

ARRA spa



*Give
yourself
Me
Time*

"Indulge in the art of massage, a symphony for the senses, and embrace self-care as the key to unlocking your inner well-being. Because investing in yourself is the ultimate marketing strategy for a harmonious life."



We offer you a holistic approach to relaxation and well-being. They improve blood circulation, relieve muscle tension, cleanse the skin, and alleviate chronic pains. Additionally, they promote better sleep, enhance mental comfort, and stimulate the release of happy hormones. Overall, spa and massage therapies provide a comprehensive solution for achieving relaxation, rejuvenation, and overall wellness.





A

Arriving to the perfect point with massage therapy, improves blood circulation to tissues and organs, increasing the supply of oxygen and nutrients to cells. This enhancement in blood flow promotes cellular healing and renewal, contributing to overall health and well-being of the body.

R

Relaxation is achieved through massage by relieving tension in the muscles and tissues, and stimulating the release of hormones associated with relaxation such as endorphins and serotonin. This results in reduced anxiety, improved sleep, and a sense of inner calm.

R

Rehabilitation massage, particularly physical rehabilitation, helps restore mobility, flexibility, and function to injured or impaired areas of the body. Through targeted massage techniques, it aids in reducing pain, improving circulation, and enhancing muscle strength and range of motion. This promotes faster recovery and facilitates the return to optimal physical health and activity.

A

Atmosphere surrounding the place can greatly impact the client's experience in healthcare and massage. Massage is characterized by tranquil and comfortable surroundings, with warm lighting, soothing music, and refreshing aromas, promoting relaxation and tranquility, thus contributing to maximizing the benefits of the session.



Cleopatra Program

80 min

A spa treatment with body salt, honey and coconut scrub. It contains face mask where a warm coconut oil-based substance, often a mixture of coconut and oils, is applied to the body. It aims to indulge the senses, moisturize the skin, and create a feeling of relaxation and indulgence.



Chocolate Program

80 min

A luxurious spa treatment with chocolate scrub and face mask where a warm chocolate-based substance, often a mixture of cocoa and oils, is applied to the body.



The massage involves gentle strokes and kneading, providing a unique sensory experience. It aims to indulge the senses, moisturize the skin, and create a feeling of relaxation and indulgence.

A woman with dark hair is lying on her side on a massage table, receiving a massage. Her eyes are closed, and she has a relaxed expression. A therapist's hands are visible, gently massaging her arm and shoulder. The background is softly blurred, showing a spa-like environment with warm lighting.

Aroma Therapy Massage

50 min

Massage session combines the benefits of massage with fragrant oils, providing a relaxing and soothing experience. Aromatherapy oils are used to stimulate the senses and enhance relaxation.

A close-up photograph of a woman lying on her back, eyes closed, receiving a facial massage. Her hands are gently held near her temples and forehead. She is wearing a white towel around her neck and shoulders. The background is softly blurred, showing a spa-like setting.

Anti Stress Massage

50 min

An anti-stress massage is designed to alleviate tension and promote relaxation by using gentle strokes and techniques. Focusing on key areas prone to stress, this massage aims to release built-up tension, soothe the muscles, and create a calming effect to enhance overall well-being.



Deep Tissue Massage

50 min

Therapeutic technique that involves applying firm pressure and slow strokes to reach deeper layers of muscles and connective tissue. This type of massage aims to release chronic tension, improve range of motion, and promote overall muscle recovery and relaxation.






Sport Massage

50 min

Session is tailored to address the specific needs of athletes, focusing on enhancing flexibility, relieving muscle soreness, and promoting recovery. It involves targeted techniques to improve athletic performance and prevent injuries.





Egyptian Foot Reflexology Massage

25/50 min

Therapeutic technique that involves applying pressure to specific points on the feet, hands, or ears. This practice is based on the idea that these points correspond to different organs and systems in the body.

Reflexology aims to promote relaxation, improve circulation, and support overall well-being through the stimulation of these reflex points .

