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Where time stands still...

Our Spa name, Hébe, is inspired by the Greek goddess of youth of the same name. Hébe was the only daughter of 3 children born to Zeus and Hera, and known as the cup-bearer of ambrosia, the divine nectar which claimed to bring the gods eternal youth. As portrayed in our logo design, Hébe also means "Flower of Youth" and is a rare, yet versatile, flowering evergreen shrub. The Hébe wild flower can be found in a stunning collection of bright foliage varieties: pink, purple, silver and white; it is a firm favourite with butterflies, themselves a symbol of beauty and renewal!

The 1,050sq m award winning Hébe Spa boasts six treatment rooms, Jacuzzi, plunge pool, sauna, steam room, tennis and squash courts, fully equipped gym, and an aerobics studio with regularly scheduled fitness and yoga classes. Guests can relax in the Temple Lounge after treatments, furnished with low beds and mountains of pillows.

A cocoon seating area is enclosed by white drapes for discreet consultations before therapies commence. The main hall, which houses the spa reception and retail area, is dominated by a heated indoor swimming pool(in winter months), which flows into the outdoor lagoon-style infinity pool.

Last, but not least, the finest selection of treatments from the world's best known Spa brand will suit everyone's needs.

Enjoy the journey!



Hébe Spa Signature Treatments

The island of Cyprus is famous for being the birthplace of the mythological goddess of love Aphrodite who, legend says, emerged from the seas close to Pissouri Bay. The island is also known for its genuine hospitality as well as its warm sunshine, which contributes to its reputation of being 'The Garden of the Mediterranean'. This small country boasts soil so rich that it's high quality products are exported worldwide. Citrus fruits such as grapefruit, limes, lemons and oranges grow in abundance across Cyprus along with grapes, olives, aromatic herbs and so much more.

We have selected the island's finest natural ingredients and used them to create new, indulgent spa treatments to rejuvenate and renew, all unique to **Hébe Spa**.

Hébe Ritual 70min - €125

From the tips of your toes to the crown of your head, this treatment is much more than just a massage. Relax while your feet are bathed in warm suds of natural aromatic soap, followed by a full body massage using a blend of pure essential oils. Feel reborn and renewed like the Goddess of youth herself, Hébe.

Amphitrite Sea Holistic Journey 90min - €165

This unique treatment focuses on well-being, working out physical tension while freeing the mind of negative emotions. Using a toning body scrub, which gently exfoliates the skin, the journey continues with Thai-inspired massage techniques, using boluses filled with pure lavender flowers for total relaxation of mind, and natural sea salt for cleansing of the body. The Ritual finishes with a booster facial customised to your personal needs to reveal a brighter and healthier complexion. This is a true delight for the skin and the senses, from the Goddess of the sea, Amphitrite.

Frangipani Total Wellbeing 90min - €165

Experience the power of ELEMIS Exotic therapy. Revive your senses and invigorate your body: The sublime Exotic Frangipani Salt Glow exfoliator, infused with skin-enriching Frangipani Monoi body oil, will leave your skin feeling silky smooth. After light brushing, warm oil is drizzled over the body, followed by a luxurious sole - to - crown massage, tending to your wellbeing. Deeply relaxing for both body and mind, the skin is moreover cleansed, and you will depart with a whole new glow.

ELEMIS Signature Hawaiian Wave Four Hands Massage 75min - €220

From Hawaii, the traditional Lomi Lomi massage movements sweep the length of the body like a synchronised dance. Working in tandem the lead therapist is known as the "Mother" who sets the pace whilst the second therapists acts as a "Mirror" of the Mother. Using ELEMIS Frangipani Monoi Oil from the Polynesian Islands, the experience of having two therapists working at the same time is the closest that you could imagine to such a mystical experience of the sublime. Four expert hands working at the same time, complementing and following each other to caress and comfort the body's energy flow, resulting in the ultimate experience of the power of touch.

