

La Sultane de Saba®

TREATMENT RITUALS

La Sultane de Saba unleashes the secrets of precious rituals and recipes that date back to the time of the Queen of Sheba. Discover the power of natural ingredients which are used to create magnificent fragrances and decadent textures. When combined with these effective rituals from around the world, your mind and body will be transported, and your senses indulged, in a journey of pure relaxation and wellness.

Consultations are carried out before treatments. Those indicated with © allow clients to select their preferred fragrance and 'journey' (where each fragrance encompasses it's own set of benefits):

Moroccan Journey (Journey of the Orient): includes 6 fragrances: Amber; Green Tea & Ginger; Vanilla of the Islands; Orange Blossom or Rose

Journey of the Spice Route: Ayurvedic

Balinese Journey: all range uses Lotus & Frangipani flowers

Japanese Journey: all range uses Neroli Orange Blossom

Body Rituals:

La Sultane Signature Hammam Ritual ©

60min

An age-old Middle Eastern bathing ritual which is deeply nourishing and intensely cleansing to rejuvenate, eliminate toxins and stimulate circulation. Beginning with a black soap cleanse whilst in the hammam, before a full body traditional exfoliation with kessa mitt. Then the signature blend of melted shea butter and fragranced body oil is warmed for a full body deep-relaxation massage.

La Sultane de Saba Deep-Cleansing Rassoul Ritual ©

60min

Pure rassoul lava clay, known for it's powerful purifying properties, is warmed with a luscious honey, rose and ginger mask and melted shea butter. The body is enveloped in this highly effective warm wrap which removes impurities, conditions, smoothes and restructures the skin's tissue leaving skin noticeably radiant and beautifully soft. *For optimum results carry out during or after hammam.*

La Sultane Renewing Rose Ritual

60 / 90 min

La Sultane uses the rose range throughout this treatment to balance and harmonize the mind and body, whilst using age-old rituals to renew the skin, including a rose mineral sea-salt exfoliation, rich nourishing rose wrap and finishing with a rose veiling of the skin. Whilst wrapped, an Indian head massage is carried out using the rassoul through the hair for a cleansing and conditioning hair and scalp treatment. *Ideally the client will have been in the hammam beforehand – the rose salt in oil exfoliation can be carried out during this time also.*

La Sultane Detox Green Tea Tingle

60 min

The ultimate uplifting, circulation-boosting treat to fight off that orange peel and make way for super smooth, radiant skin! This will include an uplifting surge of green tea & ginger exfoliating mineral salts to activate microcirculation, encourage skin cell renewal and promote a healthy glow. Followed by a purifying lower body wrap to target problem areas and a deep tissue massage across the lower body to promote lymphatic drainage. A perfect treat for getting legs in tip top shape or even just as an uplifting energising boost. *For optimum results carry out the salt in oil exfoliation during or after hammam.*

NEW La Sultane de Saba Honey, Ginger & Caffeine Slimming Treatment **60min**

La Sultane de Saba has created a new slimming treatment which incorporates an invigorating scrub, combining a specific anti-cellulite massage with intense massage techniques. The action of ginger with ayurvedic spice, recognised throughout centuries for its anti-oxidant properties, and honey with its rich hydrating powers, are blended with caffeine, to stimulate the circulation and boost the elimination of fats for an all-round cellulite busting treatment. *For optimum results carry out during or after hammam.*

Ayurvedic Journey **2hr**

La Sultane de Saba has plunged deeper into India's fascinating millennia-old philosophy of Ayurveda, creating a ritual in which all the energies of the body harmonise to generate wellness. Entwined with influences from the ancient Chinese, Japanese and Indian traditions, this unique Ayurvedic ritual particularly benefits the flow of energy, bringing deep relaxation.