Relax

Hot Stone Massage

50 min

A very useful session for relaxation. It helps us sleep deeply, reduces stress, and gives the positive energy that we always need. One of the most important benefits of hot stone massage is removing moisture and cold from the muscles of the body and stimulating blood circulation.



Thai Massage

50 min

One of the oldest types of massage known worldwide. It requires a flexible body because we stretch the muscles and apply deep pressure on the muscle.

It is a massage without the use of oils.



Slimming Massage

50 min

A very effective type of massage for removing sagging in some areas of the body, such as the buttocks, abdomen, and under the arms. It also helps to lose excess weight, but you should know that it requires undergoing a series of sessions no less than five times to give good results, knowing that it is a type of massage that does not have relaxation in it because it relies on strong blows and pulls on the slimming areas.



Wellness Massage

75 min

A wonderful collection of the best types of massage, starting from the feet to the top. We focus on the problems in the shoulder, back and neck muscles. We do Indian head massage and facial massage with a face mask, which is a type of combination between relaxing and therapeutic massage using warm oils.





Moonlight Facial Massage

50 min

It is a program to cleanse and soothe the facial skin with the use of materials that suit the skin type to increase its maturity and vitality. We make suitable skin masks with facial massage using natural oils to reduce wrinkles, if any. This program is suitable for all age groups.

Uplifting Facial

70 min

An uplifting facial massage is a gentle, non-invasive technique that involves using hands or specialized tools to stimulate facial muscles, improve circulation, and promote relaxation. The primary goal is to tone the face, reduce puffiness, and enhance skin elasticity, giving a rejuvenated and lifted appearance.



Hydration Facial

70 min

A hydration facial massage focuses on deeply moisturizing the skin while promoting relaxation and enhancing the skin's natural barrier. This type of massage uses hydrating oils, creams, or serums to nourish the skin while stimulating circulation and improving absorption of moisturizing products.

Children Massage

25/50 min

It will help our children relax and have a deep, peaceful sleep, which makes our children happier. It is also beneficial for children who play sports because it helps in the process of muscle growth and improves the child's level of physical fitness and sports.



Herbal Massage

50 min

Herbal massage is a therapeutic practice that combines traditional massage techniques with the use of herbal compresses, oils, or poultices. It is rooted in ancient healing traditions, particularly in Asian cultures like Thai and Ayurvedic medicine.





Indian Head Massage

50 min

This massage includes gently massaging the scalp with olive oil, the back, head, neck, face, shoulders and arms. which enhances blood circulation, calms the mind, and reduces headaches. It can help to stimulate the blood flow to the brain.

An Indian Head Massage soothes headaches, back pain and great for improving concentration. This excellent therapy helps reduce stress, tiredness and can be beneficial in cases of insomnia. Fabulously stimulating & calming.





ARRA Spa Price List

DISCOVER THE TRANSFORMATION TODAY – YOUR BODY DESERVES IT.

CLEOPATRA MASSAGE (80 MIN)	110
CHOCOLATE MASSAGE (80 MIN)	110
AROMA MASSAGE (50 MIN)	60
ANTI - STRESS MASSAGE (50 MIN)	70
DEEP TISSUE MASSAGE (50 MIN)	80
EGYPTIAN FOOT MASSAGE (25/50 MIN)	40 - 60
HOT STONE MASSAGE (50 MIN)	70
INDIAN HEAD MASSAGE (50 MIN)	60
SPORT MASSAGE (50 MIN)	70
CHILDREN MASSAGE (25/50 MIN)	35 - 55
WELLNESS MASSAGE (75 MIN)	100
SLIMMING MASSAGE (50 MIN)	70
MOONLIGHT FACIAL MASSAGE (50 MIN)	60
UPLIFTING FACIAL (70 MIN)	90
HYDRATION FACIAL (70 MIN)	90
HERBAL MASSAGE (50 MIN)	70
THAI MASSAGE (50 MIN)	80

The prices are inclusive of value-added VAT (19%)



ARRA Spa

Our mission is to Create a sanctuary where wellness meets relaxation. We strive to provide exceptional spa experiences that rejuvenate the body, calm the mind, and nurture the soul, leaving you feeling refreshed and renewed.