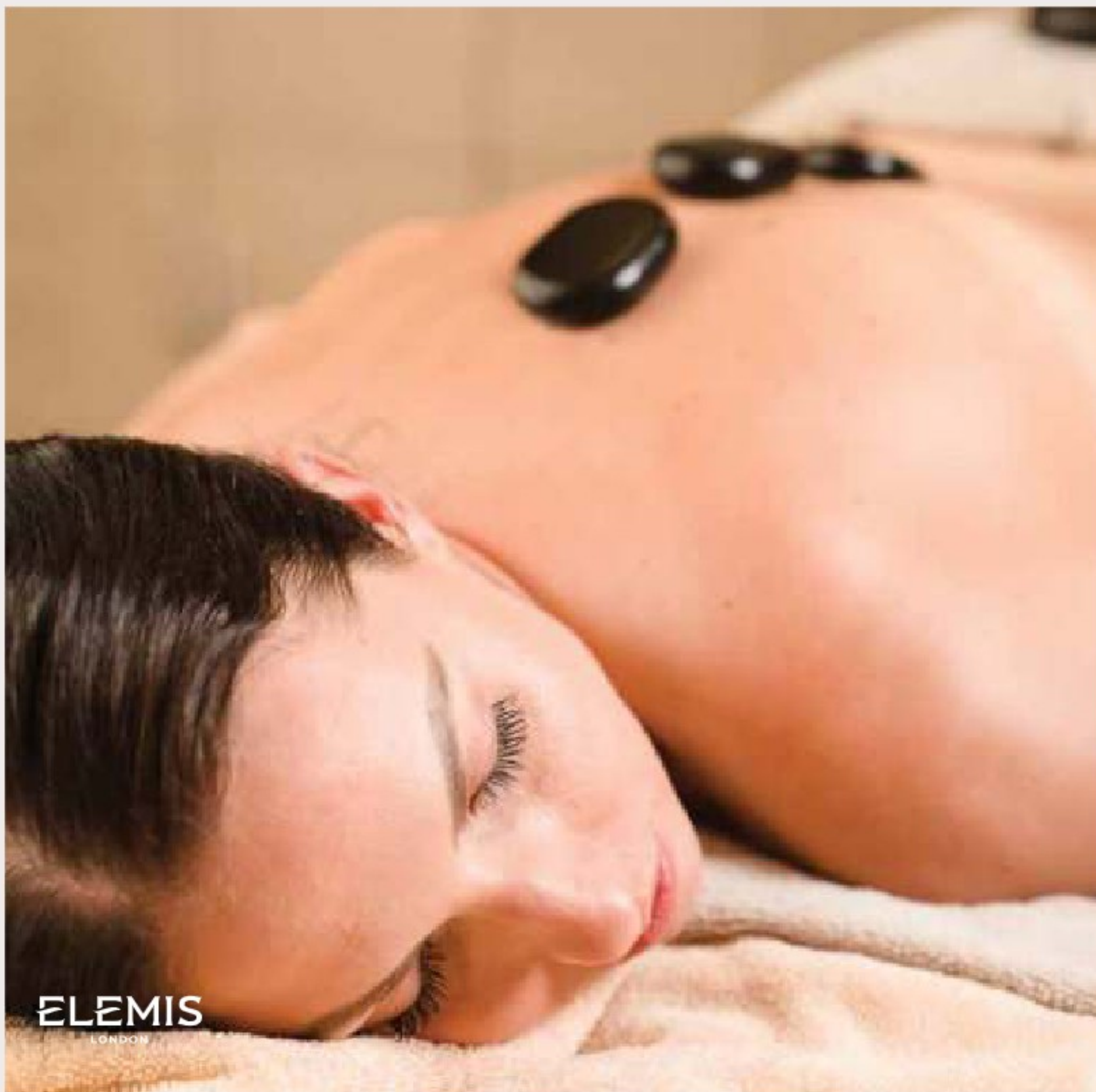
ELEMIS Couture Touch Face and Body Sensation 115min - €210

Condition your skin and muscles with this all-embracing experience. Combine any ELEMIS hands-on touch facial with your personalised Freestyle Deep Tissue Massage

ELEMIS BIOTEC ULTIMATE HIGH-TECH FACIAL 90min - €200

This treatment makes use of 4 bio-electric technologies, the ELEMIS Facial and Eye massage, the ELEMIS Neck & Decollate Massage and 2 ELEMIS professional masks. This is the ultimate effect of Anti-Ageing Rejuvenation to bring dull and lifeless skin back to life. To round up your well-being experience you will also be treated to a Head & Scalp or a Hand & Arm Massage. This is a True Masterpiece of a Facial with a powerhouse of Active Ingredients and the Most Advanced technologies available on the beauty market today.





ELEMIS Spa Massages

ELEMIS Deeper Than Deep Hot Stone Massage 60/90min - €140/€180

This deeply transformative treatment incorporates heated volcanic stones which are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

ELEMIS Freestyle Deep Tissue Massage 55/90min - €130/€170

Perfect for combatting a busy lifestyle, this full body massage offers more than just muscle relaxation it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

ELEMIS Aromatherapy Massage 60/90min - €115/€160

Take a walk in a Botanical garden with this lavishly hydrating body massage. Powered by unique mix of essences that have been designed to be used in this extremely relaxing massage, with the help of modern aromatics. The Aromatherapy Essences are designed for different moods, enabling this massage to be tailored to your needs, taking your on a trip of the senses through the power of pure aromas.

ELEMIS Peaceful Pregnancy Massage 75min - €135

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby.

ELEMIS Frangipani Head & Scalp Massage with Back Massage 60min - €120

This scalp massage is so blissful it should be illegal! Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. This treatment includes a 20min Relaxing Back Massage.



Hébe Spa Massages

Swedish Full Body Massage 55/90min - €120/€160

A medium to stronger pressure massage, tailored to individual needs. Helps to ease aches and pains and leaves you totally relaxed.