The ritual begins with a gentle exfoliation using fine ingredients – from the ancient and mysterious 'spice route' - fine grains of almond, apricot, ginger and patchouli. Whilst laying on a warm bed surrounded by candle lights, the body is cocooned in an Ayurvedic blend of shea butter and oil. Shea butter is used to encase the key energy points (chakras) and the shirodara then drizzles rose water and oil blend onto the chakras. The bowl dances over the body, immersing all the senses in a feeling of absolute relaxation and wellbeing. The tea and cardamon infused poultices are used to massage releasing heat to further relax. The whole process generates a harmonious flow of energy and a profound sense of peace and gentle stillness – conveying a spiritual message of Ayurvedic massage. *Ideally the ritual will be pre-ceded by a hammam session.*

Journey to Japan **90 min**

The perfect solution for those in need of complete calm using the age-old soothing remedy of Neroli Orange Blossom. Using sacred rice with Neroli oil to gently remove dead skin, boosts the circulation and smoothes the skin. Then a candle-lit, neroli orange blossom shea butter and warm oil massage sends you on a journey to discover deep relaxation and wellbeing. *For optimum results carry out during or after hammam.*

La Sultane Muscle Melt Massage © **30/60/90 min**

Using La Sultane's rich signature blend of warm oil and melted shea butter, a full body massage is given to offer deep relaxation and relieve tension. Taking a choice of oil, the warm mixture is gently drizzled over the entire body and an intensive muscle relaxing massage is performed using deep massage moves and flowing techniques to leaving your muscles soothed and mind and body relaxed.

La Sultane Skin Softening Signature © **90 min**

Transport yourself to the fragrant souks with this truly Arabian experience and full top to toe treatment. Using all the traditional techniques as used in the Parisian Spas, the body and face is deeply cleansed and exfoliated using the black soap and eucalyptus oil with kessa mitt. Then a warm signature blend is drizzled over the body for a full deep-relaxing massage. A skin renewing face, neck and scalp massage concludes this delightful experience and skin is left looking youthful and positively radiant. *For optimum results carry out during or after hammam.*

The Ritual of Relaxation **60min**

A dreamy delight that encapsulates the scent of total calm and gentle stillness with its relaxing and calming properties. This includes a warm oil scalp treatment and massage followed by La Sultane's foot spa ritual.

Balinese Flower Ceremony

90mins

The powerful and beautiful scented frangipani and lotus flowers are cultivated locally from Bali and have been the essence of beauty rituals for generations – this treat is so indulgent it was traditionally reserved for royalty. Beginning with a candle-lit, warm rose petal foot bath...the scent permeates the room, promoting deep relaxation. A rich creamy rice and coconut scrub is specially applied to thoroughly buff and polish the entire body. The body is then cocooned in a luscious Balinese shea butter and milk mix allowing a surge of moisture which cleanses before sinking in and deeply nourishing the skin. Finishing with a shea butter candle massage. The skin is left smoother than silk and the scent of Bali lasts the entire day...and night! *For optimum results carry out the foot soak and rice exfoliation during or after hammam.*

La Sultane de Saba Malaysian Bamboo Massage for Face and Body....coming soon (90)

This massage works deeply, using a technique passed down through generations by Lotud Dusuns, a tribe from capital of Sabah. Known for its curative and relaxing powers bringing a sense of warmth from within. Firstly the face and body are cleansed before a top to toe massage using bamboo sticks is performed. This specific massage uses firm pressure of palms exerted on different parts along with the bamboo sticks using stretching, rolling and pressure techniques. The art of this massage lies in the transition between relaxing/stimulating, circulatory/ energetic effects which brings a wave of unique relaxation as the bamboo rolls from point to point. Feel the stresses and strains release and leave glowing with wellness. *Ideally the ritual will be pre-ceeded by a hammam session.*

Mum-to-be Rituals

La Sultane de Saba Sweetness in Bloom

60min

Specialised treatment for expectant Mum's, focussing on key areas using the delicate sweet fragranced Orange Blossom throughout to promote a total sense of calm. Beginning with a specialised foot ritual to relieve swollen, tired legs and feet. Whilst the legs are resting, black soap and eucalyptus cleanses the face and eases blocked sinuses before a facial massage is given to smooth fine lines and tone the skin. A honey, rose & ginger mask, packed with nutrients and sweet enough to eat, is then applied which soothes and softens the face and neck. Finishing with a pure treat for the tummy using warm melted shea butter massage which effectively works to prevent/reduce the appearance of stretch marks.

Uplifted Soles

45min

Specialised treatment for expectant Mum's. A candle-lit foot ritual provides complete lower leg and foot relief using green tea & ginger to energise and uplift the soles! Includes a gentle exfoliation and warm shea butter massage using pre-natal techniques to reduce puffiness and nourish the skin.

