual skin type. Whether you're looking for a nourishing treatment to alleviate dryness, a cleansing facial for perfectly clear skin or something to give your complexion a quick glow, our facials are pampering treats that deliver visible results.

Radiance Renewal Facial (50 minutes)

This luxurious facial will rehydrate, moisturise and nourish the skin. The treatment includes deep cleansing and the application of a Lizze's Aspen Spa's mask, while you enjoy a hand or scalp massage as part of your treatment. Your skin will feel revitalised, energised and smooth, with a radiant glow.

Signature Facial (80 minutes)

With a blend of anti-oxidants and revitalizing plant extracts, this Casmara™ powered facial formula recharges dull, tired and stressed skin. Your skin will also be better protected against lifestyle and environmental aggressors that lead to premature ageing.

Gold Facial (60 minutes)

When your skin isn't looking or feeling its best, treat it to the gold standard. This facial consists of a 24 carat anti-aging exfoliating scrub, a skin radiance gel, a moisturising cream and a beautifying mask. Gold is known to slow down the depletion of collagen from your skin.



HANDS & FEET

Maintain healthy-looking hands and feet, at Lizzie's Aspen Spa we offer cuticle and nail shaping, filing and polish application including French finishes. Be pampered and preened. Enjoy therapy for your hands and feet. When you need a bit of pampering, our manicures and pedicures are a must.

Manicure (35 minutes)

A soothing, beautifying manicure that leaves your hands looking and feeling soft and smooth, with perfectly shaped and painted nails.

Pedicure (50 minutes)

Treat neglected feet to a pampering pedicure that softens and hydrates your feet and legs, with cuticles and nails tidied and buffed or painted. Your feet and legs will look and feel renewed, with nails looking neat and perfectly polished.

Manicure and Pedicure (90 minutes)

Classic French Manicure (45 minutes)

A soothing, beautifying manicure that leaves your hands looking and feeling soft and smooth, with perfectly shaped and painted white tip nails.

Classic French Pedicure (60 minutes)

Treat neglected feet to a pampering pedicure that softens and hydrates your feet and legs, with cuticles and nails tidied and buffed or painted. Your feet and legs will look and feel renewed, with nails looking neat and perfectly white tip polished.

French Manicure and Pedicure (105 minutes)

Royal Deluxe Pedicure (60 minutes)

Give your feet our royal luxury state of the art treatment. The treatment involves our refreshing foot soak, soothing, exfoliating and revitalizing foot masque followed by a relaxing leg and foot massage. Your feet will feel smooth and refreshed, with skin blissfully conditioned. Enjoy a feeling of total relaxation and tranquillity.

Polish Only (15 minutes)

Relax while your nail colour is removed, quickly and easily. Let our skilled technicians file and shape your nails, before applying the polish of your choice. Available on both hands and feet.



Shampoo

Blow-Dry

Shampoo, Haircut and Blow-Dry

Hair Style/Up Style

Curling Iron

Flat Iron

Hair Straightening

LuxLiss Smoothing

Relaxing

Brazilian Blow-Out



Lizze's Aspen Spa offers the perfect experience in beautifully cut and coloured hair. We will create a personalised look to suit your individuality, features and hair texture with perfectly blended colours to complement your skin tone. Complimentary consultations are offered on all services.

HAIR SPA

Our hair spa consists of massaging your head with oil, followed by a hair steam. Steaming the hair helps the oil to penetrate deeper into the hair and scalp to better absorb the oil nutrients. This is followed by a hair wash and shampoo. We then apply a hair mask which will condition your hair. Our hair masks are carefully customised to suit your hair type. All these steps together, will restore the shine and moisture in your hair, which was lost due to pollution and dryness due to regular use of chemicals.

Keratin Intensive Repair Therapy Mask (90 minutes)

This mask is designed for chemically and colour treated hair. The mask hydrates and restores the hair's natural balance. It also enhances the elasticity, shine and manageability.

Macadamia Natural Oil Botox Mask (90 minutes)

This mask is designed for substantially damaged hair. Since hair is just a collection of dead cells, hair damage for the most part is permanent and beyond repair.

COLOUR SERVICES

Colour Regrowth
Full Hair Colour
Foil Highlights - Full Head
Foil Highlights - Half Head





THREADING

A loop of twisted cotton thread is rolled over the skin, trapping hairs and removing them from the follicles. Any unwanted hair from around your brows or upper lip is whisked away quickly, with minimal pain or irritation to sensitive skin.