Swedish Back Massage 25/40min - €65/€90

A medium to stronger pressure massage for the back, neck and shoulders, tailored to individual preference.

Reflexology 40min - €90

Using ancient Chinese techniques, reflexology works on the principle that all our organs are represented in the feet. By working on these points, our therapist can help to rebalance and obtain harmony for your body and mind.

Indian Head Massage 40min - €90

A deeply relaxing scalp, neck and shoulder massage which provides relief from aches and pains, promotes a healthy scalp, and hair, and helps induce relaxation and a feeling of well-being.

Especially beneficial for tension, headaches and eyestrain.



Anti-cellulite Firming Massage 25min - €70

A massage for problematic areas, which loosens fatty tissue under the skin and visibly smoothes out the skin's surface, with lymphatic drainage helping to prevent water retention. The result is visibly firmer, smoother skin.

Botem add-on 20min - €35

Sports Massage 55min - €135

This massage is especially beneficial if you are suffering from aches, pains and stiffness.

A full body deep tissue massage to ease tense muscles.

Theragun add-on 15min - €20

Royal Thai Oil Massage 75min - €155

Inspired by traditional Thai massage, this massage utilises rhythmic movements in keeping with Eastern and Ayurvedic traditions to engender muscular and mental relaxation. A blend of essential oils are warmed and, combined with stretching, and acupressure, used to alleviate pain, invigorating the body's energy levels. Thai massage is revered for its use of passive stretching techniques in actively rejuvenating the body. Pressure is applied along the meridian lines to stimulate movement of energy in the body, resulting in long lasting effects, improving flexibility, reducing tension, and, overall, perfectly balancing the body's energy system.

Thai Peace and Vitality Massage 75min - €145

With roots stretching back some 2,500 years, Thai massage was originally developed and practised by Buddhist monks in antiquity. Today, we bring it to Hébe Spa, in a bid to help restore our guests' vitality.

A dedicated Thai mattress awaits you, where you will receive special Thai loungewear to ensure maximum comfort during the massage. Ancient healing techniques – making use of compression to release tension across the body – are utilised, with our masseurs working on the body's energy lines to release blockages, open the chakras, and enhance flexibility and vitality: peaceful; perfection.



ELEMIS Expert Touch Facial

NOURISH FACIAL 50mins - €130

Boost skin radiance with our triple cleanse facial, infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

REVEAL FACIAL 50mins - €130

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smooth and glowing.

RENEW FACIAL 50mins - €130

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

DEFINE FACIAL 75mins - €180

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.



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ELEMIS Expert Tech Facial

RADIANCE + REVIVE FACIAL 50mins - €130

Revive tired skin with our advanced Ultrasonic Peel Technology teamed with Oxygen Infusion to plump and Galvanic to nourish leaving your skin rebalanced, nourished and radiant.

SMOOTH + POLISH FACIAL 50mins - €130

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, Led Light to re-energise and Galvanic to nourish, revealing bright, polished and smooth skin.

LIFT + REJUVENATE FACIAL 50mins - €130

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate lift, Ultrasonic Peel to gently exfoliate and Oxygen infusion to plump. Skin will appear renewed, toned and firmer.

SCULPT + FIRM FACIAL 80mins - €190

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 5 BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined.