Shorter Body Treatments

La Sultane Back Cleanse Smoothie ©

30min

This is a wonderful taster treatment to thoroughly cleanse and exfoliate the back. Black soap with eucalyptus is used for a traditional, deep- cleanse exfoliation – packed with vitamins to nourish the skin whilst the antiseptic properties of the eucalyptus clears the pores. Finishing with a tension-relieving massage to soothe muscles in those hard to reach areas. *For optimum results carry out treatment during or after hammam.*

La Sultane Smoothing Salt Glow ©

30 min

A full body exfoliation using fragranced mineral salts in oil to remove dead skin and boost circulation. The green tea & ginger is a great fragrance for this to make it a truly energising and circulation boosting experience. An essential treatment for healthy, silky-smooth skin. *For optimum results carry out treatment during or after hammam.*

La Sultane de Saba Hand/Foot Ritual ©**45 min**

A 7-step traditional ritual to transform the hands/feet into tip top shape. With a cleansing and nail whitening treatment, complete exfoliation, buffing and tidying before slipping into a relaxing hand/foot massage followed by an intense softening and nourishing warm honey, rose & ginger wrap.

La Sultane Head & Scalp Treatment**20 min**

Release stresses and tensions with this utterly blissful, relaxing scalp massage which has the added benefits of the deeply cleansing and mineral rich rassoul lava clay to leave your scalp and hair in tip top condition whilst bringing all round wellbeing to mind.

Facials on next page.....

Facials:**La Sultane Signature Facial****60min**

A customised facial featuring all the traditional techniques as used in the Parisian Spas. This La Sultane signature is a powerful deep-cleansing and nourishing facial. The products are selected based on skin type to ensure maximum benefits. Starting with a deep black soap and eucalyptus steam to deeply cleanse pores and purify skin. A facial massage helps circulate and tone the skin before applying a 2-part layered mask based on skin type, which draws out impurities, balances sebum levels and nourishes the skin. The mask is peeled off leaving skin noticeably cleansed, toned with a youthful radiant glow!

Mini Radiance Facial**30 min**

A mini version of the signature facial featuring the key techniques used in the Parisian Spas. This facial treatment will brighten, rejuvenate, and balance all skin types.

La Sultane Deluxe Skin Refining Facial**60 min**

Harnessing the **anti-aging** powers of La Sultane de Saba's renowned prickly pear oil to help boost collagen production and reduce fine lines. Including a toning facial massage, skin smoothing sugar cane exfoliation and intensive moisture boosting mask before prickly pear cream lightly veils the face. To complete this facial experience a deep head and neck massage will leave you totally relaxed. Skin is left smoother, rejuvenated and radiant.

La Sultane Repairing Argan Facial**60 min**

This '**liquid gold**' facial uses the highly effective argan oil taken from the Moroccan argan tree. Renowned for its powerful anti-oxidants, vitamin E and essential fatty acids – this is great for healing, encouraging skin cell regeneration and smoothing the skin. A complete and effective facial including a deep head and neck massage to leave you feeling totally relaxed and your complexion noticeably smoother and glowing.

NEW* La Sultane de Saba Gold Facial*75 min**

La Sultane de Saba delves further into the treasures of ancient time...for centuries women have cherished the virtues of gold as a true beauty secret. Cleopatra was known to have applied a gold mask before sleeping...using these precious, healing gold minerals to enhance her beauty and restore a youthful radiance upon waking. La Sultane de Saba combines gold mineral particles with luscious caviar extract for a powerful anti-ageing and nourishing treatment rich in vitamins, essential amino-acids and trace elements. A complete facial to unveil the complexion's genuine beauty - ideal for smoothing wrinkles and restoring firmness and luminosity.

Face, Neck & Shoulder Massage**20min**

An relaxing, anti-ageing treatment that helps smooth the skin whilst settling the mind and easing away aches and strains from the shoulder and neck area.

Moroccan Wet Shave for Men**30; 45; 60min**

A traditional wet shave featuring all the signature techniques which encapsulate authentic Eastern Rituals and Recipes. This ritual takes into account your skin's needs, providing a fantastic finish... leaving skin softer, brighter and smoother. To complete this facial experience a deep head and neck massage will leave you totally relaxed.

Exclusively distributed in the UK by Spa Voyage Ltd.

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