Eyebrows (10 minutes)

Upper Lip/Chin (10 minutes)

Full Face (15 minutes)

Eyebrow Tint/Bleach (10 minutes)

Enhance your eyebrows with a semi-permanent tint. Your brows will look darker and more defined.

FULL FACE BLEACH (15 minutes)

Facial bleaching helps oxidize the skin by removing dead skin cells. Apart from removing toxins, it is beneficial for enhancing appearance and results in younger-looking skin.

EYELASH EXTENSIONS

Eyelash extensions generally last up to two weeks and are perfect for holidays, parties or any special occasion where statement lashes are needed.

W A X - I N G



Removes unwanted hair in minutes. Our therapists will quickly whip away fuzz, leaving you with beautifully smooth skin.

Upper Lip/Chin (10 minutes)

Full Face (15 minutes)

Half Arms (20 minutes)

Underarms (10 minutes)

Full Arms (25 minutes)

Half Legs (20 minutes)

Full Legs (30 minutes)

Half Back (15 minutes)

Full Back (30 minutes)

Stomach (15 minutes)

Stomach and Chest (30 minutes)

Bikini (15 minutes)

Brazilian (30 minutes)

Full Body (60 minutes)



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Party
Bridal
Special Occasion

Henna

Hands and Feet
Bridal



packages



We offer a variety of experiences through our uniquely designed packages.

Indulgence Package (120 minutes)

This package includes:
Balinese massage
Manicure and pedicure
Wash and blow dry

The Aspen Package (150 minutes)

This package includes:
Any scrub of your choice
Any wrap of your choice
Any massage of your choice (up to 60 minutes)

Royal Pamper Package (240 minutes)

This package includes:
Any scrub of your choice
A candle massage
Our signature facial
A manicure and pedicure

Bridal Package (240 minutes)

This package includes:
Any scrub of your choice
Any massage of your choice (up to 60 minutes)
Any wrap of your choice
A gold facial
A manicure and pedicure
Full body waxing

Spa Rules & Regulations

BUSINESS HOURS

Lizze's Aspen Spa ("Spa") is open from 10:00am to 10:00pm daily.

RESERVATION

Advanced booking prior to your arrival is recommended to secure your preferred date and time of treatment. Advance payment might be required at the time of booking for a confirmed appointment.

CHECK-IN

Please arrive at least 15 minutes before your scheduled treatment to avoid reduced treatment times. Please note that we may not be able to extend treatment sessions that start after the scheduled appointment time to accommodate other guests fairly.

CONSULTATION

Each guest will receive a complimentary consultation to enable us to tailor a personalised prescription to suit individual requirements.

SPECIAL CONSIDERATION

If you are pregnant you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy.

If you have high blood pressure, heart conditions, allergies or other medical complications, we advise that you consult your doctor before signing up for any Spa services.

Please inform your therapist of any medical conditions.

ETIQUETTE

The Spa is a place to unwind and rejuvenate your mind, body and spirit. We request that you respect other guests' privacy by speaking softly and putting your mobile and other electronic devices on silent.

The Spa is a non-smoking environment. The consumption of alcohol within the Spa is prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to or after any Spa treatment.

The minimum age for guests to enter the Spa is 16 years old.

DRESS CODE

We request that a modest decorum is maintained at all times. We will provide disposable underwear that will be required to be worn during certain body treatments. These will be made available prior to your treatment.

VALUABLES

No responsibility can be accepted by the Spa for the safety of money or valuables of any kind brought to the premises. If you do bring valuable items, it is essential that they are covered by your own insurance for the period of your stay. The Spa will not be liable, under any circumstances whatsoever, for damage, injury or consequential loss, however caused, to our guests, their property and belongings.

PACKAGES

All packages and offers are subject to availability. The Spa reserves the right to withdraw or amend any packages and offers at any time.

CHILDREN AND PETS

The Spa does not have the facilities for children under the age of 16. We are unable to allow children to wait on premises whilst their parent has an appointment. Pets are not allowed in the Spa.

CANCELLATION POLICY

A 24-hour cancellation notice is required to help us reschedule your appointment subject to space availability. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee. A full fee will be imposed for a no-show.

GIFT CERTIFICATES

Treat a friend or loved one by giving them an experience they will never forget. Gift certificates may be purchased by service or amount. Gift certificates by amount are available for use against any Spa service or retail products. Gift certificates are not refundable and must be presented at the time of treatment. Vouchers are valid for six months from date of issue.

REFUND POLICY

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

PAYMENT

We accept cash and all major credit cards. All prices are quoted in Bahraini Dinar and are subject to change without prior notice.





Lizzes Aspen Spa W.L.L.; CR No. 145527-1

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