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Men's Treatment Menu

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

FACE TECHNOLOGY

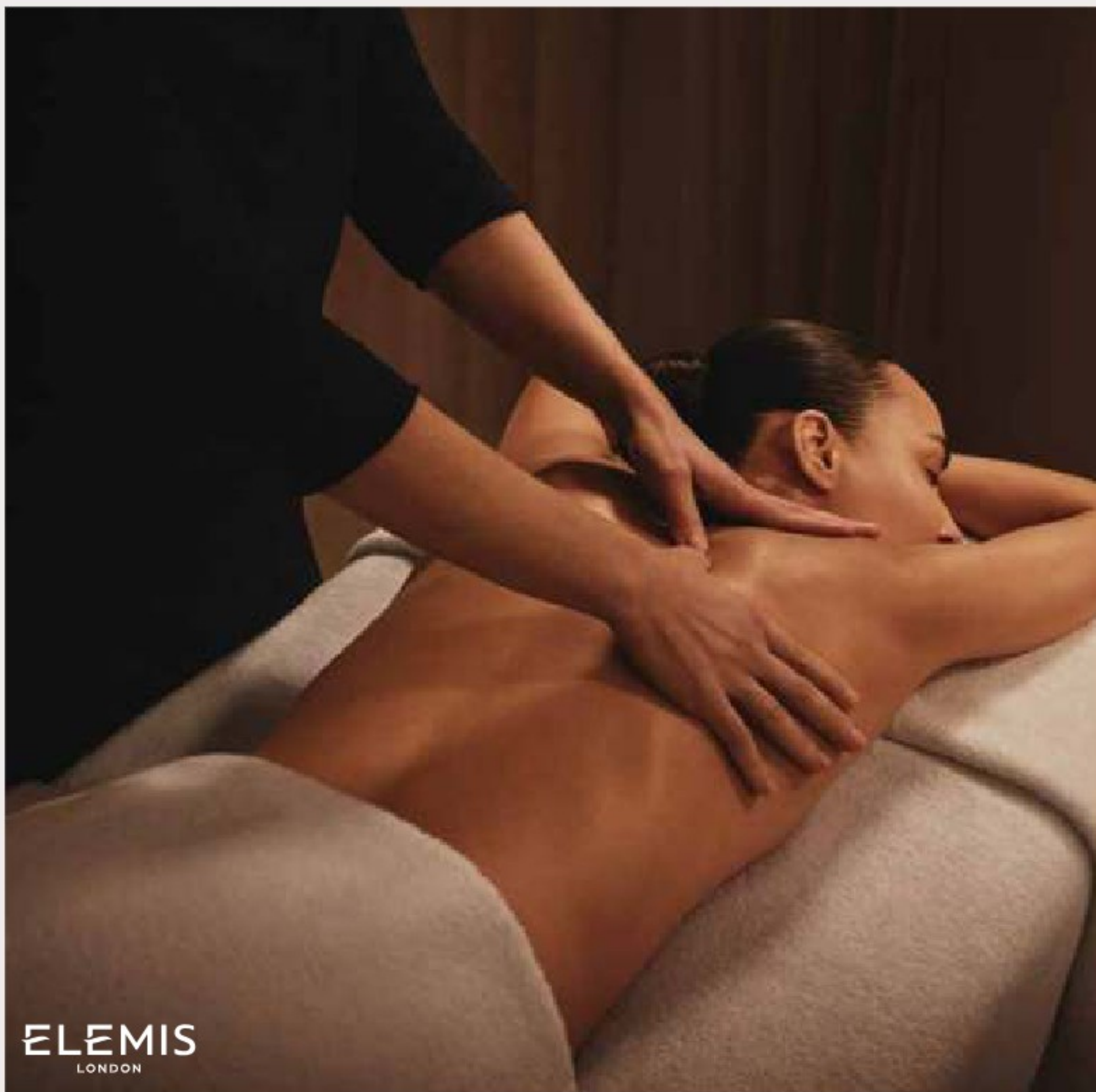
ELEMIS EXPERT TECH SCULPT + FIRM FACIAL 80mins - €180

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined.

FACE TOUCH

ELEMIS EXPERT TOUCH NOURISH FACIAL 50mins - €130

Boost skin radiance with our triple-cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.



ELEMIS Body Therapy

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

Detox and Re-Shape

ELEMIS Cellutox Aroma Spa Ocean Wrap 70min - €120

A deeply detoxifying blend to decongest and stimulate the system. Forget your troubles whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

ELEMIS Targeted Toning Tightener 50/90min - €120/ €180

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips and thighs, abdomen and backs of arms. Clinically proven* to reduce the appearance of cellulite after just one treatment. Choose a localised treatment for 50 minutes on one of the areas of concern (hips and thighs or abdomen).

*Independent Clinical Trials.



Exotic Scrubs and Wraps

ELEMIS Frangipani Body Nectar Nourishing Wrap 60min - €110

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of Monoi Oil offers super-hydration, quenching thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

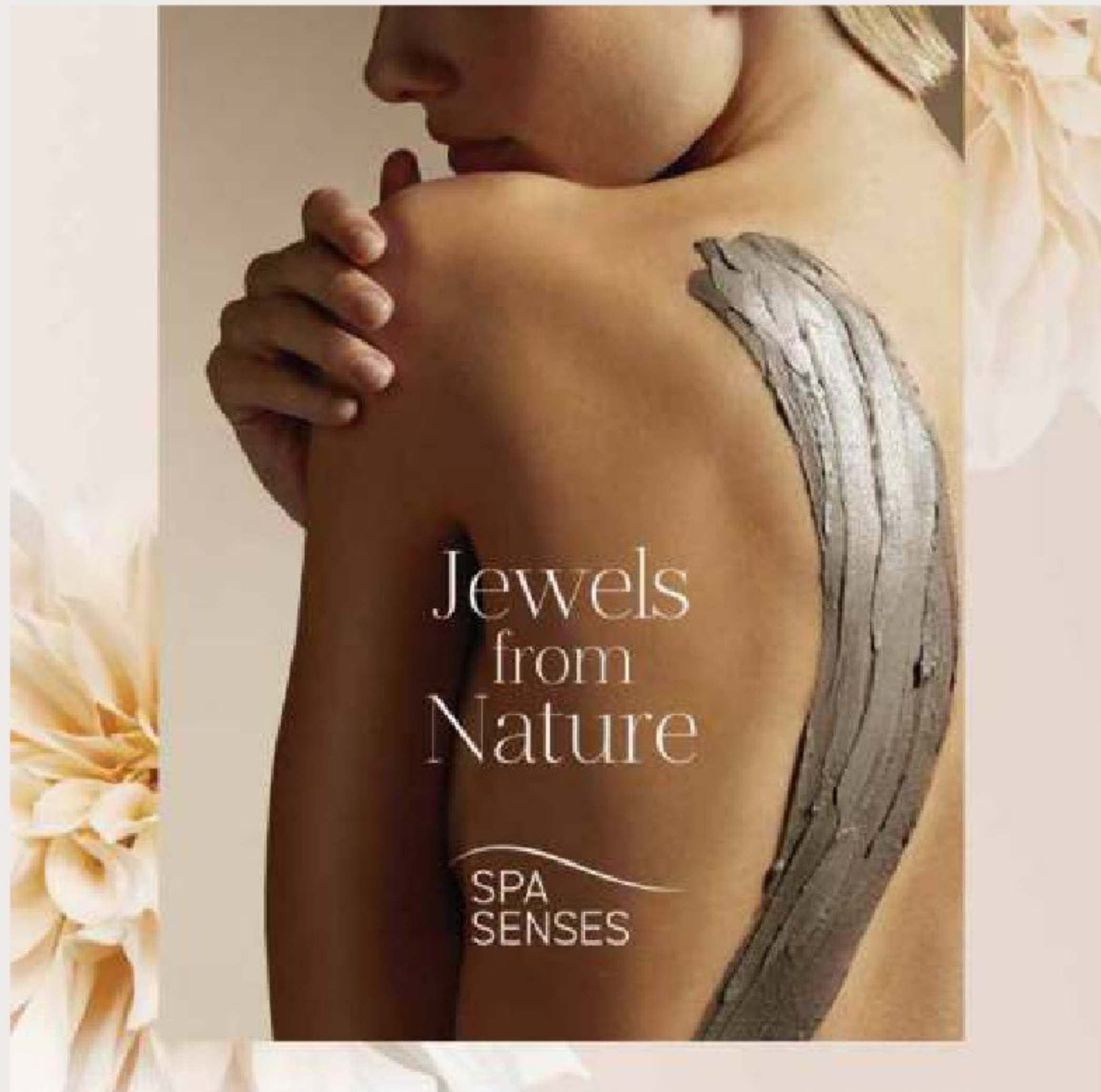
ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani 30min - €70

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

Muscle Release and De-Stress

ELEMIS Musclease Aroma Spa Ocean Wrap 70min - €130

A powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and a de-stress scalp treatment. Using a warming blend of essential oils, this specialised treatment helps ease aching, tense muscles.



SKEYNDOR Body Rituals

ENERGIZING RITUAL

Exfoliation + Wrap + Massage 90min - €175

This treatment consists of a full body exfoliation followed by a creamy illuminating sapphire wrap and a relaxing massage. A gentle wrap with sapphire particles is a sweet caress of nature that infuses your skin with luminosity and energy, deeply revitalising leaving the body ready for a truly relaxing session. Perfect for skin in need of deep renewal.

DETOXIFYING RITUAL

Exfoliation + Wrap + Massage 90min - €175

This renewing effervescent wrap, formulated with green tea and a combination of highly purifying citrus fruits, removes toxins and impurities from the skin. Its surprising warming effect is a treat for the senses. Ideal for skin in need of oxygenation and reinforced defenses. The treatment begins with an invigorating scrub, carefully selected for your skin needs, then you will be cocooned in a warming green tea wrap, and the treatment ends with a relaxing massage.

SLIM DRONE PROGRAMME

Orange peel skin & sagging / Orange peel skin & volume 60min - €135

New cosmetic drone technology: innovative and more effective with a selective active agent release system: for the treatment of cellulite, localised fat and sagging.



Men's Skincare

Gentleman's Awakening 60min €150

A unique experience of relaxation and revitalization specially designed for the needs of male skin. This treatment is a true symphony of Valmont techniques and products, selected for their complementary actions in terms of well-being and men's skincare. It calms irritation and reduces skin stress. In addition to a global facial and shoulder massage, Valmont experts have selected specific massage techniques to target and decongest the eye area. Thanks to these precise gestures, this treatment eliminates signs of fatigue and restores the freshness of the eyes.

VALMONT Discovery Facial 45min €120

Discover the unique expertise and outstanding results of the luxurious Swiss cosmetics Valmont with this introductory facial treatment.

Valmont Body Treatments

Swiss anti-aging expertise, with the Body Time Control program. A combination of nurturing rose oil with high-tech Silicium D2 and caffeine, allows for pleasurable detoxing and slimming treatments, whilst taking care of mature skin.

Purity of Bisses - body exfoliation 45min - €90

Indulge in perfect body exfoliation which removes dead skin cells leaving the skin silky smooth and soft. With respect to mature and dry skins, based on a rose oil full of fatty acids, your skin will be left hydrated to the maximum.

Peaks of Slimness - full body massage 60min - €150

A one-hour body sculpting massage, with anti-cellulite, anti-orange-peel, draining and firming action thanks to a mix of gentle movements respecting mature skins and specific original palper-rouler motions... The perfect balance between slimming and relaxation, it includes the application of the "Fit & Tone" duo: slimming serum D-Solution Booster and firming cream, C-Curve Shaper.



Valmont Facials

HYDRATION

Hydration of the Bisses 75min - €220

A moisturizing bath for the skin, this luxurious facial treatment provides deep moisture that will fill the epidermis with water to reveal vibrant, supple, and re-plumped skin. To provide the skin with the optimum moisture level, Valmont has created the Source des Bisses, an ultra-replenishing and anti-ageing treatment which includes the iconic Regenerating Collagen Mask. Fine lines are smoothed, and the skin is left soft, supple and glowing.

ENERGY

Energy of the Glaciers 75min - €220

This facial treatment focuses on combating the impact of stress, pollution, and the high demands of modern life. Dull, lacklustre and congested complexions will benefit from this cellular renewal facial treatment. Delivering essential nutrients to the deeper layers of the skin, this oxygenating and detoxifying treatment helps improve circulation through Valmont's signature massage.

LUMINOSITY

Luminosity of Ice 75min - €220

This expert anti-ageing protocol resurfaces the skin to awaken the radiance of a unified complexion with a refined skin texture. Visibility of fine lines is reduced, and the skin is fresh, smooth & luminous.

This pore refining, glow-boosting facial is designed to awaken dull, grey skin and targets pigmentation with concentrated ingredients. The combination of multi-layer resurfacing products, the iconic Regenerating Collagen Mask, together with expert massage techniques, gives outstanding results.

LIFT

Firmness of the Hills 75min - €220

An exclusive treatment designed to reinforce the skin's firmness to reveal a younger-looking face with better-defined volumes. Unifying a deeply sculpting facial massage, professional products featuring jellyfish collagen, Vitamin C, and the iconic Regenerating Collagen Mask, fine lines are visibly minimised. The face looks re-contoured, the skin is lifted and plumped, and tone is enhanced.

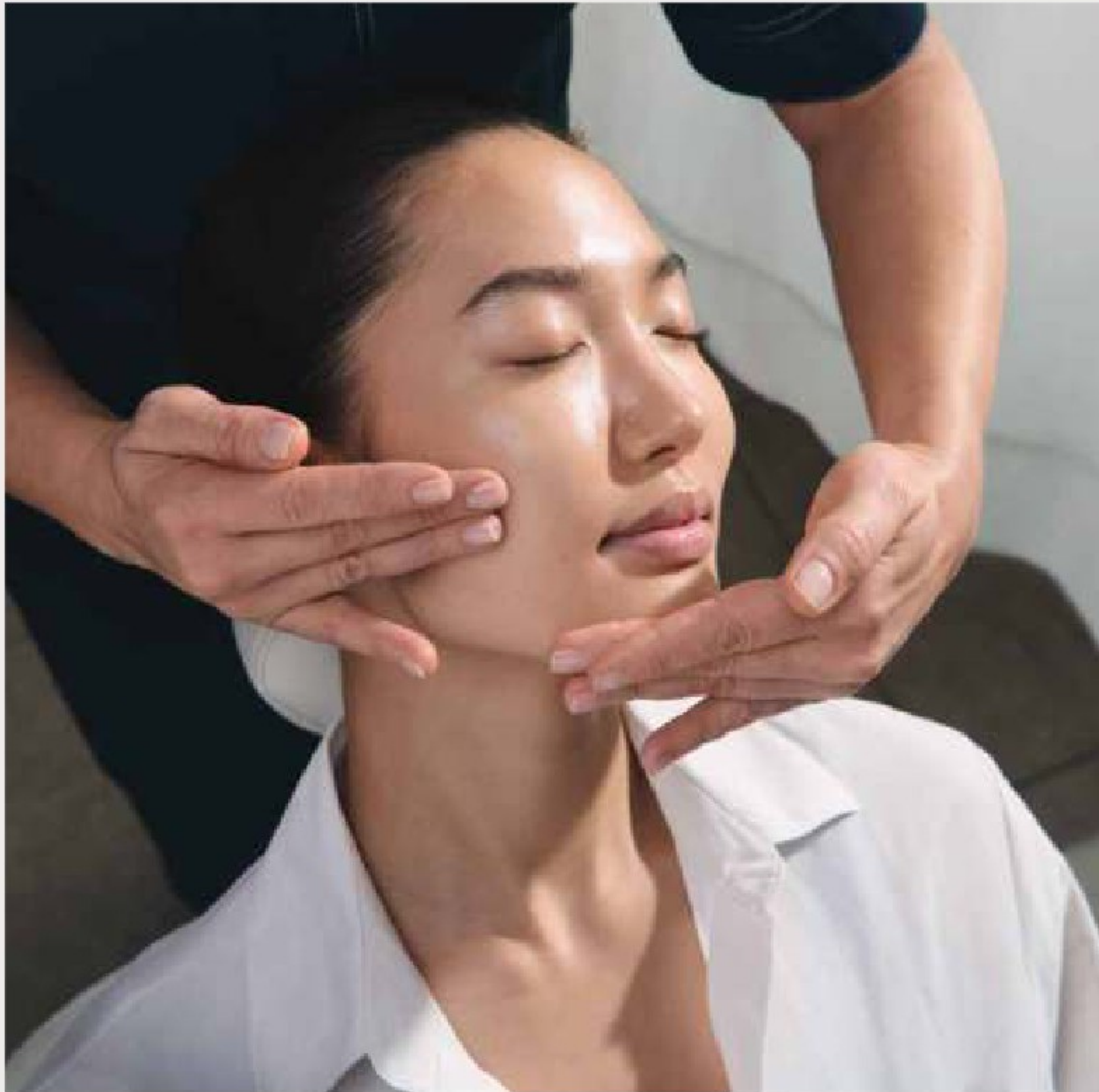
Lift from the Peaks 75min - €220

This treatment provides an intense smoothing effect and alleviate stress in areas with superficial and deep wrinkles to reduce their appearance. This massage is inspired by fascia-therapy, using slow and deep massage to tone the muscles of the face and fight wrinkles. With one single treatment, density of wrinkles is reduced by 7%.

EYES

Reflection of the Frozen Lake - Eye Collagen Lift treatment 60min - €150

Thanks to a specific collagen eye mask and the application of ANTI-WRINKLE Eye cream, this treatment aims to eliminate dark circles, puffiness, fine lines, and wrinkles. An excellent combination of drainage, acupressure, and firming massage. For men and women.



BOTEM

BOTEM - RADIO HIGH FREQUENCY TECHNOLOGY RF & VACUUM & LED THERAPY Botem stimulates new collagen as well as the decomposition of fat.

BOTEM FACIAL 45min - €95

The treatment integrates the Triple P System which includes the three different types of technology Power-RF, Power Suction and Power-LED resulting in increasing microcirculation, renewing collagen production, improving elasticity and fighting fine lines and wrinkles while contouring, normalizing sebum secretion and preventing acne.

BOTEM BODY 60min - €115

The treatment integrates the Triple P System which includes the three different types of technology Power-RF, Power Suction and Power-LED, resulting in increasing the Basal Metabolic Rate by 7%, breaking down existing fat cells, increasing skin elasticity, increasing blood circulation, lymphatic drainage, fighting cellulite, and at the same time, gives a relaxing sensation.

BOTEM ADD-ON 20min - €35

BOTEM can be added to any ELEMIS Face or Body treatment in order to enhance slimming, detoxification, tightening and anti-aging. Choose the area of concern- Buttocks / Upper Legs- Abdomen- Arms - Lower Legs



Weddings

Bridal Essentials - €500

Bridal make-up (one trial included)

Bridal Hair (trial with two hairstyles included)

Here Comes the Bride 3h 05min - €275

ELEMIS Aromatherapy Massage '60

ELEMIS Pro-Glow Brilliance Facial

ELEMIS Best Foot Forward Pedicure

Here Comes the Groom 3h - €265

ELEMIS Freestyle Deep Tissue Massage '55

ELEMIS Pro-Glow Men's Facial

ELEMIS Garden of England Rose Restore Hand Treatment

Just The Two of Us 1h 30min - €340

Aromatherapy Couples Massage

Express Facial

Hen Day

We'll help you create your own hen Spa party package; tailored to suit the bride and party, giving you the perfect fit for the most fun.



VALMONT Discovery €395

Purity of Bisses – body exfoliation '45
 Peaks of Slimness – full body massage '60
 Energy of the Glaciers facial '75

Body Perfect with VALMONT 5 days €795

10 x 30minute personal training sessions
 Purity of Bisses – body exfoliation '45
 3 x Peaks of Slimness – full body massage '60
 Firmness of the Hills '75

Packages

An individual Spa package may be created to suit your personal taste and requirement. Simply ask for a free consultation with one of our expert therapists who can recommend a package, or choose from one of our existing packages here below.

Goddess Retreat 2h 20min - €285

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani
 ELEMIS Aromatherapy Massage '60
 Choice of-ELEMIS Expert Touch '50

Hébe Rebirth 3h 50min - €330

Hébe Ritual Signature Treatment
 Choice of ELEMIS Expert Touch '50
 ELEMIS Best Foot Forward Pedicure
 Hair Blow Dry

Peaceful Pregnancy 3h 15min - €275

ELEMIS Peaceful Pregnancy Massage
 ELEMIS Nourish Facial
 ELEMIS Garden of England Rose Restore Manicure

Mediterranean Cleanse 3 days - €520

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani
 Reflexology
 ELEMIS Targeted Toning Tightener '90
 Anti-Cellulite Firming Massage
 ELEMIS Freestyle Deep Tissue Massage '55

Ultimate Relaxation 5 days - €665

Frangipani Total Wellbeing
 Indian Head Massage
 Thai Peace and Vitality Massage
 ELEMIS Cellutox Aroma Spa Ocean Wrap
 Choice of ELEMIS Pro-Glow + Tech Facial '50
 2 x Private Yoga Sessions



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Hands and Feet

ELEMIS Garden of England Rose Restore Manicure 60min - €65

This is the last word in conditioning, restorative, anti-aging hand treatments. Targets age spots and dryness. Includes a complete manicure.

ELEMIS Best Foot Forward Pedicure 75min - €85

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth. Includes a complete ped-icure.

Therapeutic Pedicure (no varnish) 60min - €70

This therapeutic pedicure treats the common signs of wear and tear and leaves your feet feeling amazing. The intensive therapy will remove hard skin, soothe, heal, and protect your feet.

Nail varnish 15min - €15

Gel Polish Manicure 45min - €50

Beautiful nails with 100% pure gel that is odourless and solvent free. It protects and coats the natural nail with long lasting colour and high gloss shine. The natural choice for the perfect gel manicure or pedicure.

Soak off gel polish removal 15min - €10



Waxing & Tinting

Eyelash and Brow Tint 25min - €25

Eye Brow Tint 10min - €15

Eyebrow Shape 10min - €12

Upper Lip Wax 10min - €12

Full Leg Wax 40min - €50

Half Leg Wax 25min - €35

Full Arm Wax 25min - €40

Half Arm Wax 10min - €25

Under Arm Wax 10min - €18

Bikini Line Wax 10min - €25

Full Bikini Wax 25min - €40

Other

Make-up **€80**

Bridal Make-up (one trial included) **55min - €250**

Tennis Lesson **60min - €80**

Private Yoga Session **75min - €100**

Personal Training session **60min - €60**

Swimming Lesson **€45**

Activities

Hèbe Spa runs a timetable of exercise classes for guests, from Monday to Friday, including Pilates, Yoga and Stretching as well as fitness sessions. There are two squash courts in the spa, a flood-lit tennis court and a padel court on site - all can be booked and equipment can be hired. We can also arrange private tuition from our expert fitness instructor. Please enquire at the spa reception for more information.

Spa Etiquette

General

Please arrive 15 minutes prior to your treatment, when you will be requested to complete a health and lifestyle questionnaire. Time loss through late arrival may result in shortened treatments without a refund.

We kindly request that guests do not wear jewellery when using the Spa. For safety reasons, valuables must be deposited in the room safe. Hébe Spa is not responsible for loss or damage to guests' personal belongings.

Persons under the age of 16 are not allowed in the Gym, or Jacuzzi area and may not book a treatment. Children's swimming time in the indoor pool is from 9:00 a.m. to 1:00 p.m. in the summer and 9:00 a.m. to 2:00 p.m. in the winter. Children must be accompanied by parents at all times.

For in-house guests, we recommend wearing the robe and slippers provided in your guest suite. Alternatively, we can provide you with a robe and slippers at our Spa. During some Spa treatments you will be provided with a disposable undergarment by our therapist and you will be draped appropriately at all times. Kindly note, swimwear is compulsory while using any public areas of the Spa.

Taking a Treatment

It is highly recommended to book your appointments well in advance. To avoid any disappointment, either phone our Spa reception on extension 765 from your suite or 25 833765 or visit Hébe Spa personally.

All our therapists are trained to ensure your privacy and comfort at all times.

During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.

For best results we recommend that men shave a few hours prior if having a facial treatment. We also recommend that ladies remove all make-up before any Spa treatments.

If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement. There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet, they will be too.

Cancellation Policy

Please note that a 50% cancellation fee will apply should you cancel your appointment less than 12 hours prior to the scheduled time or should you not show up for the appointment.

Spa Environment

To preserve Hébe Spa's tranquil environment, we respectfully request that you leave your mobile phones switched off in your locker. This is the time for your body and mind to release worries and stresses of the day. Please remember Hébe Spa is a **non smoking** area. Please conduct all conversations at levels consistent with a relaxing Spa environment.

Sauna and Steam room

Kindly shower before using the sauna, steam room or swimming pool.

A towel should always be placed on the sauna bench when sitting, due to being a common area. Please do not add oils or other products to the sauna bucket without first speaking to a member of staff.

Gym and Fitness areas

Please place a towel provided between you and the fitness equipment when exercising and wipe down after use. Use of all gym equipment is purely at the individual's own responsibility and risk. Squash, Padel and tennis courts are by appointment and subject to availability.

Appropriate fitness attire is required at all times.

Hébe Spa Gift Vouchers

Gift vouchers are available upon request. Our team members will be happy to advise you.

If you already have a gift voucher, please remember to bring it with you on the day of use, to hand to Spa reception.

Hébe Spa Membership

A variety of options are available. Please contact Spa Reception for more details.

Spa Hours

Daily from 9:00 a.m. to 8:00 p.m.

All facilities are subject to availability.



Considerate Collection

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